

# 100 MARATHON CLUB NORTH AMERICA

## Newsletter #44 – June 1, 2015

**REMINDER: ALL PREVIOUS 100 MARATHON CLUB NORTH AMERICA NEWSLETTERS ARE ARCHIVED ON-LINE AT OUR WEB SITE**

### **UPCOMING EVENTS DIRECTED BY CLUB MEMBERS**

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).

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

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

04-02-16 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**

05-01-16 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

The sixteenth annual Yakima River Canyon Marathon is set for Saturday, April 2, 2016. Internationally renowned marathoners Kathrine Switzer and her husband, Roger Robinson, are the scheduled guest speakers at the pre-race spaghetti feed. The Hard Core Runners Club and co-race directors **Bob and Lenore Dolphin** are also formulating plans for a companion Yakima River Canyon Half Marathon with the number of participants capped at 200.

### **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. To make a purchase, contact Bob and Lenore Dolphin via EMail to [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net).

### **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](http://MarathonManiacs.com). These very attractive, blue and white shirts were professionally designed and feature images of both United States and Canadian flags. Check them out and order yours today!

## WELCOME NEW MEMBERS!

**Haywood “Turtlerunner” Crowder** of Compton, California celebrated the new millennium by completing the Running Off The Turkey Marathon (great name!) on New Year’s Day, 2000 at Huntington Beach, California for his first marathon. He notched his 100<sup>th</sup> marathon/ultra at the 2012 Winter Seven (day #6) in Long Beach, California. Since then he has really been pounding out the races. Haywood ran #200 at the 2013 Run Into Autumn Marathon at Dove Canyon, California – the 100<sup>th</sup> of the 151 marathons he completed in 2013. The 2014 Blaze The Beach Marathon at Long Beach, California was his 300<sup>th</sup> on the way to logging 125 more marathons and ultras during 2014. The 2015 Beach Blast at Long Beach, California was his 400<sup>th</sup> marathon. Haywood’s current total blossomed to 429 marathons and ultras thanks to yesterday’s Blaze The Canyon Marathon. But wait, there’s more! Indeed, as this is being written he is running today’s Rock The Marina Marathon in Long Beach, California. The “Hare” had better be looking over his shoulder, as the “Turtlerunner” is definitely gaining on him!

The May 17, 2015 Gate City Marathon in Nashua, New Hampshire was the 100<sup>th</sup> marathon for **Kerri Haskins** of Danville, New Hampshire. Kerri was the first New Hampshire woman to complete 50 states when she finished the 2013 Missoula Marathon in Missoula, Montana, and now she has become the first New Hampshire woman to run 100 marathons. Kerri documented her Gate City Marathon by posting these comments to her Marathon Maniac running log: “100th Marathon!!! Hot, hot, hot. Loved the hometown race and the loops. They mentioned and recognized me each time. Was so cool to share this with Beth Davenport and Eddie Bandito Vega. ;)” (Beth and Eddie are also 100 Marathon Club North America members.) Kerri set her 4:14 PR in 2007 at age 36. She is a member of the Greater Lowell (Massachusetts) Road Runners Club. Her current total includes 90 marathons and 12 ultras.

**Rrrrick Karampatsos** of Longwood, Florida ran the 2001 Philadelphia Marathon as his first marathon, and the 2015 Savage Seven in Ocala, Florida as his 100<sup>th</sup>. He became a 50 States & DC finisher in 2007 at Maui, HI. Rrrrick set his 3:34:02 PR in 2006 at age 61. His current total is 102 marathons. Rrrrick is also an author whose fourth book, *Running on the Living Edge*, was published late last year. His Amazon.com profile mentions “RRRICK's story tells how faith helps us approach many finish lines in life. He speaks of the effort, expense, and pain expended for marathons and goes the extra mile to compare that for preparing for the 'final finish line'...You will share his running adventures - almost feel his pain, see the beauty of America through his eyes, benefit from the lessons he learned, know that humor helps, and witness the faith that keeps feet moving when moving is the last thing you want to do. Doctors told him he would have trouble walking; running again wasn't an option. But, Rrrrick's faith gave him another story to tell. Get inside the mind of the worldwide revered senior author, missionary, and runner. Find new strength and guidance through these authentic and exhilarating anecdotes to press forward on the living edge of this life's course.”

Since starting to run in 2002, **Roni Kornitz** of Sunnyvale, California has completed 90 marathons, 10 ultras (50Ks), and 80 half marathons. He set his 3:25:20 PR at the 2014

California International Marathon at age 58. In March, 2014, Roni ran three marathons on three continents in a week – Barcelona, Jerusalem, and Oakland. His 2015 schedule includes Tokyo, Boston, Berlin, Chicago, and New York. A self-described “marathon runner and pacer,” Roni says “I love the challenge of long-distance running and the opportunity to meet running buddies. I pace because I like the opportunity to help runners achieve their goals by sharing my experience. That’s also why I’m a marathon training coach with Run365 (San Francisco Marathon training program) since 2011...So far I have paced 26 marathons and 10 halves...When I’m not running, I SCUBA dive and ride my motorcycle.”

Regular readers of *Runner’s World* magazine will likely remember the October, 2014 profile featuring **Trent Morrow** of Columbia, South Carolina. Author Katherine Dempsey mentioned “When Morrow, a sales manager who runs in a cape and spandex and goes by the name ‘Marathon Man,’ finished the Boston Marathon in April, he set a suitably unique record: most marathon finishes (160) in a single year while completing at least one on each of the seven continents. The World Record Academy certified his endeavor. ‘I’m encouraging others to be their own superhero in whatever walk of life that may be,’ Morrow says.” Trent ran the 2008 Prague Marathon in the Czech Republic as his first marathon. Less than seven years later he has racked up 288 marathons and 12 ultras, with this year’s Boston Marathon boosting his grand total to 300. He set his 3:46:26 PR at the 2014 Gold Coast Marathon in Australia at age 40. More information about Trent is posted at [MarathonMan.com.AU](http://MarathonMan.com.AU).

The 2015 Flying Pig Marathon in Cincinnati, Ohio was the 100<sup>th</sup> marathon for **Jeffrey Wilson** of Bethesda, Maryland. Jeff set his 3:31 PR in 2000 at age 38. He is a former member of the Big Sur International Marathon board of directors.

The addition of Haywood, Kerri, Rrrrick, Roni, Trent, and Jeff boosts the 100 Marathon Club North America membership grand total to 482.

## **MEMBER UPDATES**

**Bob and Lenore Dolphin** were guests at the Yakima Rotary Club’s April meeting, invited because “the club likes to introduce guests who have contributed to local events.” The invitation was a ruse and much to Bob and Lenore’s surprise, they were presented with a plaque recognizing them with the club’s “Unsung Hero Award.” Congratulations to “World’s Oldest Marathon Race Directors” on this well-deserved recognition! Lenore had cataract surgery for her right eye May 6<sup>th</sup> and reports “the results are great! I’m elated and it’s great to be able to use my eyes again. Now, I can’t wait until June 17<sup>th</sup> when the left eye is fixed.”

Notching race #500 for **Rich Holmes** of Durham, North Carolina became more challenging when a scheduled marathon in Skopje, Macedonia was cancelled due to riots the morning of the race. Rich indicated via EMail that he was making up for the missed race “so the last two will be a double, one in Ireland, and then the 500<sup>th</sup> in Derry, Northern Ireland

(UK).” DerryNow.com posted a photo of Rich and an article entitled “Retired US soldier to run his 500th marathon in Derry” in advance of the May 31, 2015 Walled City Marathon.

**Sharon Kerson** of Culver City, California reports that she “ran the White Continent Marathon in Antarctica on February 20, 2015. Deb Ingram (100 Marathon Club North America member from Gainesville, Florida) and I walked, waddled, and talked through this one in a little over 11 hours. But we FINISHED. This probably was the most difficult marathon I have ever run, and I have completed 481 marathons. The temperature on King George Island was 33 degrees at the start at 5:30 am, and we had a snow storm, a blizzard, sleet, ice, wind, and uneven surface for the most part and rocks. But, of course, what can you expect of Antarctica in February which is their summer! I am off to Tanzania in June where, hopefully, I will complete my seventh continent. I have run all 30 Los Angeles Marathons...I believe that there are 173 legacy marathoners in the LA Marathon group, and the women are holding strong at 24.

**Dr. Ashis Roy** of New Delhi, India ran his 27<sup>th</sup> half marathon in the United States May 3, 2015 when he completed the Potomac River Half Marathon near Washington, DC. The route was a 10 feet broad cycle track of loose sand and gravel along the bank of canals leading to the Potomac River. There were about 300 runners and I was the oldest above 80 years being 82 years old. I was cheered all along the route running to and fro by all younger runners and it gave me lot of happiness. Due to the bad route I had a slow pace and finished in 3:52 - 15 minutes more than my expected time. At the finish line I was cheered by runners and crowds as the oldest runner and local TV interviewed me. At the finish line my grandchildren were running with me.

For you world travelers who are looking for a somewhat different vacation experience, how about running a 10 day series of marathons in Italy? Here’s a paraphrased version of an EMail invitation we recently received:

Dear American Brothers. I am Paolo Francesco Gino, president of the Italian Club Supermarathon, equivalent of your MC100. Currently we have 380 members.

What if you could share the news on your site regarding the series of races of the Italian Club in August from 1st to 10th. It will be a good opportunity to meet many members of Club 100 Marathon Club Europeans and anyone worldwide. Are registered up today 30 Italian, South African, Irish, Austrians, Germans and French.

Run and Relax: 10 days of races but also one of relax and rest on the Orta Lake, our Golden Pond. Lie on the beach, suntan and run with the friends of every Sunday in this enchanted and cozy little spot of Piedmont, still unknown to most, with the golden beaches and views that seem to come from a fairy tale around the Isle of San Giulio.

Big news for the 2015 edition: the event will be officially approved by UISP (Italian Union of Sports) and open to everybody. Furthermore, we will try to make a donation, buying a defibrillator for the Municipality of Gozzano. Two

weekends are included in the calendar to facilitate the participation of those who have to work in that period. There will also be facilities to give a free place to sleep for those who run the whole series of ten marathons. Every evening we will try to organize a trip or an event to have fun all together. To eat, you will find a lot of conventions with the nearby restaurants and hotels. On 31st July and 11th August there will be a free shuttle service from near Malpensa Airport to Gozzano for those who participate in the whole series of ten marathons. Grazie. Official Website: <http://www.orta10in10.it>

The 50 States Marathon Club's latest list of finishers, certified finishers ("Certified Finishers have provided hard copies of at least one item of proof for each of the 50 states"), and members reaching major milestones included numerous 100 Marathon Club North America members. The 100 Marathon Club North America membership roster has been updated to (hopefully) recognize all of these latest achievements. Congratulations to all.

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

★ Bob and Lenore Dolphin: [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net)

★ Ron and Nancy Fowler: [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)

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