



## Newsletter #54 – April 3, 2016

### NEWSLETTER DISTRIBUTION

New issues of the 100 Marathon Club North America newsletters are posted monthly at <http://www.100marathonclub.us/newsletter.html>. Please add this link to your computer's "favorites" list and check for the latest newsletter after the first of each month. As soon as the roster is updated and the new newsletter is in place, a message is also posted on our Facebook page.

### NEWSLETTER ARCHIVE

All of the previous 100 Marathon Club North America newsletters have been archived and are easily accessible on our web site page should you miss an issue or want to review an earlier edition.

### UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

Attention 100 Marathon Club North America member marathon and ultra-marathon race directors, if you want to publicize your event(s), you need to send us information about your race(s). Here are three upcoming marathons directed by club members:

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

09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

04-01-17 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**



### OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLETS

Official men's and women's 100 Marathon Club North America singlets are available for ordering via the "Maniac Gear/Dues" portion of the MarathonManiacs.com web site. These attractive, blue and white singlets were professionally designed and feature images of both United States and Canadian flags.

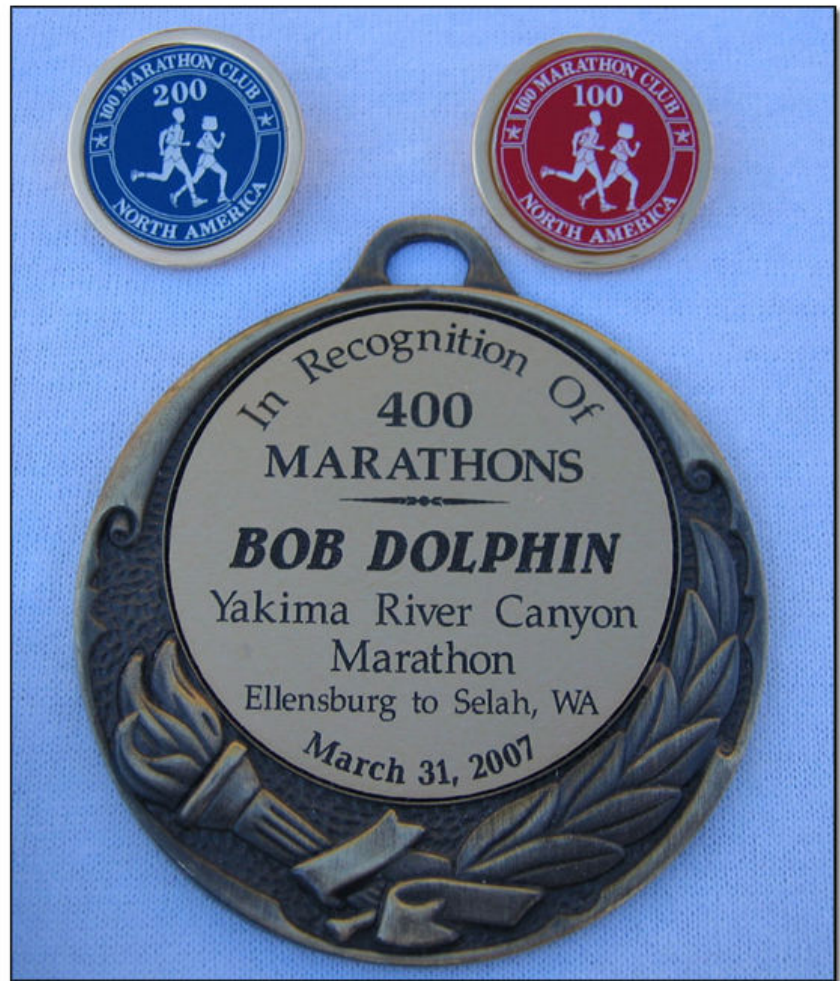
Check them out and order yours today!

## 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. A “Merchandise” button has been added to our web site’s Home page, making it even easier to find club items. In addition to the singlets (pictured above), plus short and long sleeve tee shirts, here are examples of the types of pins and medallions that are available to members →

To make a donation or purchase, contact Bob and Lenore Dolphin via EMail to [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net). Please make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin  
10519 126<sup>th</sup> Avenue SE  
Renton WA 98056



## LARGE TURNOUT FOR THE 100 MARATHON CLUB NORTH AMERICA’S 2016 ANNUAL MEETING

This month’s newsletter is a couple of days later than usual as we were busy enjoying a sunny weekend in Yakima, Washington for the 16<sup>th</sup> running of the Yakima River Canyon Marathon. Just prior to the pre-race spaghetti feed, co-race directors **Bob and Lenore Dolphin** hosted the 100 Marathon Club North America’s annual meeting. Members in attendance included **Margaret Barrett, Steve Barrick, Scott Coe, Bob and Lenore Dolphin, Michael Dutton, Eb Engelman, Deb Evdemon, Judy Fisher, Ron Fowler, Steve Frederickson, Rick Haase, Jane Herzog, Pedro Infante, David Jones, Sharon Kerson, Wendell Lafave, Steven Laine, Rich Menzel, Kay Moyer, Jon Nevitt, Mel Preedy, Fenny Roberts, Diana Robinson, Henry Rueden, Jim Scheer, Ray Shaw, Gunhild Swanson, Cathy Troisi, and Marie Zornes.**

We are welcoming ideas for a revised 100 Marathon Club North America logo. Please send your suggestions via Email to **Bob and Lenore Dolphin** at [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net).

Major milestones attained at Saturday's Yakima River Canyon Marathon included **Fenny Roberts'** 200<sup>th</sup> marathon, and #500 for **Sharon Kerson**. Congratulations!

## WELCOME NEW MEMBERS!

**Scott Coe** of Portland, Oregon ran the 2003 Portland Marathon as his first marathon. With a mindset that many of us can definitely relate to, he says "My second ever was Portland 2007; it took me that long to get the guts to try it again!" That race must have been the spark that lit Scott's marathon fire, as since then he has been pounding them out on a regular basis. He chose the 2015 Inca Trail Marathon from Cusco to Machu Picchu, Peru as his 100<sup>th</sup> marathon (see photo →). As described by [AndesAdventures.com](http://AndesAdventures.com), the Inca Trail Marathon is "the most spectacular South America marathon. With over 10,000' of elevation gain, two high passes (13,000' & 13,800'), and thousands of Inca steps we believe the Andes Adventures Inca Trail Marathon is the most difficult fully supported, regularly

scheduled marathon in the world." Scott completed 50 states and DC at the 2014 St. Junes Marathon in Memphis, Tennessee. He has also run all seven continents, completing the circuit with the Conquer the Wall Marathon on the Great Wall of China. Scott was 55 when he set his 3:32:12 PR at the 2012 Light At The End of the Tunnel Marathon in North Bend, Washington. He has completed 105 marathons.



The 2002 Rock 'n' Roll Marathon in San Diego, California was the first marathon for **Shalisa Davis** of Suffolk, Virginia. Lisa logged her 100<sup>th</sup> marathon at last month's Newport News One City Marathon in Newport News, Virginia and has already boosted her current total to 104, having completed 86 marathons and 18 ultras. She set her 3:59:28 PR in 2005 at the age of 36. Lisa definitely likes to travel, as she has completed 48 states plus DC and is on track to finish her last two states during 2016 with this month's Hogeys Marathon in Arkansas, and the Kauai (Hawaii) Marathon in September. In May 2015, she pounded out six marathons in six states in six days. Whew! Lisa is a member of the Tidewater Striders Running – Walking – Multisport Club in Virginia Beach, Virginia. ← Here's a recent photo of Lisa.



The 2002 Honolulu Marathon was the first marathon for **David England** of Richmond, British Columbia, Canada, and he notched his 100<sup>th</sup> at the 2015 Newport Marathon in Newport, Oregon. Dave set his 4:04:31 PR in 2005 at the age of 49. His current total is 109 marathons and five ultras. ← Here’s a photo of David at a recent race.



**Mike Kuhlmann** of Lakewood, Washington ran the 2007 Tacoma City Marathon in Tacoma, Washington as his first marathon. The March 12, 2016 Mountain Marathon near Littlerock, Washington was his 100<sup>th</sup>. Mike was 57 when he set his 4:10:10 PR in 2008. His current total includes 68 marathons and 32 ultras. Mike enjoys running races with his kids, Kim, Michael, Danny, Ashley, and Kevin. Next month Mike will extend his consecutive race streak as one of only 14 who have run all ten Tacoma City Marathons. Here’s Mike all bundled up for a recent trail run →.

The addition of Scott, Lisa, David, and Mike boosts total 100 Marathon Club North America membership to 514.

## MEMBER UPDATES

**John Bozung** of Orem, Utah writes that he still has his “unofficial Consecutive Months world record streak going. In April it will be 252 months or 21 years that I have done a marathon or longer every single month. And on June 11th my next big milestone will be at the Utah Valley Marathon in Provo Utah when I run my 400th! Anyone who wants to join us can use the code - Bozung400 -

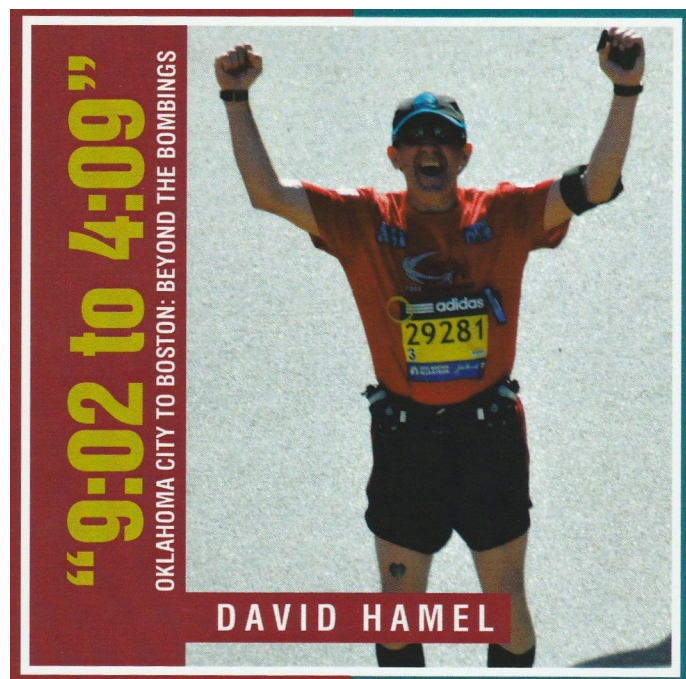
and get a 15% discount that is good for the full and the half. The week before that on June 4th is my 20th year for putting on the Squaw Peak 50 Mile Trail Run, and if anyone wants to join us for that I just put on a discount code for 15% for the 100 Marathon club - Dolphin2016.

Congratulations to **Dave Hamel** of Spring Lake, North Carolina on publication of *9:02 to 4:09 – Oklahoma City to Boston: Beyond The Bombings*. Dave describes his book as:

This story is of a personal journey of an Air Force sergeant and his wife that married at Castle Air Force Base in California and moved to Altus Air Force Base in Oklahoma in 1994. Less than a year later, the newlywed couple were unable to conceive a child and were beginning the second series of three unsuccessful attempts of reproductive treatments when the Oklahoma City Bombing occurred at 9:02 am on April 19, 1995. The personal heartbreak and the simultaneous loss of 15 children at the day care center at the Alfred P. Murrah Federal Building and its aftermath set a sorrowful resonating tone of acceptance and getting on with life. That meant marathon running for the sergeant and being a hairstylist for the wife. That is, until the Boston Marathon bombings on April 15, 2013. The clock at the finish line during the first explosion reminded him of his first marathon time of 4:09 and something seconds. As a native of Massachusetts, the sergeant's long dormant reactions and emotions of 1995 were now returning. The death of an eight-year-old boy near the last stretch to the finish line and a very close date of the Oklahoma City bombing reminded him of the dream that was trying to be stolen again from him, and from other marathoners. Thus began a passionate journey to reclaim the finish line and achieve redemption. This is not only his story, but a story of our national character.

It felt like we all had added our own page to local history, letting it be known that we also stood our ground here much like we did at nearby Lexington and Concord, Massachusetts in April of 1775. It was a continuation of the American spirit and resolve that no two Oklahoma City bombers, nor two Boston bombers, could ever truly destroy.

Visit [www.Okctoboston.com](http://www.Okctoboston.com) for more information, including a 1:28 video trailer. The book is available from amazon.com and BarnesAndNoble.com.



Dave will be running his 114<sup>th</sup> marathon at the Oklahoma City Memorial Marathon on April 24, 2016. As he says, "How fitting as a bookend to the story after all these years."

## ROSTER UPDATES AND NEWSLETTER PRODUCTION

100 Marathon Club North America roster updates, and the monthly newsletters are produced by Ron and Nancy Fowler. Completed updates are forwarded to Tony Phillippi for posting on the 100 Marathon Club North America pages, hosted on the Marathon Maniacs' web site. Thank you for your ongoing and much-appreciated support, Tony!

Please send roster 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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