



Newsletter #59 – September 1, 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. Once the roster is updated and a new newsletter is in place, a message is also posted on the club's Facebook page.

## NEWSLETTER ARCHIVE

All previous 100 Marathon Club North America newsletters are archived and accessible via 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 several upcoming marathons/ultras directed by club members:

- 09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**
- 10-01-16 – Baker Lake 50K, Concrete, WA – **Terry and Delores Sentinella**
- 10-02-16 – Winthrop Marathon, Winthrop, WA – **Terry and Delores Sentinella**
- 10-08-16 – Defiance 50K, Tacoma, WA – **Tony Phillippi**
- 12-03-16 – Ghost of Birch Bay Marathon, Birch Bay, WA – **Terry and Delores Sentinella**
- 12-31-16 – Last Chance Marathon, Bellingham, WA - **Terry and Delores Sentinella**
- 02-18-17 – Woolley Marathon & 50K, Sedro-Woolley, WA - **Terry and Delores Sentinella**
- 04-01-17 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**
- 05-01-17 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

## 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

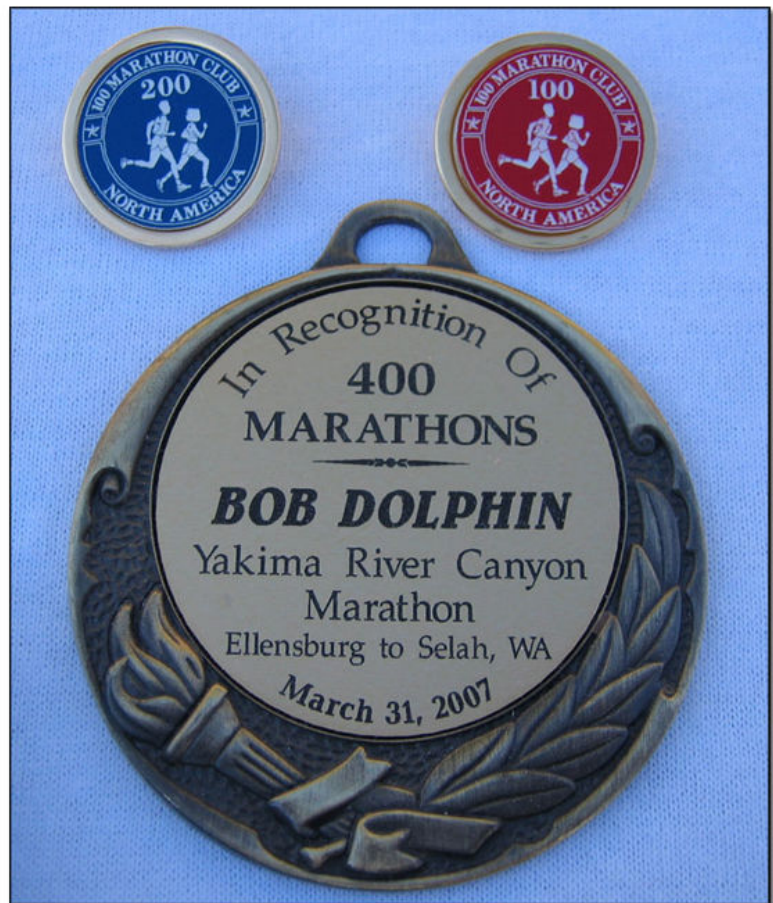
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. 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



## WELCOME NEW MEMBERS!



**Maria Austero-Macavinta** of Pleasant Hill, California chose the 2007 Rock ‘n Roll Marathon in Phoenix, Arizona for her first marathon. On the way to her 100<sup>th</sup> she completed 50 states and DC at the 2014 Baystate Marathon in Lowell, Massachusetts. The 2015 Dirty Dozen in San Pablo, California marked Maria’s 100<sup>th</sup> and she is still pounding them out, boosting her current total to 117 marathons and 19 ultras. Her 2016 races include the 100K Pigtaails Challenge, the Great Wall Marathon in Beijing, China, and the Inca Trail to Machu Picchu Marathon in Peru. Maria set her 4:27:14 PR in 2014 at age 49.

The 2004 Rock ‘n Roll marathon in San Diego, California was the first marathon run by **Bekki Manville** of Colorado Springs, Colorado. Last month’s Iceland Marathon held in Reykjavik, Iceland was the location Bekki chose for her 100<sup>th</sup> marathon. She completed 50 states and DC at the 2013 Kauai Marathon at Poipu Beach, Kauai, Hawaii. Bekki set her 3:26:03 PR in 2013 at age 40. Her current total is 100 marathons and one ultra. Here’s Bekki just after finishing her 100<sup>th</sup> marathon in Iceland →

The addition of Maria and Bekki boosts the 100 Marathon Club North America membership total to 529.

## MEMBER UPDATES

Kudos to **Mario Sagasser** of Henstedt-Ulzburg, Germany for completing his 500<sup>th</sup> marathon at the Isle of Man Marathon on August 14, 2016. This race is considered “one of the top 10 running events in the United Kingdom, taking place on the picturesque course in the North of the Island, nestled between England and Ireland.” In addition to being a long-time member of the 100 Marathon Club North America, Mario is president of the 100 Marathon Club – Germany.

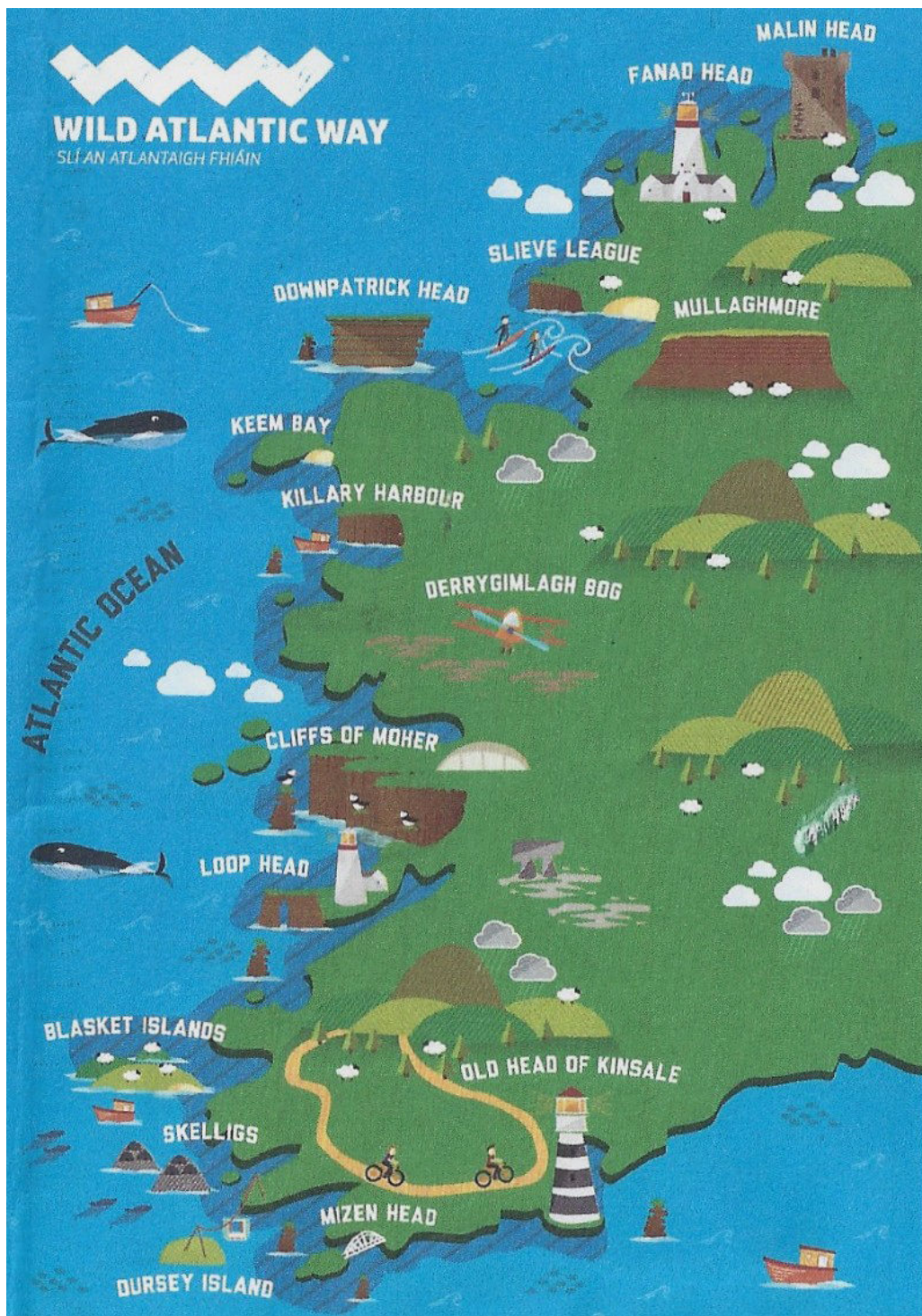


**Roger Biggs** of Stevenage, England continues the quest for his 900<sup>th</sup> marathon. Here are postcards Roger sent following two of his recent races:

Monday, July 4, 2016. Sunday was a good day with a marathon from County Town Kirkwall to the small village of Birsay. The Achilles was playing up, but I ran my second best time of the year in 4:41:48. After a quick shower back in Kirkwall, we returned to Birsay for the event Ceiliah! Drinking, dancing, eating (in that order) made for a great evening.

(Editor's note: The information accompanying this postcard mentions "The seventy-plus islands that make up Orkney have...a population of 21,349 (2001 census). Only 10 km at closest from Scotland. Orkney's diverse economy comprises agriculture, fishing, tourism, crafts, whiskey and oil. The mild climate is due to the North Atlantic Slope Current and Atlantic weather systems. There is much to see and due including world class archaeology, magnificent coastal scenery and wildlife. The World Heritage Site comprises of Maeshowe, the Standing Stones of Stenness, the Ring of Brodgar and Skara Brae dates from 3000 BC, while the Churchill Barriers, Italian Chapel and St. Magnus Cathedral are essential visits.")





Sunday, August 14, 2016. In Ireland for a quad (four marathons in four days) in Donegal. With ongoing injuries, I was pleased to manage #1 and #4. In Canada soon, so watch out for more postcards.

(Another Editor's note from the information accompanying this postcard: "The Wild Atlantic Way is the world's longest defined coastal touring route stretching 2,500 km along Ireland's wild Atlantic coast from Donegal to West Cork.")

## 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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