



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, an announcement 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.

100 MARATHON CLUB NORTH AMERICA SUPPORT

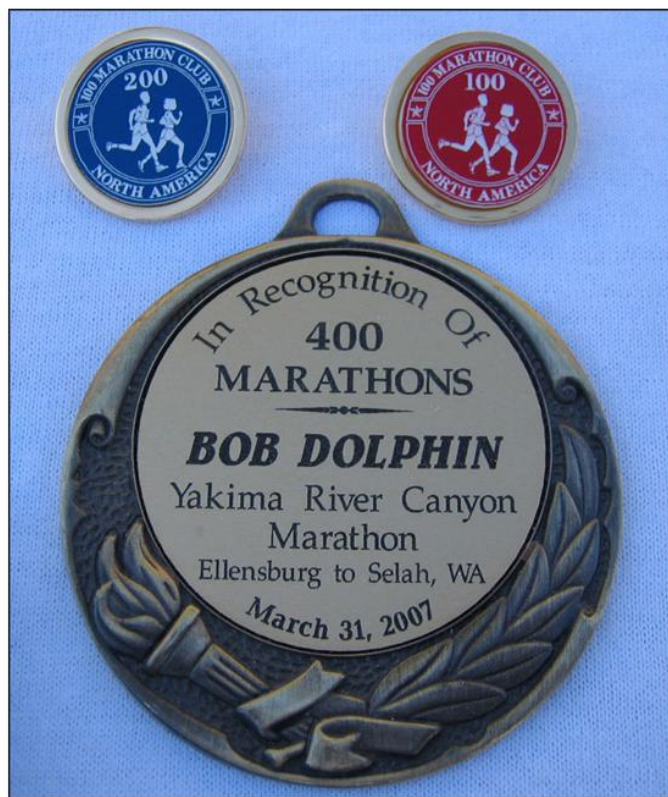
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. In addition to the singlets (pictured below), plus short and long sleeve tee shirts, here are examples of the types of pins and medallions available to members →

To make a donation or purchase, contact Bob and Lenore Dolphin via EMail to:

dolphinmteam@earthlink.net.

Please make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056



100 MARATHON CLUB NORTH AMERICA SINGLET

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.



UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

Attention 100 Marathon Club North America member marathon and ultra-marathon race directors: in order 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:

10-07-17 – Baker Lake 50K, Concrete, WA – **Terry and Delores Sentinella**

10-14-17 – Defiance 50K, Tacoma, WA – **Tony Phillippi**

02-17-18 – Woolley Marathon, Sedro-Woolley, WA – **Terry and Delores Sentinella**

04-07-18 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. This event will once again be the 100 Marathon Club North America's annual reunion. The guest speaker at the pre-race pasta feed will be Jeff Hagen – scroll down to the "Member Updates" for more information!

04-29-18 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**

WELCOME NEW MEMBERS!

Caren Della Cioppa of Palmer, Alaska says she ran her first marathon (the 1979 Heart of San Diego Marathon) “so long ago that the results are no longer available...I didn’t run my second one until 2007. So, all but one have been since age 60.” She chose the 2017 Mainly Marathons Prairie Series Day 7 in St. Joseph, Missouri for her 100th. She became a 7 continents finisher at the 2015 Amazing Maasai Marathon in Kenya. She has run marathons in 42 states (working toward 50) and 29 countries. Caren became interested in marathoning through Team In Training and has run 18 marathons and raised thousands of dollars for the Leukemia & Lymphoma Society thru them. She set her 5:33:10 PR in 2008 at age 61. Caren’s current total is 105 marathons and one ultra.

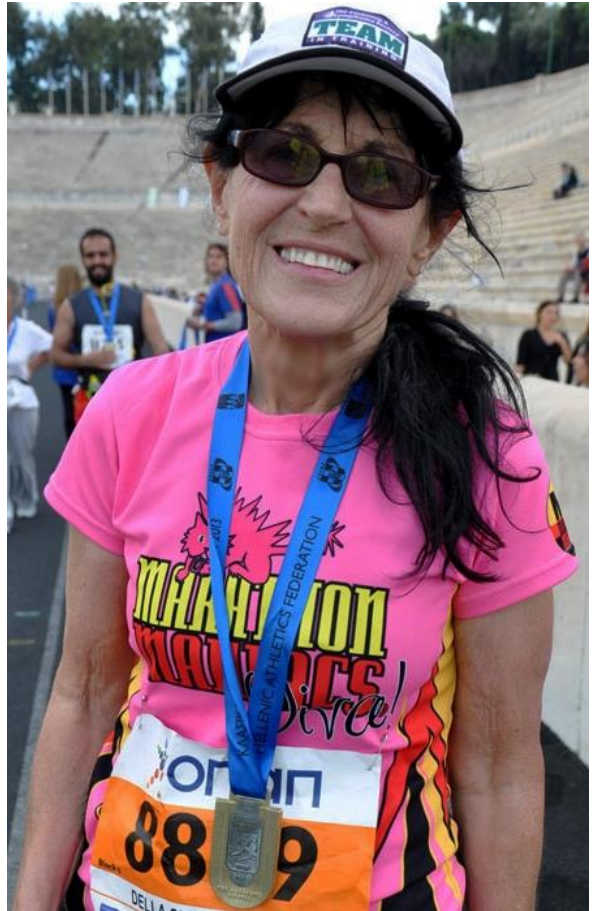


Here’s Caren after finishing the Athens Marathon →

The 1983 Stockholm Marathon in Stockholm, Sweden was the event **Mirek Malinowski** of The

Woodlands, Texas chose for his first marathon. To say he has been busy pounding pavement since then is definitely an understatement! Mirek completed his 100th at the 2004 Houston Marathon in Houston, Texas and since then has boosted his current total to 511 marathons and 122 ultras (check the roster for details). He completed 50 states and DC for the third time at the 2015 Honolulu Marathon. Mirek ran his first ultra in 1978 in Sweden and notched his 100th ultra at the 2015 Huntsville State Forest 50K in Huntsville, Texas. He set his 4:27:02 PR in 1990 at age 50.

← Here’s a recent photo of Mirek.



Jane Sturzaker of Cheltenham, Victoria, Australia ran the 1997 Melbourne Marathon in Melbourne, Australia for her first marathon. The 2013 Canberra Marathon in Canberra Australia was the chosen site for her 100th marathon finish. Jane's accomplishments include Melbourne Marathon Spartan membership (10 years+ club), completing marathons in 30 countries and 35 states (she's working toward 50). She is a member of the Australian 100 Marathon Club. Jane established her 3:47:52 PR in 2006 at age 53. Her current total is 224 marathons and 15 ultras.

Here's Jane at the 2016 New York City Marathon →

The addition of Caren, Mirek, and Jane boosts total active club membership to 574.

MEMBER UPDATES

HAPPY BIRTHDAY to

100 Marathon Club North America's co-founder and co-director **Bob Dolphin** who turns 88 on October 4th!

Congratulations to **Ila Brandli** of Mesa, Arizona for notching her 200th marathon/ultra April 13, 2017, day #4 of the Mainly Marathons Riverboat Series in Millington, Tennessee.

While participating in 2017 Yakima River Canyon Marathon activities, we enjoyed an opportunity to visit with **Jeff and Joyce Hagen** of Yakima, Washington. Jeff and I are the same age and discussed our rapidly approaching (since achieved) "promotion" into the 70-74 age group. While I am content continuing to pound out marathons, Jeff was in the midst of boosting his mileage in preparation for making an assault on several ultra 70-74 age group records. Here's Jeff's report from the just completed USA Track and Field National Championship 24-Hour Race in Cleveland, Ohio:

The North Coast 24-Hour Endurance Run was held on a loop of exactly .8822 miles in Edgewater Park, along the south shore of Lake Erie. With one portion of the course running less than 100 feet from the lake, it was a very pleasant setting. The weather also cooperated, although it was too warm for many of the runners.



Joyce and I are still trying to digest completely what transpired at the race, but the results far exceeded our expectations. My goals were to take a shot at winning the National Champion medal for my new 70-74 age group and also to see whether I could still run 100 miles in one day at age 70. Besides reaching those goals (the first one with a margin of 57 miles), other things happened that I didn't think were possible:

Reaching the 100-mile mark in 21 hrs. 55 min. was a new American 100-mile record for the 70-74 age group. The old record was 22:19. I actually hit exactly 100 miles in about 21:48, but the electronic chip timing on the odd-sized loop recorded only full laps, so it recorded 100.57 miles in 21:55.

Running 110.193 miles in 24 hours was a new American 24-hour record for the 70-74 age group. The old record was 105.95 miles.

Finishing 8th overall and 4th American male overall out of 131 starters completely astounded me. How does that happen for someone age 70 in a National Championship race?

Equally bizarre was that my finishing distance also surpassed the mileage of the winners of the younger 55-59, 60-64, and 65-69 age groups and even the winner of the ages 39 and under Open Division.

The key to success was even pacing throughout the race. The race started at noon on Saturday, Sept. 16, and ended at noon on Sunday, Sept. 17. On both days the temperature reached the low to mid-80s. Most of the runners started too fast, while I stuck to my conservative walk-run strategy throughout the event. Miraculously, my pace stayed the same for almost the entire 24 hours. Staying awake during the night has always been a problem for me in 24-hour races, but this time I somehow managed to stay awake the entire time. I didn't even stop to sit down, except for once to remove a stone from my shoe and a few 10-second stops to place lubricating drops in my eyes. Like the old fable, in this event the tortoise fared quite well against the fleet-footed hares.

As always, Joyce's world class crewing was a huge part of our success. All in all it was a magical weekend of running.

Congratulations Jeff (and Joyce)! Your running accomplishments continue to amaze!

While visiting in Yakima, Jeff explained his "conservative walk-run strategy" to me. I have since tried it during marathons and there's definitely something to it. Jeff will be the guest speaker at the April 6, 2018 Yakima River Canyon Marathon and Half Marathon pasta feed. He'll also be attending the annual 100 Marathon Club North America reunion meeting preceding the pasta feed. Add the 2018 Yakima River Canyon Marathon to your 2018 calendar now! More information is posted at <http://www.ontherunevents.com/yrcm/>.

Please send roster and member updates to both of these EMail addresses:

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net; and

★ Ron and Nancy Fowler: SodaBottles@yahoo.com

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