



## 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 "favorites" list and check for the latest newsletter soon 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

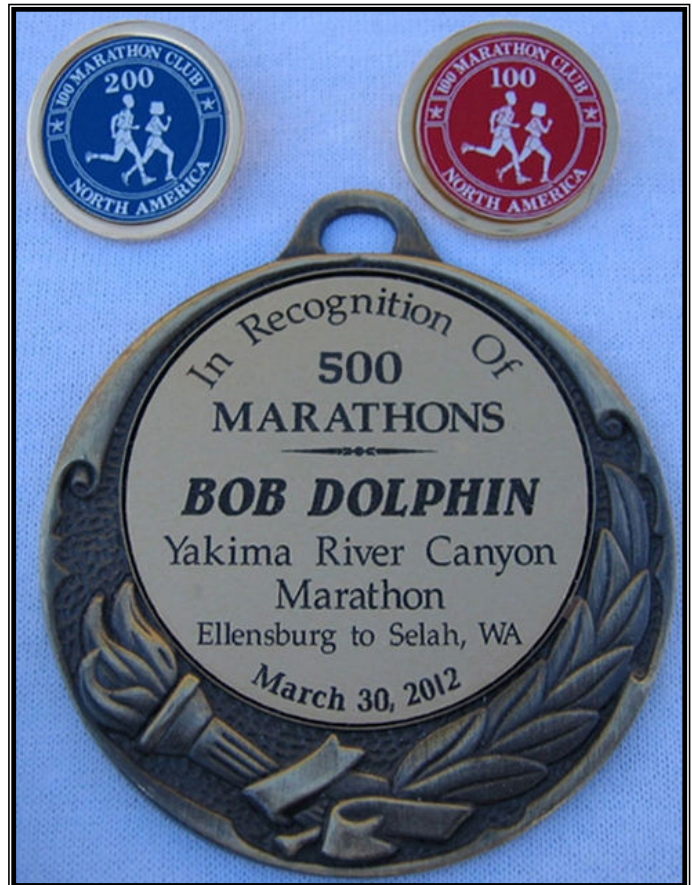
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets (pictured below) and 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](mailto:dolphinmteam@earthlink.net).

Make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin  
310 South 50<sup>th</sup> Avenue  
Yakima WA 98908



## 100 MARATHON CLUB NORTH AMERICA SINGLET

Official men's and women's 100 Marathon Club North America singlets can be ordered 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: to publicize your event(s), EMail us information about your race(s).

Here are several upcoming marathons/ultras directed by club members:

11-22-18 – Wattle Waddle Marathon, Snohomish, WA – **Terry and Delores Sentinella**. Information: <https://www.databarevents.com/wattlewaddle>

11-24-18 – Seattle Ghost Marathon, Seattle, WA – **Terry and Delores Sentinella**. Information: <https://www.databarevents.com/seattleghost>

12-31-18 – Last Chance Marathon, Bellingham, WA – **Terry and Delores Sentinella**. Information: <https://www.nwenduranceevents.com/lastchance/>

02-16-19 Woolley Trail Runs Marathon and 50K, Sedro-Woolley, WA – **Terry and Delores Sentinella**. Information: [www.databarevents.com/events/view/84](http://www.databarevents.com/events/view/84)

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19<sup>th</sup> edition of this great event will once again host the annual 100 Marathon Club North America reunion. Information: <http://aasportsltd.com/event/yrcm/?RL=1>

04-27-19 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**. Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

04-28-19 – Tacoma City Marathon and Michelob Ultra Marathon (50K), Tacoma, WA – **Tony Phillippi**. Information: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)

## WELCOME NEW MEMBERS!

**Paul Grinvalds** of West Des Moines, Iowa chose the 1987 Los Angeles Marathon in Los Angeles, California for his first marathon. Last month's Des Moines Marathon in Des Moines, Iowa marked his milestone 100<sup>th</sup> marathon. Paul completed 50 states and DC at the 2014 Grand Rapids Marathon in Grand Rapids, Michigan. He established his 3:29:18 PR on his 47<sup>th</sup> birthday in 2005, and matched his PR time again in 2013 at age 55. Paul's current total includes 100 marathons and two ultras. He is a member of the Capital Striders Running Club in Des Moines.



Paul Grinvalds →



The 2005 Detroit Freepress Marathon in Detroit, Michigan was the location **Barbara Meinecke** of Milwaukee, Wisconsin chose for her first marathon. This year's hometown Lakefront Marathon in Milwaukee, Wisconsin was Barbara's choice for her 100<sup>th</sup> marathon. She finished 50 states at the 2017 Maui Oceanfront Marathon. She set her 4:31:15 PR in 2017 at age 38. Barbara is a member of the Badgerland Striders Running Club in Milwaukee.

← Barbara Meinecke

**Chin Huat Ngeyu** of Melaka, Melaka, Malaysia ran the 2011 Standard Chartered Marathon in Singapore as his first marathon. The 2018 Kuala Terengganu Marathon in Malaysia was his 100<sup>th</sup> marathon. He established his 4:30:56 PR at the BMW Berlin Marathon last year at age 52.

The addition of Paul, Barbara, and Chin Huat boosts total 100 Marathon Club North America membership to 618.

## MEMBER UPDATES

### MEMBER MILESTONES

Kudos to **Ole Toft** of Odense, Denmark on completion of his 300<sup>th</sup> marathon at last weekend's Brussels Marathon in Brussels, Belgium. Ole's grand total includes 266 marathons, 14 ultras, and 20 marathons run while completing Ironman triathlons. He is in the process of running 100 sub four hour marathons during 2018, raising support for the Danish autism society. Follow Ole's amazing exploits at:

Instagram: [https://www.instagram.com/wild\\_beast.dk/](https://www.instagram.com/wild_beast.dk/)

FaceBook: [100 marathons sub 4 hours!](#)

and: <http://allworldathlete.com/running/100-sub-4-hour-marathon-in-1-year/>

The current issue of *Trail Runner* magazine includes an excellent feature article about 100 Marathon Club North America member **Gunhild Swanson** of Spokane, Washington. Check it out at your local newsstand. Subscription information is available on-line at <https://trailrunnermag.com/>.

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

★ Bob and Lenore Dolphin: [dolphinmteam@earthlink.net](mailto:dolphinmteam@earthlink.net); and

★ Ron and Nancy Fowler: [SodaBottles@yahoo.com](mailto:SodaBottles@yahoo.com)

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