



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

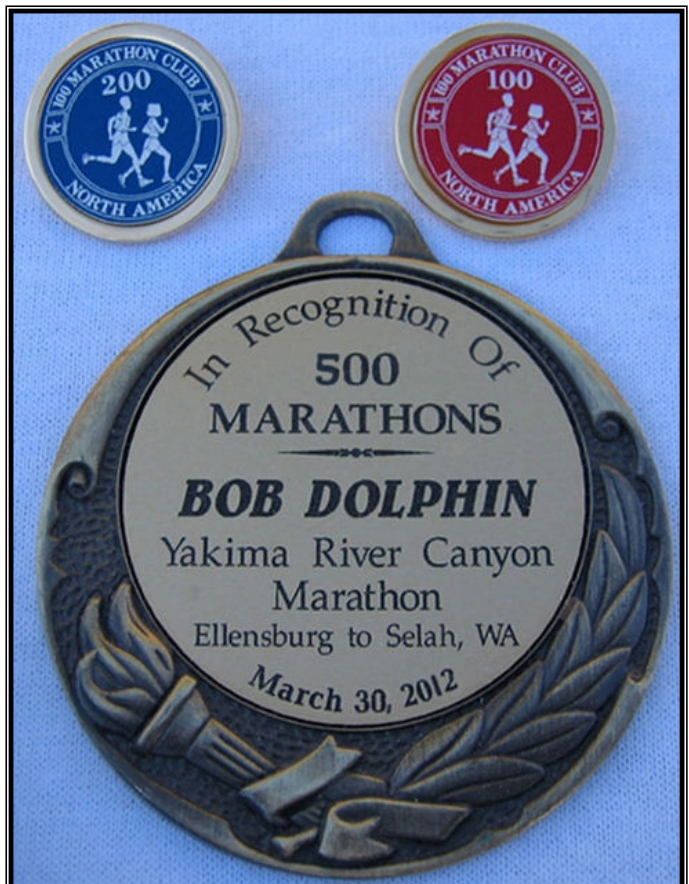
The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. The "Merchandise" button on our web site's Home page makes it easy to find club items. In addition to singlets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

Make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin
310 South 50th Avenue
Yakima WA 98908



100 MARATHON CLUB NORTH AMERICA SINGLETS

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:

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

03-30-19 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**. The 19th edition of this great event will once again host the annual 100 Marathon Club North America reunion. Information ([note the new link](#)): www.yakimarivercanyonmarathon.com

04-27-19 – Ghost of Tacoma Marathon, Tacoma, WA – **Tony Phillippi**. Information: www.tacomacitymarathon.com

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

WELCOME NEW MEMBERS!

Eddy Angkawibawa of Jakarta, Indonesia ran his first marathon at the 2013 Jakarta Marathon. A short five years later he ran his milestone 100th marathon at last month's 2018 Superball Run, also in Jakarta. Eddy established his 4:56:07 PR at the 2015 Berlin Marathon at age 51. His accomplishments along the way include Podium 2 Master at the 2017 Tondano Lake Marathon in Indonesia. He is our first 100 Marathon Club North America member from Indonesia. Welcome to the club, Eddy!



The addition of Eddy boosts total 100 Marathon Club North America membership to 622.

MEMBER UPDATES

Kudos to **Deb Evdemon** of Sammamish, Washington for notching her 200th marathon at the Pigtales Run in Ravensdale, Washington on December 15, 2018.

We were saddened to learn of the passing of 100 Marathon Club North America member **Harold Copeland** of Richland, Washington in July, 2018 at age 98. Hal ran his first marathon at the 1975 Cheney Marathon in Cheney, Washington, and his 100th at the 1998 Coeur d'Alene Marathon in Coeur d'Alene, Idaho. His favorite saying in his last years was "If you meet a man without a smile, give him one." Rest in peace, Hal!

A message from Julsimo Frankenberger in Prague, Czech Republic and Frank Danes of the University of Puget Sound brought great news about their plans to attend the 2019 Yakima River Canyon Marathon and our annual club reunion:

I wonder if you remember **Zdenek Chmel**, a runner from the Czech Republic that Frank and I brought with us to participate in the 2010 Yakima River Canyon Marathon? Zdenek recently joined the 100 Marathon club. And what is the best way to celebrate such an achievement? Of course, by running YOUR marathon once again. Nothing can beat that experience! If everything works out well, we plan to fly from Prague to Tacoma, stay there a couple of days and then drive over the mountains to your part of the world. There will be four of us: Frank Danes, Zdenek Chmel, his wife Iva Chmelova, and myself. Frank turned 98 this August, so he wouldn't run, but he is excited to offer volunteer help at the finish line again as he did back in 2009 and 2010.

This month's EMail brought an excellent "Staying Alive By Taking Action" food-for-thought message from 100 Marathon North America club member **Dave McGillivray**, long-time Boston Marathon race director and marathoner extraordinaire. In case you aren't aware, Dave had triple bypass open heart surgery in October, 2018. Take the time now to copy and paste this link into your browser. Read Dave's story; doing so may save your life!

<https://boston.cbslocal.com/2018/10/09/take-action-dave-mcgillivrays-message-to-anyone-ignoring-symptoms-of-heart-disease/>

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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