

# 100 MARATHON CLUB NORTH AMERICA

## Newsletter #45 – July 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).

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 finalizing plans for a companion Yakima River Canyon Half Marathon limited to 200 participants.

### **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 NOW AVAILABLE!**

Men's and women's specific 100 Marathon Club North America singlets are available for ordering via the "Maniac Gear/Dues" portion of the [MarathonManiacs.com](http://MarathonManiacs.com) web site. These very attractive, blue and white singlets were professionally designed and feature images of both United States and Canadian flags. Check them out and order yours today!



## WELCOME NEW MEMBERS!

**David Stout** of Bainbridge Island, Washington notched his 100<sup>th</sup> marathon at the North Olympic Discovery Marathon in Port Angeles, Washington on June 7, 2015. David ran the 1990 Kansas City Marathon in Kansas City, Missouri as his first marathon. He set his 3:36:50 PR at the 2007 Valentine's Day Marathon near Olympia, Washington. Welcome to the 100 Marathon Club North America, David!

The addition of David boosts the 100 Marathon Club North America membership grand total to 483. We are steadily closing in on having over 500 members!

## MEMBER UPDATES

**Beth Davenport** of Santa Fe, New Mexico celebrated completion of her third marathon tour thru all 50 states and DC in May at Fargo, North Dakota. The Fargo Marathon features an indoor start and finish at the Fargo Dome. Beth continues to serve as a board member for the 50 State Marathon Club. Her grand total number of marathons has increased to 240 as she continues to focus on running her 300<sup>th</sup> marathon at the 2017 Yakima River Canyon Marathon. As Beth says, "Nip and tuck – got 60 to go!"

**Rich Holmes** of Durham, North Carolina logged his 500<sup>th</sup> marathon May 31, 2015 by completing a "double this week-end in Tullaroan (Republic of Ireland) and Derry (also called Londonderry, N. Ireland of UK)." Rich followed up these events by completing 50 states and DC for the fifth time at The DAM Marathon in Oakridge, Oregon.

We always enjoy hearing from **Dr. Ashis Roy** of New Delhi, India. He asked that we include this announcement in the next newsletter:

Dr. Ashis Roy, presently aged 83 years, a Physician Cardiologist of India, is the only Indian to have run more than 100 marathons (total 115) after starting running at the age of 53 years. He has written two books on running – *Joy of Running*, published in 2009, and *Wonderful Joys of Running*, published in 2014. His latest book contains chapters on benefits of running, training for marathons for different age groups, and many other attractive chapters. He has brought few copies of this book and kept with his daughter at Alexandria. The book can be obtained by sending a \$25.00 postal money order to his daughter, Amrita Hill, 5973 Grand Pavilion Way # 403, Alexandria, VA 22303. Phone 703-272-8330.

**Alan Gorski**, a marathoner from Ireland and member of Marathon Club Ireland, he is "still not in 100 Club, but getting there. Started to run marathons June last year and hoping to get to 100 next two years. Next small step done this weekend. At this stage 37% and loading. When I have my 100 marathons done I will definitely send you details to confirm. Hopefully that will be next year. I will participate in New York one this year and hopefully be able to meet some of the members of 100 Marathon Club North America. Meanwhile, I invite anyone who would like to run a

brand new marathon in Poland to Szczecin on September 19, 2015. More information about this event can be found at [www.pzumaratonszczecinski.pl](http://www.pzumaratonszczecinski.pl) and [www.raz.szczecin.pl](http://www.raz.szczecin.pl).

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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