

100 MARATHON CLUB NORTH AMERICA

Newsletter #46 – August 1, 2015

NEWSLETTER: DISTRIBUTION AND ARCHIVES

Newly issued 100 Marathon Club North America newsletters are posted monthly at <http://www.100marathonclub.us/newsletter.html>. Please add this URL to your "favorites" list and check the site monthly for the latest newsletter. All of the previous 100 Marathon Club North America newsletters are archived at our web site, making them easily accessible should you miss an issue or want to re-read an earlier edition.

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.

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 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!



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.

WELCOME NEW MEMBERS!

Hammerin' Hank Donigan of Fallbrook, California completed his 100th marathon at the Hank's Hundredth Marathon in Long Beach, California on July 4, 2015. His first marathon was 35 years ago at the 1980 Savannah Marathon in Savannah, Georgia. In between these two milestone events, Hank pounded out another 85 marathons and 13 ultras. He has run the Marine Corps Marathon 19 times, with a streak of 15 in a row on his way to a goal of 25 straight. He has also completed the 1982 Hawaii Ironman Triathlon and 2001 California Ironman. Hank's longest distance in a single race is 82 miles. Welcome to the 100 Marathon Club North America, Hank!

MEMBER UPDATES

Herb Allen of Bainbridge Island, Washington, a long-time running friend, checked in recently via phone. He is enjoying being retired, particularly since the contracting firm where he worked presented him with the beautiful red pickup he has been driving as a retirement gift; nice! Herb ran his 100th at the 2014 Yakima River Canyon Marathon and is now focused on maintaining his streak of running at least one marathon per year since 1995. He did the Seattle Ghost Marathon last fall and will likely repeat the 2015 version. Hopefully he'll be able to return for the 2016 Yakima River Canyon Marathon.

We have enjoyed visiting with **Jack Brooks** of St. Albans, Herts, England during the several trips he has made to Washington to participate in the Yakima River Canyon Marathon. Jack indicates he "started running when I was 39 after a group of friends had suggested we should all run the Cambridge half marathon in the UK together. Once I had taken part in a few races I got the bug and discovered that I thoroughly enjoyed the training, the competition and the travel involved in getting to and from new places. As I grew stronger and faster I started to run longer distances and to travel further afield to races. Running has allowed me to indulge my passion for travel whilst providing a focus for each trip. I usually run between 25 and 30 marathons each year as well as many shorter (and sometimes longer) races and have completed 368 marathons to date including 270 different marathons and 127 different marathons all around the UK. I was the second person from the UK to run a marathon in each of the 50 states of the USA and also was privileged to represent Great Britain in The World Veterans Championships in Buffalo, USA in 1995. Over the years I have run marathons in 33 countries and, with so much of the world that I've still not visited, my running adventures are still ongoing. In addition to the obvious health benefits I have derived from running I have made numerous friends across the world and met some wonderful characters."

We were saddened to learn of the passing of the legendary **Norm Frank** of Rochester, New York. Norm's son, Mark, sent us a copy of *Norm's Life Story*, published on-line by Bartolomeo & Perotto Funeral Home, Inc. Here's a portion of that publication:

Although he accomplished so much of which to be proud, Norman Frank was a humble man who was an inspiration to everyone he met. He was passionate about the people and things he loved, and he never took even one day for granted.

Norman Frank was born on June 20, 1931 in Rochester, New York. Norm was adventurous even as a young boy with an insatiable zest for life that was contagious to all who were near. After graduating from high school in 1950, Norm was ready for all that life had in store. He served as a soldier in the United States Army from 1953 through 1955, returned home and made a successful career as the owner and operator of Marathon Lawn Service.

While most would consider it an outstanding personal achievement to complete one marathon, Norm's accomplishments far exceeded this as he completed this feat 965 times with an average of finishing 23 marathons a year, including 39 in 1993!

Norm had always been an active man who enjoyed playing in a recreational men's basketball league prior to taking up running. After an acquaintance suggested he take up running, he did, and his life was never the same. Undertrained and underdressed for the 40 degree temperature and persistent rain, Norm completed the 1967 Boston Marathon at 35 years of age in three hours, 56 minutes. He found this experience exhilarating and said that he was hooked from that point on. Running marathons became who he was, and Norm never went out to win them, rather, his goal was just to run. At one point Norm completed in 30 consecutive Boston Marathons and 37 consecutive MVP Health Rochester Marathons.

He once held a spot in the *Guinness Book of World Records* for most marathons completed. Norm acknowledged that marathon running became more challenging as he grew older, but the challenges didn't keep him from continuing to strive toward completing 1,000 marathons, which he undoubtedly would have accomplished had a series of health issues in his late sixties and late seventies not kept him off the road. His resolve was unwavering as he overcame prostate surgery, open heart surgery, broken ribs, and pneumonia to keep pushing on over the years.

In 2010, Norm was honored with the keys to the city and Monroe County declared it 'Norm Frank Day.' He was a member of the Greater Rochester Track Club Hall of Fame (1981) and Frontier Field Walk of Fame (2000).

He will be deeply missed but never forgotten by those too numerous to count. Norman Frank, of Rochester, died on April 21, 2015.

“Barefoot Jon” Gissberg of Seattle, Washington reports that his total is now “up to 180 marathons since becoming a 100 Marathon Club North America member in 2007. Many of them since 2009 have been in Japan where I’m recognized to have taken longer to reach 100 marathons than any other of the nearly 1,000 members of the Japan 100 Marathon Joyful Running Club (30 years, 5 months, 7 days). I’m pretty sure it’s the same for the 100 Marathon Club North America too. In fact, if it hadn’t been for the happenstance of meeting Bob (Dolphin) in my 33rd marathon in twenty years at the Capital City Marathon in Olympia in 1997, I’d probably barely be over 60 marathons by now instead of 150 more of which 50 have been with Bob.”

We also heard from **Eddie Hahn** of Crestline, California via EMail concerning the Big Bear Olympic Distance Triathlon. As Eddie indicated, “Warning: If you have a life, consider passing on this read:”

After a fair amount of training and (falsely presumed preparation) I was set, so I thought, for my first Olympic Triathlon on June 27th. On the evening of the 26th, I had an unplanned semi-urgent home repair to oversee that consumed the evening instead of final inspections to ensure I was “Tri Ready,” knowing how much more logistically intensive a triathlon was. Murphy’s Law: Whatever could go wrong nearly did. By the time the home repair was complete, it was between 8:30 and 9:00 p.m. I tentatively planned to camp overnight in Big Bear to ease the morning transition, but wouldn’t have time to pick up my packet until the following morning. As I double checked the air pressure in the bike tires, I became aware that the rear tire was flat. I had ridden it just a few days before and it was fine. Somehow it developed a leak towards the end of the last ride that I was unaware of. In most cases this wouldn’t be a big issue, except my old patch kit was MIA. The Schwinn is also a relatively obscure tire size.

I am on the “low end” of the mountain, about 35 miles from Big Bear, California where the triathlon was to take place. It’s a winding mountain road where average speed is about 30 miles per hour. I realized my only hope to not become a “did not start” statistic, was to leave immediately and hope to get to the Big Bear K-Mart by 10 p.m., their closing time. I could have driven “down” to Walmart in San Bernardino, which didn’t make sense: the opposite direction from Big Bear. I decided to take a chance and headed off to K-Mart. I managed to pull it off, entering the store at 9:58. I got a bottle of “green slime” and a patch kit. I later repaired the tire and got to rest.

I arrived at 5:30 for early packet pick up. I learned the swim would be straight out and straight back instead of the “triangle” formation used in prior years. Better for me, I thought, fewer corners. I had some issues in training keeping a straight line, but I attribute some of that to passing vessels creating a wake/waves in a no wake zone, so presumed I would be ok. During the event, I was regularly warned by kayaker/lifeguards that I was drifting into the opposing traffic of swimmers that had already turned back. I would correct course, but didn’t realize how much distance I was adding at the time. About 3/4ths of the way through the two lap out

and back open water swim in Big Bear Lake, my right calf went full Charlie horse/cramp. A kayaker offered me to grab her board. I said “Ok, as long as I won’t be disqualified.” I held on for about 20 seconds and massaged it back out.

When I finally neared the shore, I glanced at my GPS. It read just over 2 miles covered, 52 minutes. It must have been some kind psychosomatic system shock, but right then both calves responded by going into full-on lock. One of the lifeguards, a very generous young guy, made the following statement: “Take as long as you need.” Another 4 minutes elapsed before I was able to stand up and exit the water. Total swim time of 56 minutes.

Transition to the bike was ok. I got on the bike and made it somewhere between one and a half and two miles out when I discovered the rear tire was completely flat, again. At this juncture my mind raced; with no spare tube, do I call it then and there? A first ever DNF? I thought about all the time the kids had invested with me out at the lake this summer, encouraging me in. Bike rides taken. I was very emotionally vested in trying to at least salvage a finish. I biked the course in reverse back to the transition. A few people, including some of the Sprint triathletes, barked at me that I was “going the wrong way.”

I got back to my truck took the tire off with wrench (no quick release rear tire like my old Cannondale on this Schwinn Prelude). A lady saw me and said “Are you out?” I answered, “No I want to try and repair and finish this thing!” “Let me see what I can do, she responded.” I ran over toward the staff area, and a race official and I quickly realized what happened. My “double security patching technique” back-fired. The green slime had pushed the patch off. He secured another tube for me and we seated it in there. We almost reached tire pressure when we realized the tire wasn’t seated on the rim correct. I released air pressure tried again, and corrected.

Luckily for me the bike course was very well marked because it would be some time before I saw another triathlete. At the intersection of the Big Bear Dam on the West end before leaving town, the policeman guarding remarked /implied that he thought everyone had gone through. I had to stop another 30 seconds for the light.

We would bike out to a turnaround at the 6800 foot level over the rolling mountainous highway 18. I finally began to encounter other cyclists, all of them on their way back from the turn around. That’s when I identified at least three other cyclists who had the same problem I had earlier-flat tires. The difference was, of course, they had spare tubes/repair contingency locally. I would not even catch one cyclist on the out and back! I thought I was in dead last position in the Olympic distance for certain, but when I got back to Big Bear Dam I saw two older men still heading out. As I rode along the North Shore of Big Bear Lake, I caught a few more cyclists, only to discover they were participants in the Sprint Triathlon instead. Less than 2 miles from the end of the bike ride, I finally caught a lady who had a pink colored “Olympic Distance” Triathlon #!

The 10K run – the only discipline that I know I can do, having been a runner for 35 years. Straight off with no major problems. It had been 13 years since I felt that real rubbery feeling in my legs (my last Triathlon a sprint at American Lake at Fort Lewis in 2002). A few people complimented me for looking strong. When I first got onto the 10K run course, I saw one runner walking on the out and back/loop and told him “Don’t worry brother, even if you walk the rest of the way in, you’ll still finish ahead of me.”

I finished 14th out of 14 in my age group. I was 117th overall out of 128 Olympic distance triathletes. (If this had been last year’s race, I would have been last place. There were 117 Olympic distance finishers last year. This was one of my most difficult and near DNFs contrasting with my 196 marathons and other finishes in some sense it was harder.

After action review: For the swim, practice more line of sight swimming. Swim in cooler water in training. (The water was 68, I had trained in 75 degree water.) Increase potassium intake in the days leading up to event. Stretch the calves-work that muscle group so it’s more limber. Bike – always carry at least one spare tube in a saddle bag at all times. Include a frame pump and a patch kit. Make sure everything is in working order and all emergency contingency is available no longer than 48 hours prior to the event.

Kerri Haskins of Danville, New Hampshire reports she “grew up in Nashua running track for fairgrounds, Nashua High and then the University of New Hampshire from 1983 to 1993. I ran the Hershey Track and Field Championships 1981 to 1983 and still have a NH record for 100 meters that has held for 32 years. I started running marathons in 2006 and was the first woman from New Hampshire to complete the 50 states in July 2013. Working on my second round of 50 states and will finish in October 2016.”

Gregory Hunter of St. Helena, California recently sent us this EMail message:

To Whom It May Concern:

The following pertinent excerpt is from the 100 Marathon Club North America's Newsletter #42--April 1, 2015:

100 MARATHON CLUB NORTH AMERICA REUNION MEETING

One of our special guests was Sylvia Quinn from Spokane, Washington. Sylvia is well known nationally as the long time Bloomsday race director. She has run all 38 Bloomsday races and won her age group 35 times! At Saturday’s Yakima River Canyon Marathon, Sylvia absolutely crushed the WORLD MARATHON RECORD for 78 year old women, cruising to a 4:23 finish. Congratulations, Sylvia!

I am a friend of Don Kardong and I thought you might be interested in my clarification of Sylvia Quinn's connection to the Bloomsday Run: She was Bloomsday's Race Director for about 10 years but Mr. Kardong has served as its Race Director since 2004. Your readers might have mistakenly thought that Ms. Quinn was still Bloomsday's Race Director.

Gregory, it was not our intention to infer Sylvia is the current Bloomsday race director. Sylvia's nine years as race director, particularly during the 1983-1991 years of massive growth of the race, certainly qualify her for being "well known nationally as the long time Bloomsday race director." The Lilac Bloomsday Association's web site lists the following Bloomsday race directors and their years of service since the race's founding:

1978-1979: Jim Lynch
1980: Rob Huneke
1981-1982: Doug Kelley
1983-1991: Sylvia Quinn
1992-2004: Karen Heaps
2005-2015: Don Kardong

A recent EMail message from **Greg Judge** of Seattle, Washington provided an interesting update on his activities. He "retired from teaching at the end of 2013 and started a year early on SSA. I wanted to start writing novels. I finished my first novel in June of 2014 and a second novel with the same character in July 2014. I started 2 new novels and I am almost finished with my 3rd novel. I had no desire to publish any of these, but friends and family convinced me to try. So, I sent the manuscript for my first novel to a publisher in February 2015. It was accepted and is now available at Tate Publishing, Bookstore and a search on *Schea* (the name of the novel and character). I ran my last race in December 2010, a 10K. I ran my last casual run in 2012. Injuries and now a heart issue have sidelined me. But, I walk 3-5 miles every day, so I stay active. I also continue to travel. Since 2013 and as of July 2015, I have been to London five times, Thailand three times to visit my daughter, Peru, Cape Town, NJ five times to visit my youngest daughter, Phoenix five times to visit my brother, to six Jackie Evancho concerts around the country, and to various cities to do writing research."

Our April, 2015 100 Marathon Club North America newsletter mentioned that **Gunhild Swanson** of Spokane, Washington had been accepted for the 2015 Western States 100 and was pounding out the training miles hoping to be the first woman age 70+ to finish. We are very pleased to report that she did it! The "Starting Lines" column in the August 2015 issue of *Northwest Runner* magazine ran photos and a feature on Gunhild, announcing:

Spokane ultra runner Gunhild Swanson made history and became an internet sensation in late June, becoming the oldest female finisher of the iconic Western States Endurance Run in northern California...(she) finished Western States in 29:59:54 and set the record as the oldest woman finisher in the history of the race. She turned 71 a few days after the race. The Western States 100 is arguably the

most prestigious race in the trail and ultra running world. It's also the oldest 100-mile race in the U.S.

Yet, her amazing finish almost never happened – for two reasons.

First, Swanson nearly didn't even get into the race. Her application was initially rejected, but...a sponsor gave Swanson one of its entries.

Second, late in the race, Swanson ran nearly three miles off-course, threatening to derail her ability to finish under the cut-off...

At the mile 90 aid station she thought her pace had fallen off the cut-off time, but by the time she hit the next aid station, she got a new pacer who told her "let's move it," and she got back on track. She credits her pacer with helping her make up time, even speeding up to 7-minute pace when she hit the finishing track...

Her finish was recorded by spectators and race officials, who promptly posted the feat on-line, creating a stir in social media circles and becoming one of the most widely-circulated memes that week.

For more details about Gunhild's amazing accomplishment, do an Internet search on her last name and you'll find video coverage of her finish, post-race interviews, etc. Way to go, Gunhild!

Check out the latest blog postings by **John "Maddog" Wallace** of Longboat Key, Florida detailing his trip report for the Victoria Falls Marathon (his 376th marathon and 125th country) and the safari in Zimbabwe at <http://maddogwallace.blogspot.com>.

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

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net

★ Ron and Nancy Fowler: SodaBottles@yahoo.com

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

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

*Ron and Nancy Fowler
PO Box 158
Littlerock WA 98556-0158*