



# MARATHON MANIACS

## APRIL 2013 NEWSLETTER

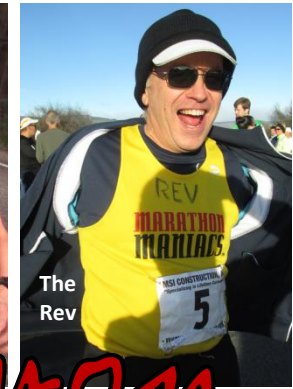
★ ★ ★ ★ ★ Volume 10, Number 4 ★ ★ ★ ★ ★

10 YEARS OF MANIACAL CRAZINESS!! (2003-2013)

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# Yakima River Canyon Marathon

Rick, Janis and Monte



**Yakima River Canyon Marathon (4/6):** Wendy (Stensen) Hawthorne, Shawn Aebi, \*Htrod\*, Steve Barrick, Jim "Ol' Jimbo" Boyd, Ken Briggs, Leon Bromley, Janet Burgess, Adrian Call, Sara Campbell, Deidre "Turtle fast" Connor, Pedro Max, Bob & Lenore Dolphin, Lisa Eagle, Deb Evdemon, Earl Fenstermacher, Judy Fisher, Hope Fox, Steve "El Pinguino" Frederickson, Steve Geertgens, Reed Glesne, Susan Glesne, Greg Glockner, Mr. Pat, Ginger Gruber, Rick "Roadkill" Haase, Francie Hankins, Ric "the sweeper pacer" Hart, "Insane Jane", Paul Hoffmann, Amy Holt, Robert Holt, Eric Jensen, Micaela Jensen, Steve Jensen, Laura Johnson, Gary Kobold, PK, Fran Libasci, Roger MacMillan, Mike Mahanay, Gary "The Red Rabbit" Marr, Rich Menzel, Little Leslie, Michele Miller, Janice Moyer, Tracy Murillo, Kristina Newcomb, Janice Northrup, Gary Otheim, Monte Pascual, David Pearson, The Programmer, tony (tp!) phillippi, Cheri Pompeo, Mel Preedy, Bill Ralph, Sharon Reese, Mary "mph" Hanna Richards, sLuGOnE1/2, Tom Scott, McGyver, Joanne Sodano, "Marathon Diet", Brian Starkey, Tim Stensen, Rob Stretz, Robert Towne, Ginny Turner, Gregg Walchli, CJ \*\*Hollywood\*\* Warren, Steve White, Prez Steven Yee, Marie "Mimi" Zornes



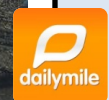
Mel Preedy



Steve and James



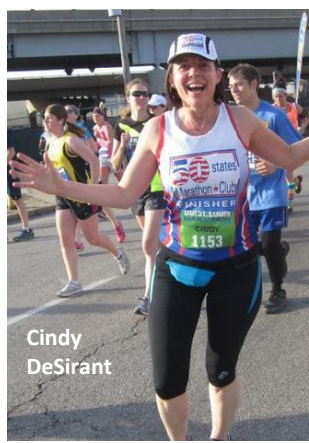
Ric Hart



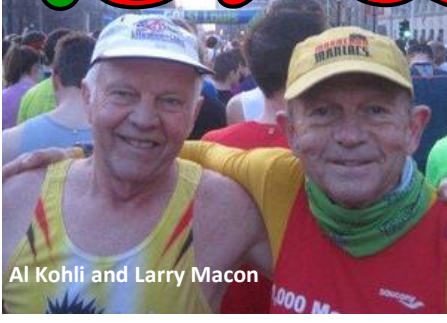
## Social Networking

From Facebook to Twitter, the Maniacs have a presence in the world of social networking. Whatever social network you prefer I'm sure the Maniacs are there, so check them out!

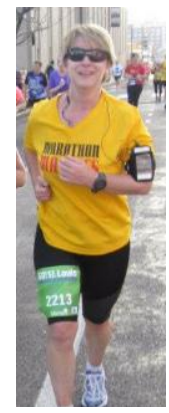
- Facebook: <http://www.facebook.com/group.php?gid=8904689204>
- LinkedIn: <http://www.linkedin.com/e/vgh/1843119/>
- MySpace: <http://www.myspace.com/marathonmaniacs>
- Dailymile: <http://www.dailymile.com/groups/1403-marathon-maniacs>
- RunningAhead: <http://www.runningahead.com/groups/MMS>



# GO! St Louis MARATHON

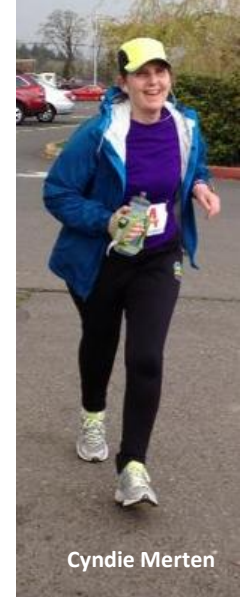


**Go! St Louis Marathon (4/7):** Darlene Baltimore, Suzanne Bansley, Mark Barnhart, Pete Bartels, Diane "Bolt'in to the airport" Bolton, Cathy Bradford, Ila Brandli, Jill Bronner, Paul "Pacer Paul" Carringer, Lynne "Harper" Caulkins, Mike Chewar, Teal Clark, Don Clarke, Andy Coldiron, Tim Conger, Gabrielle de Encio, Cindy DeSirant, David Donald, Roger Donnell, Technicolor Daniel, Ken Fattmann, Abbi-Normal, Maria Frosth, Jorge Garcia, Su Gipson, Laura Gorycki, Devra Gower, Elaine Green, Jerry Greenwald, Kevin Hackethal, Alison Hammersla, Diane Hanson, Danielle "T-Rex Runner" Hastings, Dan Hausser, Bob Jacobowski, Joe Johnson, Sabrina Johnson, Kathy Kass, Julia Khvasechko, Janell Kiersnowski, James Klarich, Zachary Knebel, Al Kohli, Peter 'Elite Pete' Lantin, Jen Leugers, Laurie Lindstrom, Jeremy Mann, Suzanne Marchesano, Kenneth Massett, Karen Mayes, Denis McCarthy, Barb Meinecke, Terri Menghini, DS Amy Meyer, Tom Minichiello, Todd Oliver, Sanjay Pamurthy, Brenda Penland, Missy Peters, Cade Remsburg, Monkey Trent, Richelle Runyon, Matt Russell, Terry Salaices, California Kim, Jc "The Saint" Santa Teresa, Susan Schenberg, Emma Schuering, Sara Sessions, Evelyn Smith, Michael Sortito, Kenneth "Just Running", Lori Wagner, Ruth "Wildcat" Walsh, Halbert, Hardin Watkins, Phil Weinzapfel, Jonathan Wendel, Carole Williams, Tom "Tater" Williams, Brian Wright, Li-Chym Wu





# Vernonia Marathon



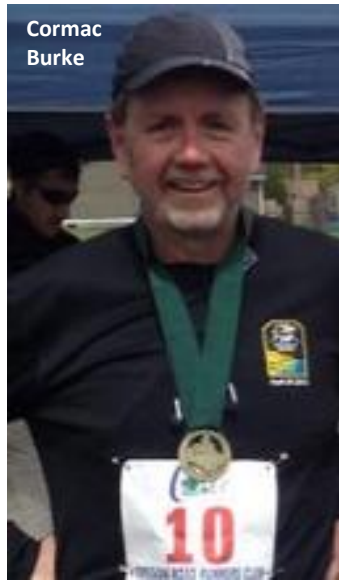
Cyndie Merten



Tom Stanfill



Mary Coffelt



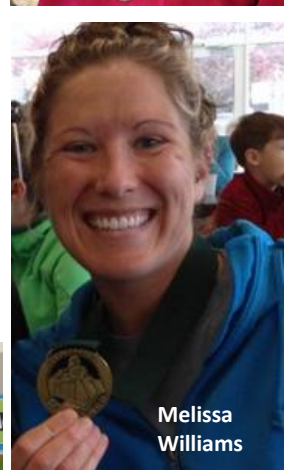
Cormac Burke



Steve Walters



Dan Whitaker



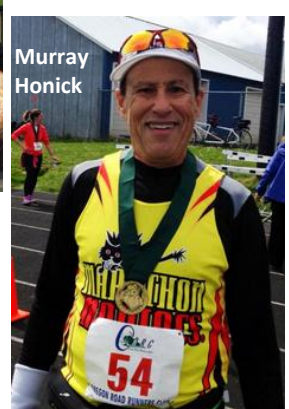
Melissa Williams



Maureen Miner



Katherine Murphy



Murray Honick

**Vernonia Marathon (4/14):** Cormac Burke, Mary Coffelt, Elizabeth Detter, Joanne Fornaca, Gail "Detour" Phillips Henry, Murray "Birder" Honick, Maureen Miner, Katherine Murphy, Monte Pascual, Brian Pilgrim, Misty Pilgrim, Steve "Marathon Freak" Walters, Dan Whitaker, IronMel



Jonathan Young



Annette Blanton



James Norris



Arland Blanton



Brian Wright



Carrie Fox



Keith Stone



Jim Bitgood



Jon Honeywell

# Hogeye Marathon

**Hogeye Marathon (4/14):** Caleb Ault, Craig Avery, Rich Bailey, Jim Bitgood, Annette "Crash" Blanton, Arland "Crazy Eyes" Blanton, Lionel Burnett, Mark "Superman" Cato, Joshua Drake, Ken Fattmann, David Forbes, Carrie "Foxy" Fox, Rick Franks, Chris Hall, Wesley Hardacre, Chris "Rice Burner" Ho, Jon Honeywell, Belinda Jared, Billy Kelley, Edward Lebowski, Lisa "LuLu" Luyet, Paul Maness, Lia Mayfield, Taharka McCleave, Vickie McDonald, Nicholas L. Norfolk, James "Night Train" Norris, Dennis O'Lone, Chris "O-Dog" Oppenlander, Kendel Prescott, Krissy Rehm, Bob Schluben, Sophia Shi, Rob Stecker, Cara "Skittles" Stephens, Keith Stone, Andi "Honey Badger" Stracner, Michael Strobel, Brian Wright, Jonathan Young



Marathon Maniacs running half marathons... YES, it's true!

Tired of running marathons and ultras (HA!!)? Need to back down on that weekly mileage and concentrate on getting faster? Then join the Half Fanatics (halffanatics.com). There are currently over 4000 members in the Fanatic Asylum, and I'm sure you'll recognize a few names in the group. So jump on the bandwagon now, get your qualifying races in and join this new, zany group!

[www.halffanatics.com](http://www.halffanatics.com)



Half Fanatics at the Asbury Park Half Marathon



Yolanda Holder

# Boston Marathon



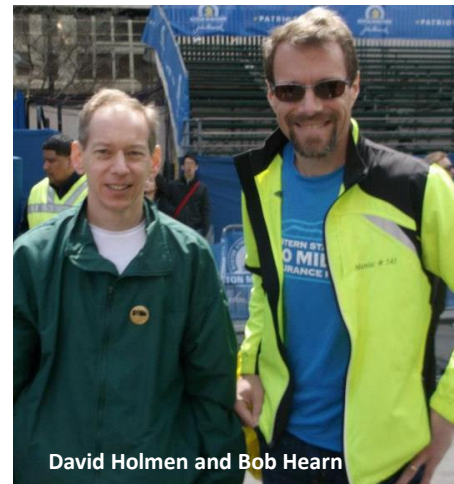
Prez



Steven Lee



Portland Maniacs



David Holmen and Bob Hearn



Jeff Bollman



Thomas Okazaki



Scott Stader



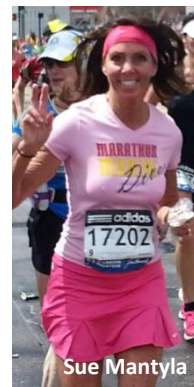
Jon Dotson



Tony Phillippi



Kim Gray



Sue Mantyla



**Boston Marathon (4/15):** Kay "Tasty Pie" Allen, Keith Almeida, Linda Ambard, Andrea Amend, Stacy "Struggle" Anderson, Stephanie Andre, John "Johnny Turbo" Atkinson, Howard Audet, Linda Bachand, Miranda Bachman, Peter Balletta, Robert Ted Barron, "Coach Dave" Bartholomew, Juliene Bell-Smith, Marc Bergman, Jonathan Betanoff, Rhonda Blackford-Noonan, Shavaughn Blades, Sally "me and my dad" Boles, Jeff "Boneman" Bollman, Diane "Bolt'in to the airport" Bolton, Mic, Edward Broadnax, Adrian Call, Claire Carder, Pete Carter, Dave Carver, Gina Chupka, Stephanie Clark, Mark Cliggett, Rick Cooney, William Crader, Douglas ( Run the Earth ) Dahlberg, David Dassey, Sean Davis, Susan DeRoberts, Mike Diener, Kim Dominick, Tony Donagrechia, Stephen Ecker, Kay "Dirtball" Evans, Kevin Fallon, Fil Faria, Jonathan "Dr. J" Fass, Rhonda Foulds, Hope Fox, Annette French-Bearden, Terry "on the Fritz", Marc Frommer, Amy Gavin, Sheri Giese, Judy Graham-Garcia, Kim Gray, "MM Diva #5", Roger Greene, Tim Guscott, Stacey Hanf, Emily Hansen, Stephen Harris, Kerri Haskins, Bob Hearn, Cindy "SeoulRunner" Heckerl, Jack "JJ Mac" Heely, Carole "Foreverbronze" Higa ><(((((>, Bob Hoaglin, Lecia Holley, David Holmen, TC Hosner, Rebecca-Ayme Hughes, Cary Inderbitzin, Kirk Isakson, Etienne Jaulin, Eric Jensen, Yoshiko Jo, Gene Jochen, Russ "Imminent Catastrophe" Johnson, Cassidy Jones, Daniel Katsin, William Kenneweg, Cherry Kent, Lou King (WillRunForBeer), PK, Patrick Kubovsky, Michelle Ladcani, John Lafayette, Johnny "Shaka" Landeza, Steven "Thunder" Lee, Karl Leitz, Nilson Paulo de Lima, Kristin Lundy, Randy Lyle, Dotty Maddock, Tessa Mah, Brian Maher, Tim Mahler, Stephanie Maisel, Jim Mann, Sue "Italian Stallion" Mantyla, Pat Marafioti, Dan Margolis, Joao Marinho, Tracy Marshall, Larissa "Nordic Moxie" MM Diva #8, Ryan Matherne, Danie Matusick, Robert McElroy, Mike McMahan, Michael "Uncle Mike" Miller, Steve Miller "Not the Band", Eve Mills, Kathy Morrisson, Kara Mosesso, James Murphy, Nemo, Suzanne Nester, Dave Nevitt, Heather Nugent, Michael Nusblat, Charles Oatman, Thomas "T.O." Okazaki, Todd Oliver, Gabrielle Orsi, John Oster, Rick Paine, Keith Parks, The Programmer, Sheryl Perales, tony (tp!) phillippi, Joni Pinkley, Charlie Quinn, Kathy Rafish, Cade Remsburg, Mary "mph" Hanna Richards, Emma Riconda, Tom Rogers, Brett Ruckle, Nadia Ruiz, Neal "Stinkerbell" Saxe, Keith Schlottman, Myron Sidloski, Anthony Slinn, Bill Smith, Darin Soler, Aaron Stanley, John Studebaker, Kirk Taylor, Chris Thompson, Shana "Rustynail" Tolean, Kaia Turner, Dolores Valencia, Teresa Verstraet, Janet Vogelzang, Susan Vogt, Michelle "Mom o' 6" Walker, CJ \*\*Hollywood\*\* Warren, Steve Warren, Kelly Watanabe, Suzy Waters, Jason Weekes, Jeff Wehling, Joe White, Jacqueline Wilkins, Janet Willard, Jim Willis, David Wingard, Raye Winsor, Jessica Witter, Brett Wittner, Kimberly Worthen, Chrissy Yamada, Melinda Yanuaria, Prez Steven Yee, Unsteady Eddie, Janet Yoest



Nicole Wilson



Abbi



Sue Colgan-Borror



Nancy Shumard



Judi-Ann Smith-Kauhane



Betsy Rogers



Rick Peete

## BOSTON STRONG

On April 16, thousands of runners from all over the country took out a race shirt and wore it in support of the Boston Marathon bombing victims. Here are some of our members supportive photos.



Melissa Fryback



Jay Schwarzmann



Shawn Newton



Barb Damon



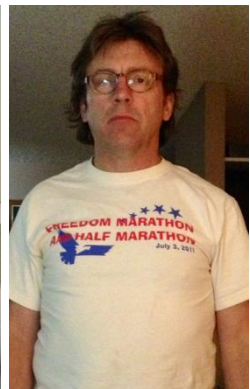
Scott Sunday



Malisa Anderson-Strait



Greg Damon



Sofie Romero



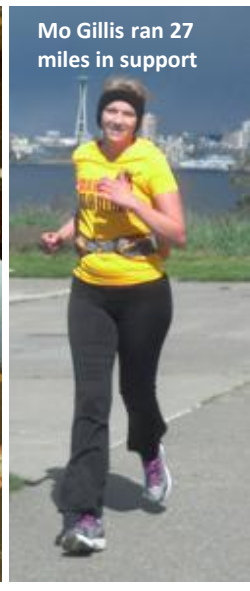
Jules Fernandez



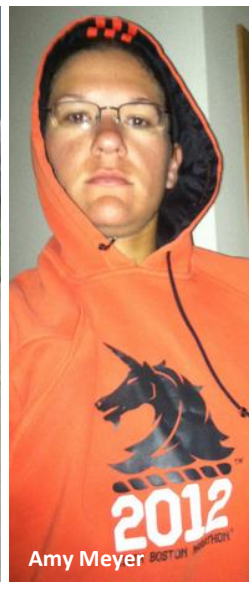
Jackie Dove



Carol Earles



Mo Gillis ran 27 miles in support



Amy Meyer





Tracey Newenhouse



Letty Marino



Aaron Buffington



Karen Wallace



John Wallace



Megan #19



Mike & Lori Schwartz



Wendy Hawthorne



Howard Audet



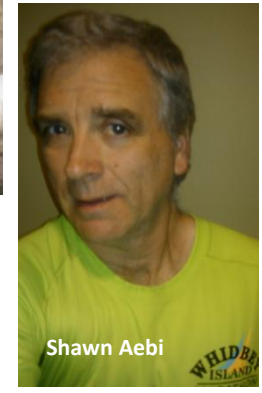
Dean Kayler



Joan Kim and Jay Pettit



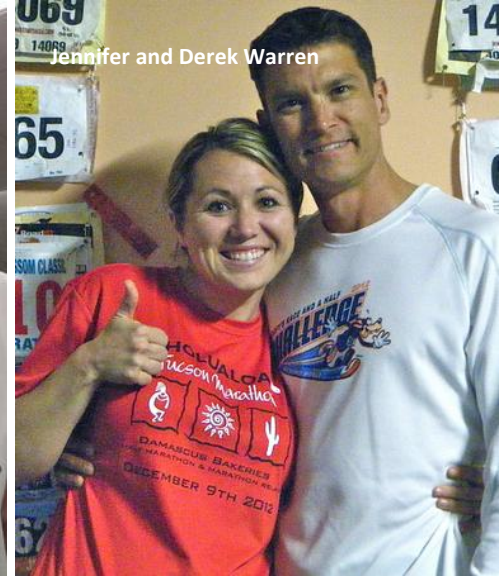
Joanne Sodano



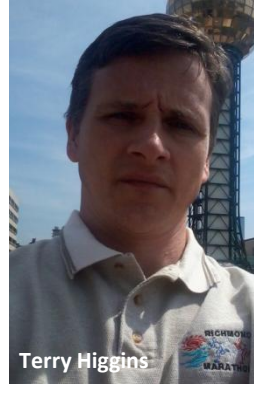
Shawn Aebi



Lisa Nicholls



Jennifer and Derek Warren



Terry Higgins



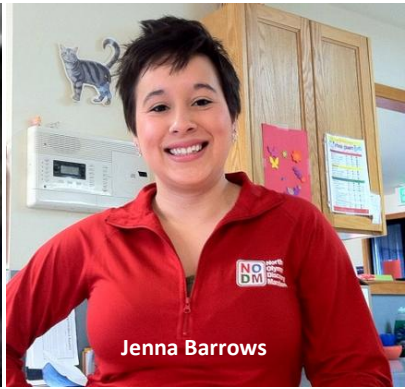
John Leighton



Cathy Fowler



Jenna Barrows



Murray Honick



Steve Walters



Teota Coppock



Angie Whitworth Pace and Teresa Baker

# Salt Lake City Marathon

**Salt Lake City Marathon (4/20):** Todd Bellamy, John Bozung, Jayme Butts-Hall, Alexis Racewalker Davidson, Jerilee Erickson, Galen Garrison, Chris Hall, Joshua Snow Hansen, Marci Jenks, Kenny Jones, Claude Kansaku, Jason Moran, Robert Nagle, Blaine Phillips, Derek Ralston, Joe Reilly, Susan Roundy, Tana Setness Hoefs, Angie Whitworth Pace



Claude Kansaku



Blaine Phillips



Alexis Davidson



# 2003

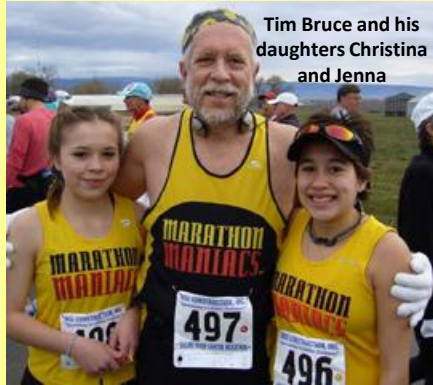
## A DECADE OF MANIACAL CRAZINESS!

### A look back at the first 10 years...

# 2013

## THE SECOND REUNION: YAKIMA RIVER CANYON MARATHON

### March 31, 2007 at Yakima, Washington



Tim Bruce and his daughters Christina and Jenna

The second Maniac reunion was made special because it was Bob Dolphin's 400<sup>th</sup> marathon! Many Maniacs showed up for a special gathering on the Friday evening that was followed by the marathon on Saturday. It was a fun time had by all!



Jeff Hagen



Terry Sentinella and Robert Jacobsen



David Spooner

# 2003

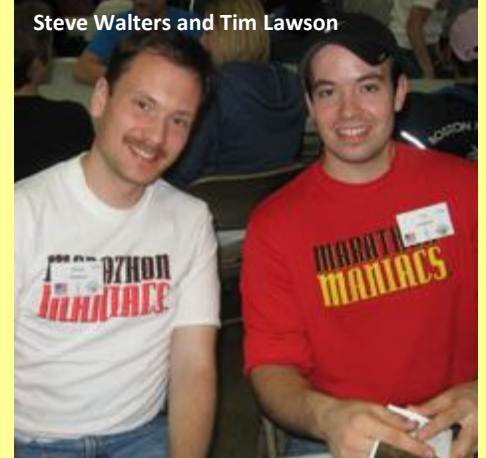
## A DECADE OF MANIACAL CRAZINESS!

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# 2013



David Nemoto



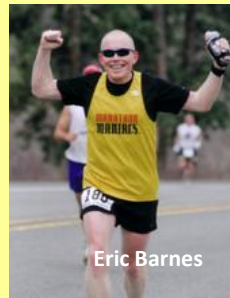
Steve Walters and Tim Lawson



tp!



Annie Thiessen



Eric Barnes

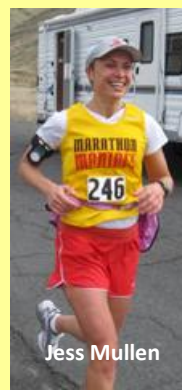


Herb Allen

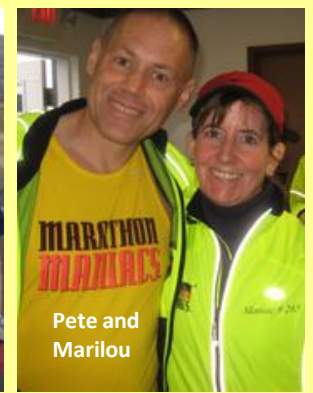


Patch Dahl

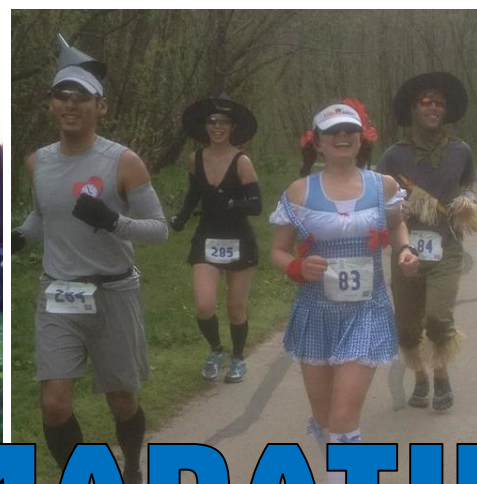
**Yakima River Canyon Marathon (3/31/07):** Herb Allen, Bill "Hotrod" Barmore, Eric Barnes, Michelle Barnes, Steve Barrick, Linda Barton, David Bates, Dave Bell, Ken Blauvelt, Barb Blumenthal, Jim Boyd, Ken Briggs, Christina Bruce, Jennifer Bruce, Tim Bruce, Pamela Brulotte, Shelleena Bunker, Janet Burgess, May Cheng, Amanda Cohn, Anna Conner, Ruben Contreras, Claudia Cooper, Rob Cowan, Patch Dahl, Stephanie "Crash" Day, Mark Dix, Bob & Lenore Dolphin, Christel Elliot, Sue Fauerbach, Earl Fenstermacher, Judy Fisher, Marc Frommer, Eric Gierke, David "Maine-iac" Goodrich, Debby Graham, Nathan Greene, Richard "Road Kill" Haase, Jeff Hagen, Steve Hamling, Mary "mph" Hanna, Al Harman, Christie Hayes, Claude Hicks Jr., Bobbie Howard, Robert Jacobsen, Eric Jensen, David Jones, Genia "Tiptoes" Kacey, Chester Kalb, Bruce Katter, Phil "Uncle Philly" Kriss, Kurt Lauer, Tim "pumped2run" Lawson, Jeff Loen, Robert "srlopez" Lopez, Jon "Coconutboy" Mahoney, Sherry Mahoney, Sean Meissner, Cyndie Merten, Little Leslie Miller, Alan Morton, Janice Moyer, Jessica Mullen, David "ricochet" Murray, David Nemoto, Pete "Hippo" Nicholson, Hajime Nishi, Gary Otheim, Stacy "PoSSuM" Otter, Lesa Overfeld, Monte Pascual, Brian Pendleton, Blaine Phillips, Cheri Pompeo, Bill Powers, Mel Preedy, Kay Reynolds, Cliff "quack quack" Richards, Fenny Roberts, Diana "sLuG" Robinson, Tom Rogers, Henry Reuden, Marilou Russell, Charles Sayles, Raymond Scharenbrock, Jim Scheer, Terry Sentinella, Peggy Shashy, Michael Shiach, Michele Smith-Harden, David Spooner, David Stout, Steve Supkoff, Gunhild Swanson, Jack Swanson, Seng Lai-Tan, aNnle Thiessen, Barefoot Todd, Maniac #3 tp!, Michael Wakabaashi, Ed Walsh, Steve "marathonfreak" Walters, CJ "Hollywood" Warren, Steve White, Karen "Sushi" Wiggins, Troy "Industrial Bellybutton" Windsor, Cynthia "Draggon" Witman, Prez Steven Yee, Guy Yogi



Jess Mullen



Pete and Marilou



Diane Bolton

# GARMIN MARATHON

## In the Land of Oz



Dave Bell



Eddie Vega



Jaeson Winter



Patrick Finney



Alison Black



Andrea Spohn

**Garmin Marathon (4/20):** Randy Acklin, Greg Anderson, Steven Andersson, Fran Austero-Macavinta, Sheila Beermann, Dave Bell, Kristen Bieling, Alison Black, Ralph Blanchard, Carl Bliss, Diane "Bolt'in to the airport" Bolton, Julie Branden, Edward Broadnax, Daniel T Brown, Jason Carter, Cathlin Chzyz, Amanda Coussoule, Brooke Sydnor Curran, Natalie Jo, Ken Fattmann, Patrick Finney, Andrew Flor, Edward Ganley, Shane Garling, Thomas Gibson, Bruce Gilbert, Su Gipson, Kathleen Gorman, Flower Lady Carol Goslin, Ashley Grasty, Wesley Hardacre, Mike Herrin, Gloria Hinton, Jeffrey Hollington, Denise Kaufman, Julia Khvasechko, Charles Klarr, C. Kinnier Lastimosa, Michelle Leach, Jeff Liu, Charli Long, Pat Lynch, Paul Maness, Barb Meinecke, Michele Miller, Kathy Moore, Kevin Moore, Alison Mosqueda, Tim Nave, Colin O'Donnell, Thomas "T.O." Okazaki, Ken "The Ten" Pearce, Jacob Pfannenstiel, Michael Pfannenstiel, Darren Raiguel, Amy Rand, Paul Rearick, Amy Reed, Cade Remsburg, Rick Roberts, "Lyle, Lyle Crocodile" Robertson, Patrick Rosch, California Kim, Bob Schluben, Michael Shilling, Aimee Shuey, Bill Smith, Chantelle Smith, Joanne Sodano, Andrea Spohn, Roger Teel, Zar Toolan, Eddie "11-Star" Vega, Halbert, Kelly Watanabe, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Nancy Wentink, Lindsay Wenz, Julie Williamson, Jaeson Winter



Charli Long



Darwin Weimer



Natalie Ehrlich



Ken Moore



Amy Reed



Randy Acklin



Carol Goslin



Cade Remsburg

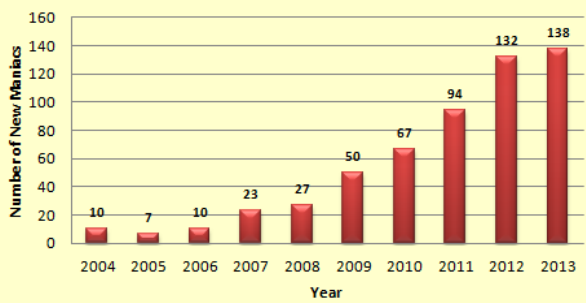
## REPORT FROM THE INSANE ASYLUM

The following is a statistical update on the growth of the Marathon Maniacs. It may not mean much to you, but I find it very interesting.

### Monthly Growth

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Yearly
Averages	54.4	45.4	51.9	46.7	74.2	60.1	40.1	23.4	28.2	70.2	83.5	84.5	584.4
2012	154	95	126	132	160	147	101	56	71	174	194	182	1592
2013	212	95	170	<b>138</b>									615

### New Maniacs for April



New Maniacs in Apr 2013: 138  
New Maniacs in 2013: 615

Total Maniacs: 7043

State	MM	Pct%
Washington	946	13.4%
California	577	8.2%
Texas	456	6.5%
Illinois	264	3.8%
Florida	232	3.3%
New York	201	2.9%
Virginia	188	2.7%
Oklahoma	183	2.6%
Oregon	170	2.4%
Georgia	146	2.1%



Pascal Radley



Don Raake

# CARMEL MARATHON



Sarah Greene



Murray Honick



Elaine Green



Henry Rueden



Suzy Spiceland



Joe Ely



Crystal Limehouse



Larry Macon



Jeremy Mann

Carmel Marathon (4/20): Bill, John 'Machine' Basham, Dustin Borkosky, Mike Chewar, Marvin Clark, Scott "Deuces Wild" Dahl, Maria Dahlgren, Stan Davis, Joe Ely, Abbi-Normal, David Forbes, Annette French-Bearden, Elaine Green, Sarah Greene, Dianne Griesser, AJ Hacker, Kevin Hackethal, Murray "Birder" Honick, Michael Hoyt, Steve Hughes, Cathie "TuTu" Johnson, Troy "On The Run" Johnson, Lonnie Kaye, Don Keller, Ryan "Fat Boy" Launder, Jen Leugers, Nilson Paulo de Lima, Crystal Limehouse, Jeremy Mann, Danie Matusik, Steve McAnnally, Jen "BigSexy" Metcalf, Steve Miller "Not the Band", Jean Neely, Missy Peters, Don Raake, Pascal Radley, "Jenster", Jody "wooden shoes" Reed, Tony Ripberger, Michael Roberts, Jim "Dr. Evil" Roche, har, "Superman Steve" Schwalbach, Edward, Darren Sorgenfrei, George "from Georgia" Southgate, Suzy Spiceland, Chad Spilman, Scott "Running to Honor a Hero" Sunday, Craig "Indiana" Thompson, Alan 'CrabShaman' Tominack, Lori Wagner, Mark Zaremba, Heather Zeigler

Elaine Green  
and  
Michael Hoyt

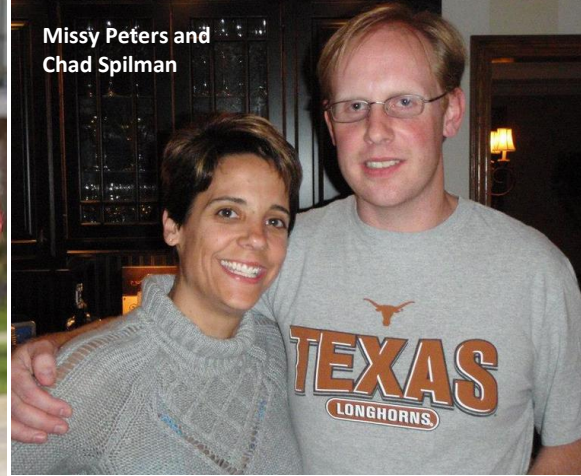


Jody Reed

Jim Roche



Missy Peters and  
Chad Spilman



Dianne  
Griesser



Jen Leugers



Cathie and Troy Johnson



Steve  
Hughes



## MARATHON MANIACS: THE BOOK

In February the Main Maniacs released the Marathon Maniacs book! This book is collection of stories by members of the Marathon Maniacs. These stories are sure to be encouraging and motivation to current and future members. The book was edited by Maniac Malcolm Anderson author of the book "The Messengers".

Be sure to get your copy of the book and enjoy the stories of the World's Most Insane Running Club!

<http://www.databarevents.com/shopproductdetail.asp?prodID=105&catID=14>





# Eugene Marathon



**Eugene Marathon (4/28):** Michael Ahrens, Kiel Anderson, Pureza Bacor, \*Hotrod\*, James Belcher, Robert Bens, Daniel T Brown, Cormac Burke, John Chun, Ruth Clymor, Mary Coffelt, Jim Collins, Dan Cumming, Alexis Racewalker Davidson, Michael Ellen, Steven Elster, Jennifer Everett, Joel Fenlason, Judy Fisher, Will 'CAK7' Flint, Mabel Fong, Kathleen Gorman, Terri "Maverick" Gray, Dr. Istvan, Gina Harris, Chuck Harvey, Amy Holt, Adam Irvin, Laura Kantor, Nick Karim, Michael Lacombe, Deann Leoni, Shannon Lorbiecki, Gary "The Red Rabbit" Marr, Heidi McAdams, Lisa Morin, Paul Ng, Donna Palmer, Evan Perperis, Cherry "Bomb", Chelsea Schmidt, Paul Schmidt, Joe Schrum (Just Joe), Tom Scott, Sophia Shi, Barry "dcgriz" Smith, Chip Southern, "Marathon Diet", Brian Starkey, Jeanne Talbot, George Tchakanakis, Jorge A Vargas, Jeffrey "Wardium" Ward, IronMel, Brian Wright





# Big Sur International Marathon



Bob Hearn



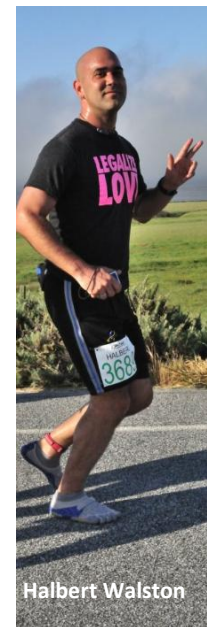
David Appleby



Douglas Dahlberg



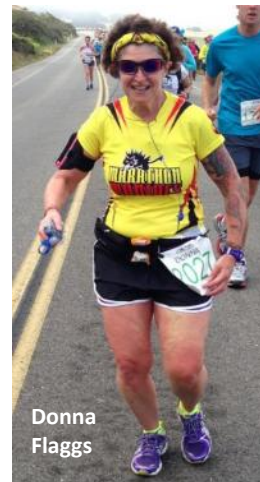
**Big Sur International Marathon (4/28):** David Appleby, Linda Bachand, Pauline Baggerly, Dave Bates, Sky Canaves, Claire Carder, Lucy Cheng, Mahlon Chute, Bryan Cichon, Teal Clark, Mark Cliggett, Debra Cole, Sue Colgan-Borrer, Rick Cooney, Sue Cottrill, Tracy "Trixie" Crane, Elizabeth "Tiggie" Culver, Douglas ( Run the Earth ) Dahlberg, Fran DeAngelis, Paige Denison, Shannon DeVaney, Rob Distanto, Tony Donagrechia, Laurin Dugas, Breanna Dullum, Dustin Duval, Danette Duval Dugas, Technicolor Daniel, Elizabeth Ellis, Ace (EWDG) EWING, Barbara Fitzgerald, Donna Flagg, Jonathan French, Michael Fry, Linda Garbo, Mark Gautier, Susan Glesne, Joanne Gondert, "MAINE-iac", Laura Gorycki, Lorinda Hagstrom, Stacey Hanf, Bob Hearn, Sharon Hendricks, Jennifer Hienton, Robert Holt, Murray "Birder" Honick, TC Hosner, Angie Huggins, Melinda Irvine, Yoshiko Jo, Russ "Imminent Catastrophe" Johnson, Tracy Kellam, William Kenneweg, Cherry Kent, PK, Henry K, Alvin "AL" Lee, Debbie, Steven "Thunder" Lee, Jim Long, Samuel Louie, Steve Maliszewski, Sharon Mante, Dan Margolis, Donald Martin, Rick Marzullo, Ethan Matyas, Robert McElroy, Sean Meissner, Michele Merenbloom, Daniel Murphy, Karen Osborn, John Oster, Lisa Oswald-Coates, Rick Paine, Stephen Payne, Jeff "Slice!" Pettett, Jody "wooden shoes" Reed, Christian Riegel, S, Allison Robbins, Deborah Rubel, Nadia Ruiz, Tim Sandor, Michael Sawyer, Myron Sidloski, Ian Smith, Mike "Marathon" Smith, Lu-E "(O\_O)" Soriano, Ward "Winded Wonder" Sullivan, Aaron Taylor, Brett Upton, Larry Urquhart, Teresa Verstraet, Janet Vogelzang, Rich Walker, Halbert, Emily Weiler, Jonathan Wendel, Janet Willard, Jim Willis, David Wingard, Jaeson Winter, Prez Steven Yee, Steve "Maniac" Zaharoff



Halbert Walston



Murray Honick



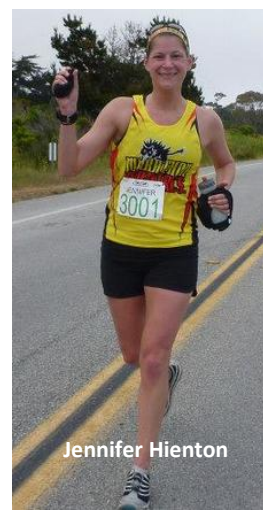
Donna Flagg



Henry Kuwahara



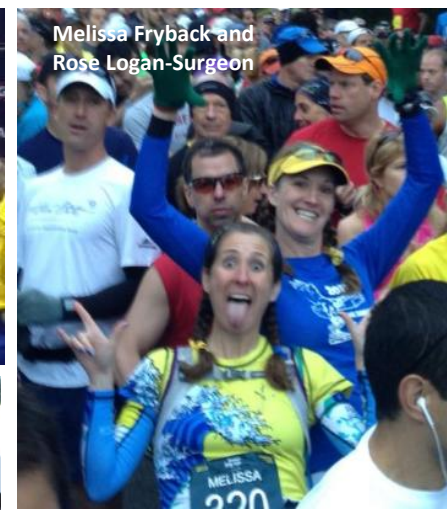
Steven Yee



Jennifer Hinton



Christine Olson



Melissa Fryback and Rose Logan-Surgeon



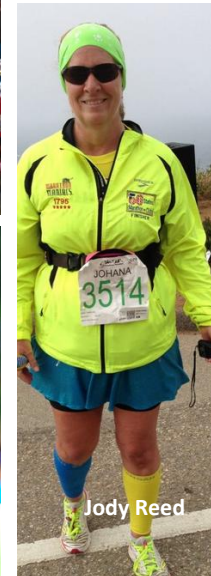
Jeff Pettett



Claire Carder



Maine-iac



Jody Reed



David Wingard

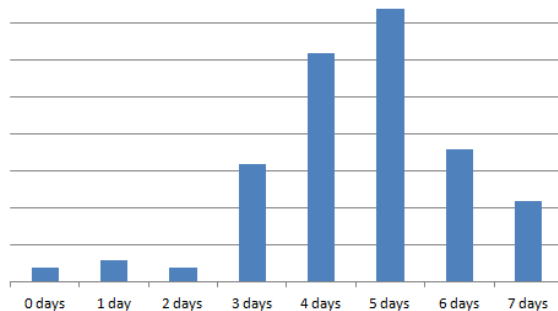


## MANIAC POLL

Each month there will be a "Maniac poll". This poll will be posted online. Please take a few moments to answer this poll. I will post the results in the next newsletter.

This month's question: **How long have you been a Maniac?**

Please vote online between now and June 10: <http://tinyurl.com/MMpollMay2013>



Last month's question: **How many days per week do you normally run?**

31% of Maniacs run 5 days a week, followed by 26% running 4 days and 15% running 6 days.

Thanks for voting!

## Noteworthy Accomplishments and Promotions!

If you reached a higher Maniac level and want the recognition in the Newsletter Please fill out this form: <http://tinyurl.com/MMupgrade>

- **Titanium (10 star) Maniac:** Cade Remsburg, Ellen Cottom
- **Platinum (8 star) Maniac:** None
- **Palladium (7 star) Maniac:** Kerri Haskins
- **Osmium (6 star) Maniac:** Julie Branden, Lori Nolte, Sue Parks
- **Ruthenium (5 star) Maniac:** Kelly Pfannenstiel, Suzy Spiceland, Jen Leugers
- **Iridium (4 star) Maniac:** Alison Black, Donald Riffle, Su Gipson, Annette French Bearden, Greg Anderson, Andrew Ware, Sarah Greene
- **Gold (3 star) Maniac:** None
- **Silver (2 star) Maniac:** Ashby Knox, Jay Schwarzmann, Jenna O'Horan, Warren Spradlin, Ruth Clymor, Rose Deal, Tom Jatulis
- **100 Marathons:** Terri Menghini

### New Titanium Maniacs!!



Cade Remsburg



Ellen Cottom



Peter Viola



Debra Jacobs-Robinson volunteers at the Boston Marathon. Thank you.



Yolanda Holder



Donald Riffle



Kristina Grisham



Angela Tortorice finishes her 106<sup>th</sup> marathon in 365 days!

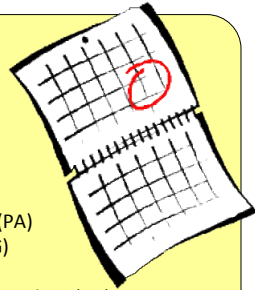


Juergen Englerth



## What's Coming Up In May/June

### Marathon/Ultra Calendar between May 20-June 17



Monday, May 20  
New England Challenge (Pine Tree) (ME)

Tuesday, May 21  
New England Challenge (Granite State) (NH)

Wednesday, May 22  
New England Challenge (Red Island) (RI)

Thursday, May 23  
New England Challenge (Nutmeg State) (CT)  
Pigtails Challenge 200m (WA)

Friday, May 24  
New England Challenge (Old Colony) (MA)  
Pigtails Challenge 150m (WA)

Saturday, May 25  
Bayshore Marathon (MI)  
Evergreen Born to Run Soaring Eagle 50k/26.2 (WA)  
Jemez Mountain 50m/50k (NM)  
Liberty Run Marathon (NJ)  
MS Marathon (TX)  
Nanny Goat 100m/24h/12h (CA)  
Pigtails Challenge 100m (WA)  
Sehguhunda Trail Marathon (NY)  
Sulphur Springs 100m/50m/50k (ON)

Sunday, May 26  
Bob Potts Marathon (PA)  
Buffalo Marathon (NY)  
Calgary Marathon (AB)  
Coeur d'Alene Marathon (ID)  
Dirty German 50m/50k (PA)  
Hatyai Marathon International (THA)  
Jim's Goose Chase Marathon (TX)  
Leiden Marathon (NLD)  
Med City Marathon (MN)  
Memorial Day Marathon (MA)  
Mountains2Beach Marathon (CA)  
Ottawa Marathon (ON)  
Pineland 50m/50k (ME)  
Run for Water - Abbotsford (BC)  
Saskatchewan Marathon (SK)  
Vermont City Marathon (VT)  
Whitby International North Marathon (ON)  
Wickham Park Marathon (200m/100m/50m/26.2) (FL)  
Wyoming Marathon and Rocky Mountain 50k (WY)

Monday, May 27  
Bachman Memorial Day Marathon (TX)  
CAR Memorial Day (CA)  
Saskatoon Double (SK)  
Trail Factor 50k (OR)

Friday, May 31  
Bryce 100m/100k (UT)  
I Ran Goodbye May (TX)

Saturday, June 1  
24 Hour A Mountain Challenge (NM)  
Another Dam 50k (OH)  
Bernheim Trail Marathon (KY)  
Black Mountain Monster 24h/12h/6h (NC)  
CAR Run the Park (CA)  
FANS 24h/12h (MN)  
God's Country Marathon (PA)  
Green River Marathon (WA)  
Kettle Moraine 100m/100k/38m (WI)  
Newport Marathon (OR)  
North Face DC 50m/50k/26.2 (VA)  
Peak Ultra 500m/200m/100m/50m (VT)  
Pocatello 50m/50k (ID)  
Rainier to Ruston (WA)  
Run for Aurora 50m/50k (CO)  
Shadow of the Giants 50k (CA)  
South Mountain Reservation Mayapple 100k/50k (NJ)  
Squaw Peak 50 Mile Trail Run (UT)  
Stockholm Marathon (SWE)  
Sunburst Marathon (IN)  
Sundown Marathon (SGP)  
War Eagle (AR)

Sunday, June 2  
Carvins Cove Trail Marathon (VA)  
Casper Marathon (WY)  
Comrades Marathon 89k (ZAF)  
CTR Canyon Meadow 50k/26.2 (CA)  
Deadwood Mickelson Trail Marathon (SD)  
Fallen 4 Marathon (AB)  
Iller Marathon (DEU)  
Maraton Rapa Nui (CHL)  
Minneapolis Marathon (MN)  
North Olympic Discovery Marathon (WA)  
Rock N Roll San Diego (CA)  
Steamboat Marathon (CO)  
Watchung Trail Marathon (NJ)

Friday, June 7  
Bear Lake Marathon Idaho (ID)

Saturday, June 8  
Aravaipa Adrenaline Night Run 65k (AZ)  
Bear Lake Marathon Utah (UT)  
Bethel Hill Boogie 50m/26.2 (NC)  
CAR Beach Madness (member discount) (CA)  
Cayuga Trails 50 (NY)  
Hatfield-McCoy Marathon (KY)  
Hawthorn Half Day 12h (IN)  
Indian - Celina Challenge (IN)  
Lake Youngs Ultra 28.8m (WA)

Laurel Highlands 70.5m/50k (PA)  
Madagascar Marathon (MDG)  
Marathon to Marathon (IA)  
Rocket Racing Ocean Blast Marathon (CA)  
Run Under the Stars 10h (KY)  
San Diego 100 Mile Endurance Run (CA)  
Sandhills Marathon (NE)  
Skagway Marathon (AK)  
Utah Valley Marathon (UT)  
Vashon Island Ultramarathon (WA)

Sunday, June 9  
Ann Arbor Marathon (MI)  
CAR Run the Ocean Vista (CA)  
CTR Big Basin 50k/26.2 (CA)  
Edge to Edge Marathon (BC)  
Gold Coast 100k/52.4m/26.2 (AUS)  
Lake Placid Marathon (NY)  
Run the Caldera Marathon (NM)  
St Joe River Marathon (ID)  
Swan Lake Marathon (SD)  
Winthrop Marathon (WA)

Friday, June 14  
Bighorn Mountain Wild and Scenic 100m (WY)  
DRTE 100 (CA)  
I Ran Summer Triple (3 day event) (TX)  
TARC 100 100m/50m (MA)

Saturday, June 15  
1/2 Sauer 1/2 Kraut (PA)  
Bighorn Mountain Wild and Scenic 50m/50k (WY)  
Evergreen Echo Valley 50m/50k (WA)  
Fast Trax 100k/50m/50k (AB)  
Herriman Oquirrh Mountain Marathon (UT)  
Mohican 100m/50m/26.2 (OH)  
OSS/CIA 50m (VA)  
PCTR Crissy Field 12h/6h (CA)  
She Rocks the Trails (CA)  
Sri Chinmoy 24h/12h/6h (AUS)  
Swan Creek Run (MI)  
Whitefish Point Marathon (MI)  
XTERRA Turkey Track Trail Run (CO)

Sunday, June 16  
Canton Marathon (OH)  
Estes Park Marathon (CO)  
Manitoba Marathon (MB)  
Marathon de Saguenay (QC)  
San Francisco Marathon (CA)  
San Juan Island Marathon (WA)  
Vancouver USA Marathon (WA)

Monday, June 17  
Tracy's Fat Ass (CA)

## New Maniacs in April 2013



Stuart Ferguson (#6906)  
Jeff Pace (#6907)  
Juan Contreras (#6908)  
Robert Schelske (#6909)  
Maharanie Joseph (#6910)  
Becka Schelske (#6911)  
Luis Occena (#6912)  
Kathleen Occena (#6913)  
Randy Travis (#6914)  
Loretta Baca (#6915)  
Mark Watson (#6916)  
Joe White (#6917)  
Don Carpenter (#6918)  
Brandi Morgan (#6919)  
Pamela Young (#6920)  
Adamy Diaz-Carpenter (#6921)  
Carol Campbell (#6922)  
Rhonda Albright (#6923)  
Jennifer Overmeyer (#6924)  
Kim Malonson (#6925)  
Sharon Johnson (#6926)  
Sarah Kozul (#6927)  
Angie Kubovsky (#6928)  
Elizabeth Johnston (#6929)  
Matthew Faske (#6930)  
Doug Shannon (#6931)  
David Szwedlo (#6932)  
Marion Szwedlo (#6933)  
Miranda Deaton (#6934)  
Katie Anderson (#6935)

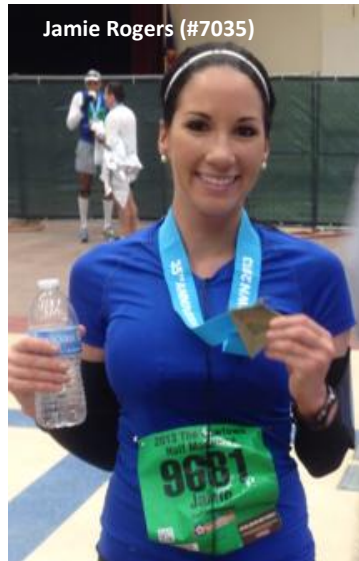
Mohd Azmi Isa (#6936)  
Diane Montes Harris (#6937)  
Amanda Staggs (#6938)  
Sunny Menozzi (#6939)  
Shannon Lindgren (#6940)  
Sean Davis (#6941)  
Brent Nimeth (#6942)  
Lyn Vuong (#6943)  
Sarah Lee-Faulkner (#6944)  
Imelda Montoya (#6945)  
Zach Deaton (#6946)  
David Crisp (#6947)  
Anton Weyers (#6948)  
Erin Moline (#6949)  
Ruben Carrera (#6950)  
Darin Soler (#6951)  
Kara Mosezzo (#6952)  
Amy Farlee (#6953)  
Benjy Melancon (#6954)  
Beth Eller (#6955)  
Eric Eller (#6956)  
Tekemia Dorsey (#6957)  
JR Haney (#6958)  
Cynthia Poole (#6959)  
Mark Callei (#6960)  
Melody Wright (#6961)  
Sarah Metz (#6962)  
Chris Hall 2 (#6963)  
Daleen Ruppert (#6964)  
Jennifer Womble (#6965)  
Brenda Hilligoss (#6966)  
Karen King (#6967)  
Tiffany Dore (#6968)  
Dustin Dutton (#6969)  
Heath Williams (#6970)  
Brian Frost (#6971)  
Dave Feinstein (#6972)

Carla Noya (#6973)  
Teresa Martilik (#6974)  
Kory Koontz (#6975)  
Nate Boulton (#6976)  
Andy Kivilaan (#6977)  
Leslie Chaplin (#6978)  
Kimberly Amilian (#6979)  
Daphne Cheeks (#6980)  
Alan Moore (#6981)  
Carol Hughes (#6982)  
Rich Powell (#6983)  
Michell Hansen (#6984)  
Angela Lowe (#6985)  
Staci Mashburn (#6986)  
Harry Cooke (#6987)  
Justin Smith (#6988)  
Richard combs (#6989)  
Elton Shapiro (#6990)  
Dan Napers (#6991)  
Tania Barrell (#6992)  
Jenny Wilkes (#6993)  
Jaclene Glunz (#6994)  
Marcia Garvin (#6995)  
Mark Wetzel (#6996)  
Matthew Feldmann (#6997)  
Erin Thielker (#6998)  
Rachel Walmer Moraes (#6999)  
Thomas Perri (#7000)  
Cameron Plate (#7001)  
Saul Rosseau (#7002)  
James Hald (#7003)  
Charlyann Knopf (#7004)  
Keisha Ragoobir (#7005)  
Scott Noack (#7006)  
Janet Fidanze (#7007)  
Tom Robinson 2 (#7008)  
Belinda Kinney (#7009)

Jennifer Feeny (#7010)  
Kyle Russell (#7011)  
AJ Hulsey (#7012)  
Stephen Hulsey (#7013)  
James San Jose (#7014)  
Chris Orbach (#7015)  
Kim Gomez (#7016)  
Linda McCandless (#7017)  
Paul Bauman (#7018)  
Barbara Sowah (#7019)  
Sheryl Morsman (#7020)  
Dorman Morsman (#7021)  
Eugene Atha (#7022)  
Matt Stultz (#7023)  
Daniel Dawson (#7024)  
Chris Davis 2 (#7025)  
Mike Quirin (#7026)  
Philip Rodebush (#7027)  
Tonia Jordan (#7028)  
Colleen Wilson (#7029)  
Nicole Fritz (#7030)  
Judy Mink (#7031)  
Jeremy Mink (#7032)  
Christine Olson (#7033)  
Jessica Cummings (#7034)  
Jamie Rogers (#7035)  
Jeff Williamson (#7036)  
Susan McCoy (#7037)  
Rosenda Vasquez (#7038)  
Sean Brennan (#7039)  
Suzy Seeley (#7040)  
Kevin McAlpin (#7041)  
Jennifer Davis (#7042)  
Karen Nicholson (#7043)



Chris Orbach (#7015)



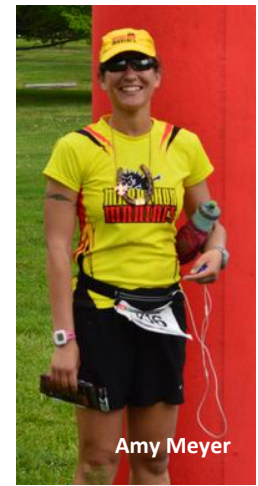
Jamie Rogers (#7035)



AJ Hulsey #7012



Christine Olson (#7033)



Amy Meyer



Rich Holmes



Maria Dahlgren and Lori Wagner



Jürgen Englerth



Amy Meyer



Bart Yasso and Alison Black



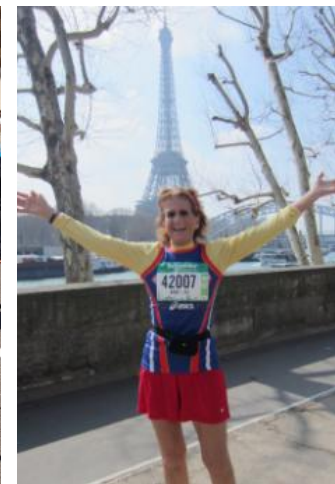
Kerri Haskins and Rhonda Blackford-Noonan



Peter Viola



Susan McCoy qualifies for the Boston marathon!



Mary Coffelt and Steve Walters

## FROM THE EDITOR...

April was a bittersweet month. On one hand we had the Boston Marathon and all the history and accomplishments that it represents. On the other hand we had the terrorist attacks. It really shook me and most in our community. But the response from runners all over the country to show support was amazing. They can scare us, but they can't stop us!

May is going to be a big month. We enter the heart of the Spring marathon season. There will be big name races all over the country, but none bigger than the Tacoma City Marathon (home of the 10 year Maniac celebration).

- Steve "Marathon Freak" Walters MM#338

## MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



New discounts that have a \* in front of the race name and don't forget about the Maniac discounts at Running Skirts [www.runningskirts.com](http://www.runningskirts.com) ; The Running Warehouse [www.runningwarehouse.com](http://www.runningwarehouse.com) for all your non-Maniac branded apparel and shoe needs; and at TRY Chips [www.trychips.com](http://www.trychips.com) for your healthy snacking needs.

- Vermont City Marathon 5/26/13: [www.vermontcitymarathon.org](http://www.vermontcitymarathon.org)
- The San Francisco Marathon 6/16/13: [www.runsfm.com](http://www.runsfm.com)
- Charlevoix Marathon (MI) 6/22/13: <http://charlevoixmarathon.com>
- Kona Marathon (HI) 6/23/13: [www.konamarathon.com](http://www.konamarathon.com)
- Foot Traffic Flat Marathon (OR) 7/4/13: [www.foottraffic.us/flat](http://www.foottraffic.us/flat)
- Summerlake Loopy Marathon (OR) 7/5/13: [www.summerlakeloopymarathon.com](http://www.summerlakeloopymarathon.com)
- Freedom Marathon (OR) 7/6/13: [www.freedom-marathon.com](http://www.freedom-marathon.com)
- Stars and Stripes Marathon (OR) 7/7/13: [www.starsandstripesmarathon.com](http://www.starsandstripesmarathon.com)
- Mad Marathon (VT) 7/7/13: [www.madmarathon.com](http://www.madmarathon.com)
- \*\*Blue Blazes Ultra (OH) 7/12-14/2013: [www.blueblazesultra.com](http://www.blueblazesultra.com)
- Make It By Midnight (GA) 7/13/13: <http://racerpal.com/races/MIBM.html>
- Light at the End of the Tunnel Marathon (WA) 7/14/13:  
[www.brianpen.com/LittleMarathon/Tunnel/default.asp](http://www.brianpen.com/LittleMarathon/Tunnel/default.asp)
- Morgan Valley Marathon (UT) 7/27/13: [www.morganmarathon.com](http://www.morganmarathon.com)
- Moose's Tooth Marathon (AK) 8/18/13: [www.bigwildliferuns.org](http://www.bigwildliferuns.org)
- Sunriver Marathon for a Cause (OR) 9/1/13: <http://sunrivermarathon.com>
- Sioux Falls Marathon (SD) 9/8/13: [www.siouxfallsmarathonhalfmarathon.com](http://www.siouxfallsmarathonhalfmarathon.com)
- Center of Nation Series (SD, ND, MT, WY, NE) 9/16-20/13:  
[http://mainlymarathons.com/center\\_series](http://mainlymarathons.com/center_series)
- \*\*Fox Cities Marathon (WI) 9/22/13: [www.foxcitiesmarathon.org](http://www.foxcitiesmarathon.org)
- New Hampshire Marathon 10/5/13: [www.nhmarathon.com](http://www.nhmarathon.com)
- Triple Lakes Trail Marathon (NC) 10/5/13: <http://triplelakesrace.com>
- Hartford ING Marathon (CT) 10/12/13: [www.hartfordmarathon.com](http://www.hartfordmarathon.com)
- Amica Marathon (RI) 10/13/13: [www.amicamarathon.com](http://www.amicamarathon.com)
- 7 Bridges Marathon (TN) 10/20/13: <http://sevenbridgesmarathon.com>
- \*\*Des Moines Marathon (IA) 10/20/13: [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com)
- Fort Myers Beach Marathon (FL) 11/17/13: [www.fortmyersmarathon.com](http://www.fortmyersmarathon.com)
- Space Coast Marathon (FL) 12/1/13: [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)
- \*\*Celebration Marathon (FL) 1/26/14: [www.celebrationmarathon.com](http://www.celebrationmarathon.com)

Details on how to obtain the discount/perk are in the Discount section of the Bulletin Board on the Maniac web site. I post new ones on the Bulletin Board as the details are finalized, so keep an eye out. If you have any questions, shoot me an email at: [jeff@marathonmaniacs.com](mailto:jeff@marathonmaniacs.com)



**PLEASE RENEW YOUR ANNUAL MANIAC DUES (ON YOUR MANIAC BIRTHDAY)  
YOUR DUES HELP MAINTAIN THE CLUB AND KEEP THE COVETED MANIAC GEAR IN STOCK!!**

**A REMINDER IS SENT WITH THE MONTHLY E-FLASH  
AND SOME OF YOU ARE OVERDUE!!**



## RHETORICAL REVELATIONS AND W(RITES)... FROM THE RAMBUNCTIOUS REV



My Friend the Prez,

*Among all of the billions of us people, all sharing the same earth and sky, are a much smaller number of us (hard to use the phrase "of us" now, but stay with me...) who grew up from being innocent toddlers to children witnessing troubles to growing up themselves into disoriented adults who are developed into being compelled to act violently, extracting life indiscriminately, from anyone, anyone at all.*

*Even if they have a cause, in their pathetic insanity they might inexplicably kill their own. Whatever purpose they may claim, in a blink, it loses all point, reverses any reason, destroys any dream. And that's what happened.*

*Maybe, while the authorities and the governments, the diplomats and the investigators are all doing the macro-level work, the rest of us might do some new things, creative things, sustainable things, things that will impact others' lives for good. Perhaps in the longer and wider run, we might nurture a higher percentage of contented people, and less future work for investigators to tend to.*

What happened?  
What can we learn?  
And what will we do next?

Among dozens of other parallel stories, there was this: an eight-year-old boy died yesterday, while watching the Boston marathon with his family near the finish line. Ice cream cone in hand, sunshine in the sky, Mom, Dad, brother and sister right there, and then... explosions.

AND THEN... Hundreds of helpers, not worrying about whether more blasts might take them out too, dove into the fray to triage, protect, and aid scores of people chaotically injured, maddeningly killed. Dove right in.

Along the route, tens of thousands, gathered to enjoy the day, became befuddled, uncertain, and then... cried, heartbroken.

AND THEN... millions merged their thoughts, prayers, salutations, honorary activities, gestures, and contributions, and "the healing process" began. Yankees fans sang Red Sox songs; everyone sang the National Anthem; flowers blanketed the sidewalks at victims' homes, and so on.

Meanwhile, the injured met emergency room doctors, and the difficult work of real physical healing commenced. Not just for a few days of reflection, but for the rest of their lives, the mourning will miss their loved ones, and others will have artificial limbs in their daily reality. Elsewhere, investigators do what investigators do, to bring these particular perpetrators in, so they can't do this again. Perhaps by the time you read this, that work will be completed.

AND THEN?  
What can we learn?

We watched, in 2001, a flurry of the same pattern of reactions here in the New York City area. Helpers rushed in. Millions were befuddled and heartbroken. Flags were soon flown in numbers and places like no time since WWII. We weren't ethnically concerned, we were all Americans. Most glibly interesting: drivers were polite to one another on the roads. All of this, for a while.

So, after the brief expressions of solidarity and the vented words of anger are said and done, what then?

Jesus said it: we will always have evil here. But *this* much? Is this much tolerable? Can all we do is shrug again because there is nothing to do?

This isn't about guilt: we didn't cause this. But it is about our aiming anew for a *transformation of our world, by each of us creating an impact, one at a time.*

"Oh, come on, Kienz. I cannot fix the world!" No, but as non-runners who have become marathoners have learned, the key moment in a real transformation... is to *start.*

We can tap the week's emotional and creative energies that produced the gestures and salutes, and extend them to create something new, good, and sustainable.

While IBM is thinking about creating a better world technologically, we are at the people level now, thinking personally, to affect our world profoundly. We all know...

the boy who needs a little attention;

the loner who is too lonely;

the social misfit who doesn't fit in;

the guest in the room who is uncomfortable and will, disappointed, leave within minutes;

someone living a long way from home;

someone who had to stretch courageously to attend whatever today's event is, but now feels entirely out-of-place, and quietly craves a friendly welcome from anyone with a smile and a handshake;

another who is recently unemployed, and/or recently divorced, who is feeling neither hope, nor where to retrieve a bit of affirmation, encouragement, or help;

the sad surprise, the one who has had a "normal" life, but it all just fell apart, and they don't know what to ponder next, won't impose, and they've begun to wander-off... .

Look around, and you can fill in the blanks with other examples. You may not have to look far.

We can affect this. We can have an impact even simply, with genuine, robust *kindness*. Hallmark card sentimentality? Nah. They never use big words like "robust," "transformation," and "sustainable."

I wish the flags were still flying everywhere. I wish drivers were still polite. New, thoughtful, dedicated structures are rising at the World Trade Center. All the fans sang the National Anthem at the Bruins game Wednesday night. I wish it would be so at every game, always. It doesn't have to get "old". A Sunday morning sunrise never gets old. You're going to run more races now? Ok! Now, invite the quiet neighbor down the street out for a jog. Or the teen-ager, who will be shocked at your interest, but might be open to the attention.

What about creating slightly larger opportunities? A neighborhood weekly run, or any congenial activity, it doesn't have to be a run. Something, something that touches someone who might, just might, need robust kindness shown to them.

It seems long past time for us, for you and me, to wait for somebody else-- governments, diplomats, officials, and authorities-- to fix this world-wide problem. God bless their continued efforts, but we have waited, hoped, and trusted, and while *much* has been done well, it is all clearly not enough.

Even alone, any one of us can do the under-rated: Go, and be robustly kind, for...ever.

A child at low tide, midst millions of shells, clams, and other sea creatures, bent down and picked up a starfish, looked it over, and threw it back into the sea. Grandpa chuckled and said, "Son, look at all this stuff on the beach! You can't make a difference for all of them!"

"Nope," the boy replied. "But I made a difference for that one."

Me. One Maniac. Times 7000.

Luvya,

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