



MARATHON MANIACS

APRIL 2015 NEWSLETTER

Volume 12, Number 4

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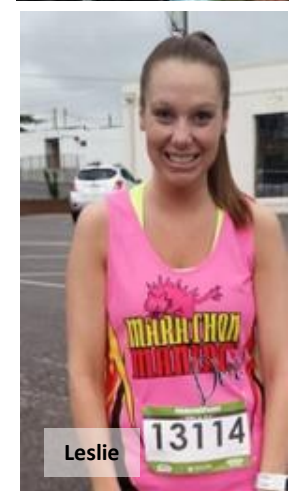




Beers at Boston!



Maniacs in Paris



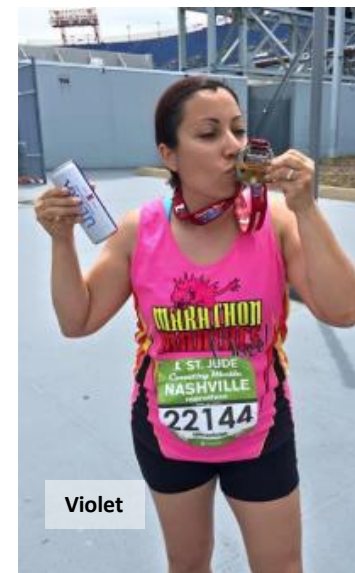
Leslie



Tony



No Maniac knows Boston better than Gary Allen.



Violet



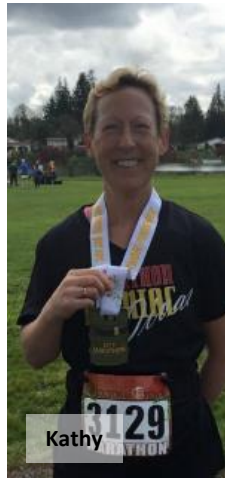
Shirley



Cade completes all 50 states in under 3:30 each!



David and Gail Martin



Kathy



Ryan McKnight wins the Lumberjack 100!

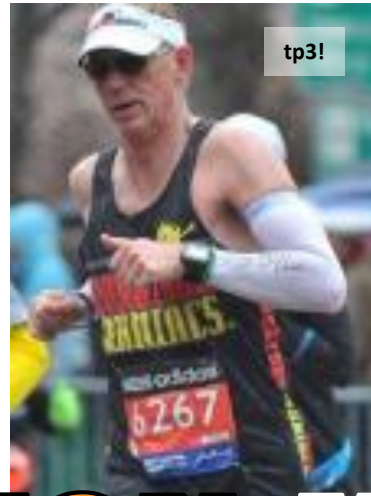
HALF FANATICS

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 10,000+ 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





tp3!



BOSTON MARATHON

BOSTON, MASSACHUSETTS



Sabrina and Chris

Rikki



Heidi



Gary Allen



Karen



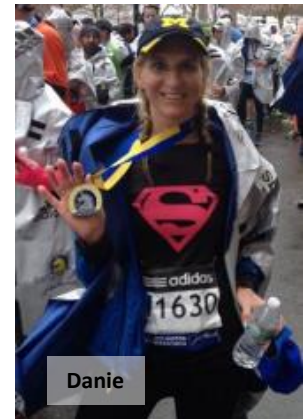
May



Steven Lee



Drew



Danie



Sue and Kevin



Missy and Heather

Boston Marathon (4/20): RRG, John Abbate, Andrew Aguirre, Michael Albin, Keith Almeida, Nicholas Amigoni, Dave Anderson, David Anderson, Glen Anderson, Steven Andersson, freeman anthony, John Armstrong, Abbi-Normal, Crazy Yeti Titanium Sun Everest Bachand, Rich Bailey, Bryan Baroffio, Robert Ted Barron, Juliene Bell-Smith, Matt "PlantFedRunner" Bertrand, Rhonda Blackford-Noonan, Sally "me and my dad" Boles, Steven Bothe, Sean Brennan, Shira Brewer, Sean Broadbent, Kelli Brockmann, Jennifer Brown, Jennifer Burrows, Beofra Butler, Sky Canaves, Fely Castillo, Sean "stratmandu" Celli, So Mei Chan, Jeff Chirdon, Max Christensen, Tim "Cheetah" Christoni, Cory "RecoveringCouchPotato" Claeys, Mark Cliggett, Ruben Contreras, Jeanne Corey, Elena Costa, Heather Craggs, Christine, Rebecca Cunningham, Rae Ann Darling Reed, Vince Davis, Papi Loco, Domitilia M. dos Santos, Othman Doubiany, Michael Dunn 2, Susan Engelhart, Eliot Ephraim, Richard Ervais, Lauren Farkash, Hammie Farrokhi, Joel Flora, Jennifer Florida, Karen "roadApple" Flynn, Colton Gale, Lil Mango, Galen Garrison, Tom Garvey, Drew George, Lisa Gesualdo, Roy Glass, Pat Gleason, Kevin Gonzalez, Torn Grabi, Roger Greene, Marie-Claude Gregoire, Ginger Gruber, Joanne "Jet" Harms, Johnye Harriman, Bob Hearn, Marko Heinila, John Herbolsheimer, Tiffany Herren, Lori Hewings, Troy Hibbitts, Cynthia Hill, Crazy Rachael, Bob Hoaglin, Lecia Holley, David Holmen, SunHwa Hong, Diana Hughes, Margaret Hvatum, Cary Inderbitzin, Brian Jacobsen, Etienne Jaulin, Eric Jensen, David "Running Preacher" Johnson, Russ "Imminent Catastrophe" Johnson, Chris Jones, Theodore Kardis, Daniel Katsin, Michele Keane, Cherry Kent, Eric King, John (He's wearing a kilt!) Kinnicutt, Nancy Knoll, Liana Kolodenker, Julia Kolyadenko, Seth Kutikoff, Deukwoo Kwon, Megan L., Allie Lasssoe, Kim Law, Eliot Lee, Steven "Thunder" Lee, James Lehman, Mike Lemaire, "Lefty" Lepley, Luc Levesque, Joshua Leyva, Carissa Liebowitz, Owen Lillywhite, Nilson Paulo de Lima, Keely Linn, Tessa Mah, John Mangahas, Karen Manganaro, Sue "Italian Stallion" Mantyla, Kim Marchand, Karen Marmon, Tracy Marshall, Danie Matusik, Jack McDermott, Jen "BigSexy" Metcalf, Michael "Old Man" Miller, James Morton, Jose Eduardo Motta Garcia, Amanda Murdaugh, Andrew Mullen, Jeffery John Nakasone, Mike Nasiatka, Kurt "The Kidd" Neilan, Liz Nelson, Nemo, Dave Nevitt, Jim Nixon, Johnny Nolen, Amy Novotny, Michael Nusblat, Todd Oliver, Tom Osterbuhr, BO, Richard Park, Keith Parks, Christy "The Energizer Bunny" Paul, Steve Pavlik, Angela Treleven Persich, Missy Peters, maniac3tp!, Katlyn Phillips, David Plyler, Brian Post, Charlie Quinn, Brian Rayl, Ron Reid, Katharine Reilly, Steve Reincke, Cade Remsburg, Eve Reynolds, Monica Reynolds, Candice Ridyard, Tom Rogers, Greg Roth, Nadia Ruiz, SteelTownRunner, Philip Rupp, Meg Sauve, "Superman Steve" Schwalbach, Sherry Scott, Sabrina, Shirley Shaw, Sophia Shi, Wanda Shoemake, Elizabeth Simon, Chip Southern, Angie Spencer, "Marathon Diet", Peter Stackpole, Scott Stader, Paula Eyvonne Steinbach, Wayne Stoffer, Nobu Takeda, Ben Tam, Brian Tharp, Zar Toolan, Alexander Trakhtman, Peter Trussas, Henrita van Wyngaarden, Patrick Voigtman, Tracy Wallace, Steve "Marathon Freak" Walters, CJ **Hollywood** Warren, John Weeks, Joe White, Melissa Whited 2, Jacqueline Wilkins, Joanne Willcox, Brett "Go Broncos" Wittner, Claudia Wolfe, Hansie Wong, Ryan Wrigley, Amy Yanni, Janet Yoest, Mark Zarembo, Heather Zeigler



Ginger



Larry



Sabrina and Tony



May and Galen



David

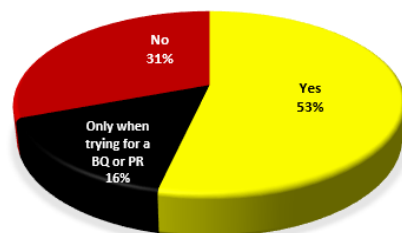


MANIAC POLL

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.

What environment do you prefer to run a marathon?

Please vote online between now and July 10: <http://tinyurl.com/MMpoll2015d>

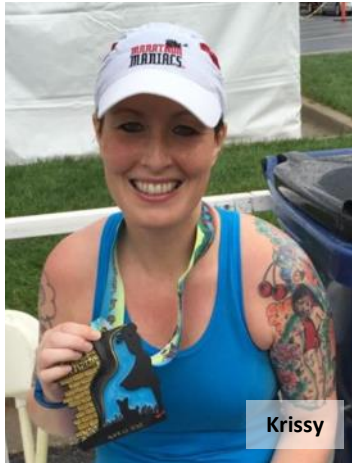


Last month's question:

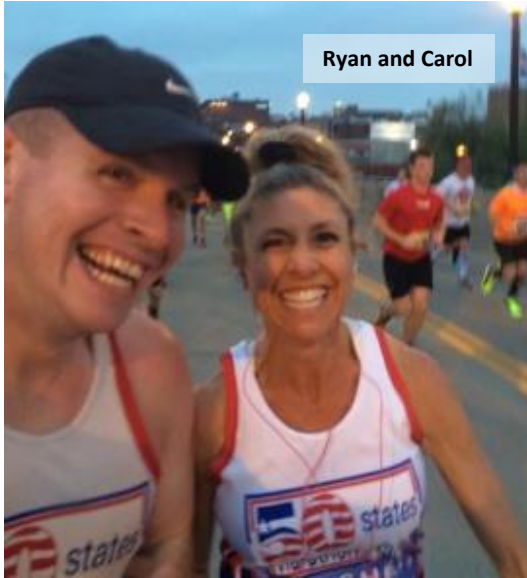
Do you follow a training program?

Most Maniacs (53%) use a training program when preparing for a marathon.

Thanks for voting!



Krissy



Ryan and Carol



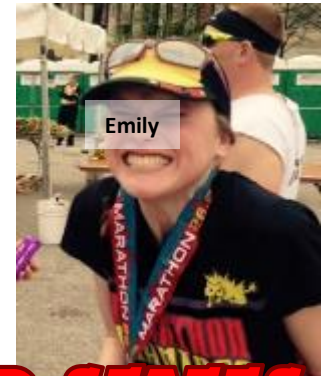
Michelle and Steven



Greg



Tom



Emily

MANIACS REPRESENT THE UNITED STATES

AT THE 24 HOUR WORLD CHAMPIONSHIPS
IN TORINO, ITALY

Marathon Maniacs Maggie Gutrel and Traci Falbo represented the United States at the 24 Hour World Championships in Torino Italy.

They helped the US Women's Team take first place (Gold Medal). Traci finished second taking the women's individual silver medal. Meanwhile Maggie finished fourth.



Maggie showing her team gold medal



Traci and Maggie

Traci Falbo
Maggie Gutrel

2nd place Woman (SILVER MEDAL)
4th place Woman

148.97 miles
146.53 miles

MARATHON MANIACS PACE TEAM

The Official Marathon Maniac Pace Teams

Did you know the Marathon Maniacs have an official pace team? Since Maniacs are no stranger to running 26.2 miles many of you are good running these runs.

There are many great reasons to join the pace team and many rewarding aspects to being a pacer.



Requirements to be a Pacer

- Must have completed 15 marathons for your desired distance to pace
- Marathon Pacer: Must have completed the marathon distance 20 minutes faster than your pace time for the full marathon (example: to pace a 4:00 hour you must have run a 3:40 marathon)
- To be in good standing with the Marathon Maniacs and all dues current
- Have your MM race page updated so that we can link your information
- CPR Certification by event date-please contact your local fire department for a FREE class

Pacer Perks

- Free to join!
- Waived entry fee
- Sublimated Pace Shirts
- A chance to carry the coveted maniac cat pace sign
- Discounts on lodging when applicable
- Fun pacing runners to their goal finish time

Best of luck to you securing your spot on the pace team!

For more information on which races we are looking for pacers and on getting signed up please visit:

<http://www.marathonmaniacs.com/marathon-maniacs/pacer-team>

Marathon Maniac Pacing Coordinator: **Sabrina Seher** (MM #3397)



Stacy Bolyard



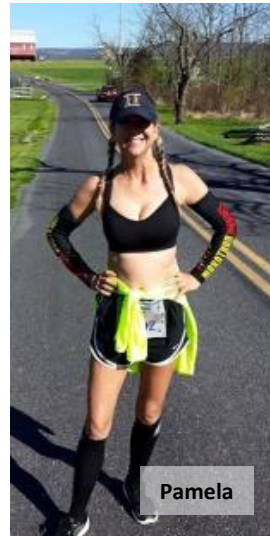
Terri and Marcus Menghini



Dan Ruiz



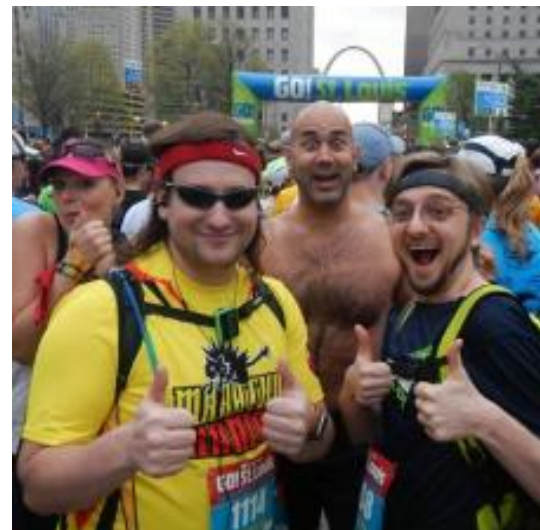
Jorge Garcia



Pamela



Evelyn

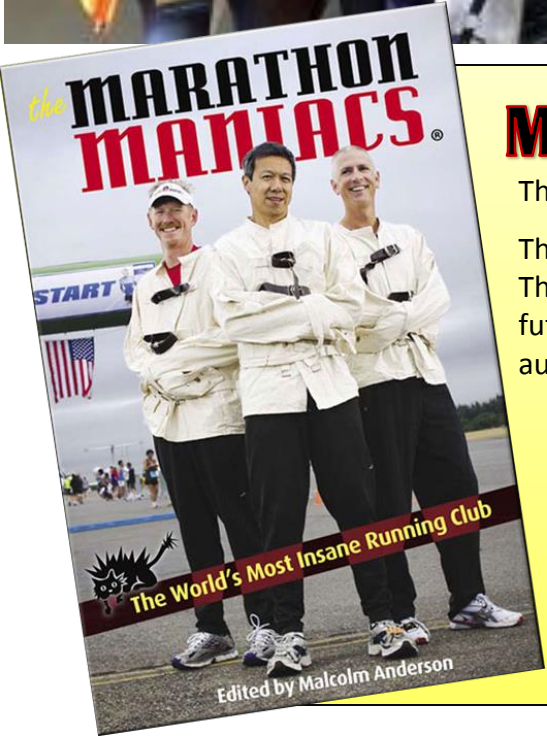




Glen Anderson



Oregon Honey Badgers at Boston



MARATHON MANIACS: THE BOOK

The Marathon Maniacs have released a 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/store/product/101/Marathon-Maniacs-Book>

Autographed Copy:

<http://www.databarevents.com/store/product/103/Autographed-MM-Book>



Dan Ruiz, Mike Perez, Lisa Rice Seidel



BIG SUR INTERNATIONAL MARATHON

Pregnant and running

Jones, 30, hopes to run a marathon in every state

By Ana Ceballos
aceballos@montereyherald.com
@ceballosap on Twitter

BIG SUR » Cassidy Jones of Monterey is not a celebrity, but she was most certainly treated like one after finishing the 26.2-mile Big Sur International Marathon Sunday afternoon.

Strangers walked up to her, stunned and in awe. Some would shake her hand, congratulating her for the big accomplishment. Others simply uttered "wow."

Jones is not suffering from a physical disability, nor has she starred in a blockbuster movie.

She is pregnant.

Her doctors estimate her baby boy, Whitcomb Jones, will be born within the next two weeks — maybe less. That timeline did not stop her from running, and her big belly did not stop strangers from admiring.

"Running marathons has definitely given me a threshold for what I can handle," Jones said. "In a lot of ways, running a marathon is like going into labor. People don't want to do it because it is hard, but then you remember the result, and it is worth it."

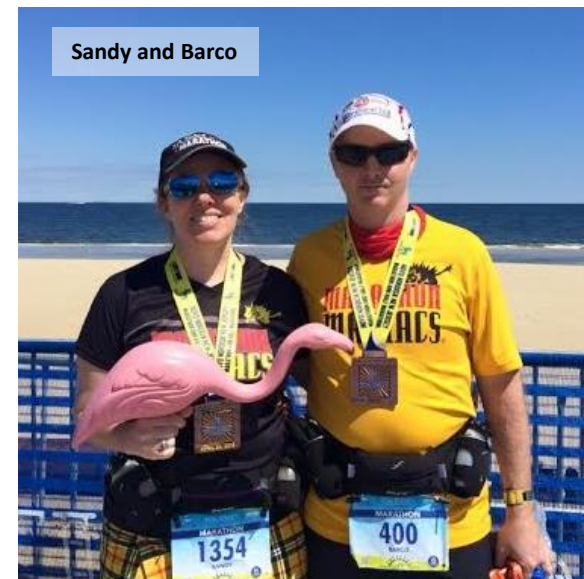
MARATHON » PAGE 6



ANA CEBALLOS — MONTEREY HERALD

Zach Jones, left, Cassidy Jones and Charlotte join up on Sunday after Cassidy finished the Big Sur International Marathon.

Sandy and Barco



Steve, Sue and Glen



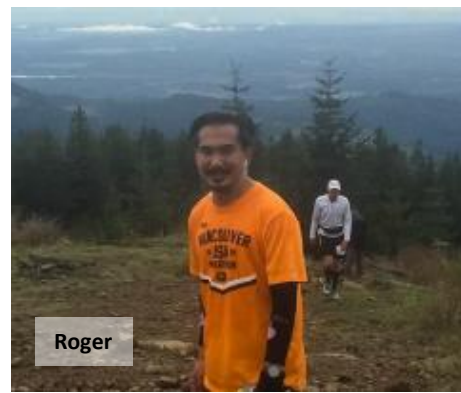
Julia and Katina



Andie and Michelle



Boston shakeout run with Bart



Roger



On the bus to Hopkinton!

Join the Maniacs on Social Networking!



FACEBOOK:

Marathon Maniac page: <http://www.facebook.com/pages/Marathon-Maniacs/144969288167>

Marathon Maniacs group: <http://www.facebook.com/groups/marathonmaniacs/>

INSTAGRAM:

@marathonmaniacs - <http://instagram.com/marathonmaniacs>

TWITTER:

@mainmaniacs - <http://twitter.com/mainmaniacs>

MY SPACE:

<http://www.myspace.com/marathonmaniacs>

LINKED IN:

<http://www.linkedin.com/e/vgh/1843119>

DAILY MILE:

<http://www.dailymile.com/groups/1403-marathon-maniacs>

Across all social networks use the hash tag:

#marathonmaniacs



Amy Meyer



May at the Paris Marathon



Julia

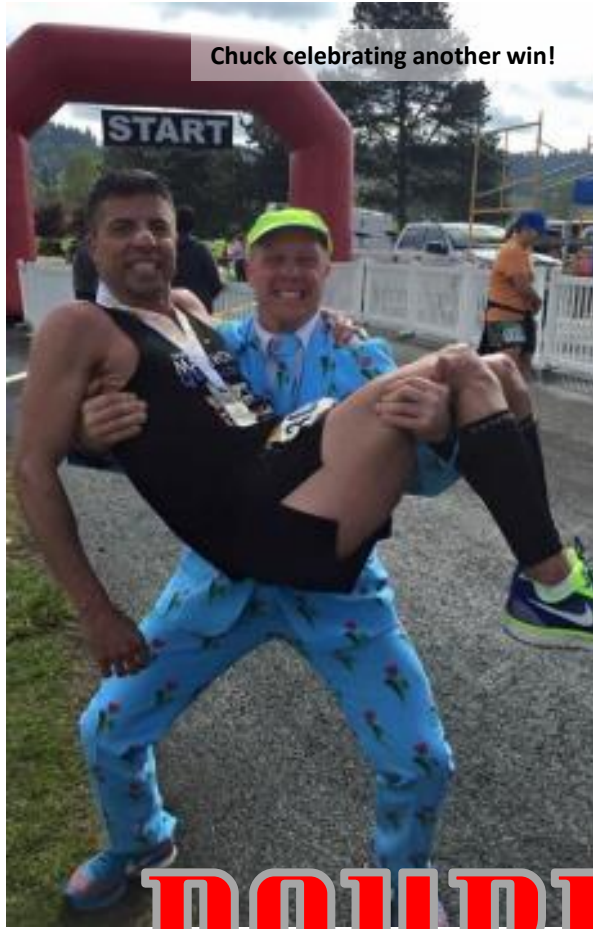


Miranda and Christy



Al and Henry

Chuck celebrating another win!



Wally and Larry



Patricia



Sabrina



DOUBLE AGENTS

Since the formation of the Half Fanatics in 2009, a runner who is a member of both clubs is called a Double Agent.

Well, the Main Maniacs have decided to create an asylum dedicated to those who are Double Agents. In order to be assigned a Double Agent number you must have your dues paid and updated in both the MM and HF. Your name and e-mail address must match both clubs. Each day a program will run to generate new members.

New gear is available for Double Agents as well as a whole new set of challenges as you climb peaks.

For more information visit the Maniacs web site.





Tom and Carole Williams



Steve Philip



Sabrina and Karey



Greg Roth with Tony and Chris



Heidi

Maniacs Reunite In Canada

**A second Maniac reunion in one year?!
YES, and the Maniacs are going International!**

For the first time in club history there will be a second reunion in one year and also the first reunion outside the United States.

Make plans to join other Maniacs in beautiful Victoria British Columbia on October 10-11 for the second reunion of 2015.

The Victoria Marathon has long been a favorite for Northwest Maniacs and this year it will serve as the Marathon Maniac reunion. The Maniac Pace team will be there along with hundreds of fellow Maniacs!





John



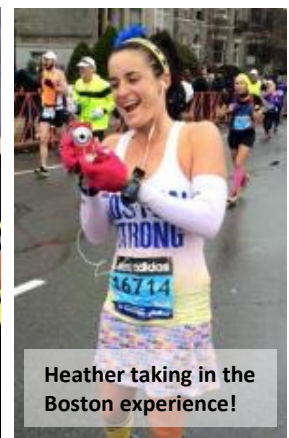
Halbert



Steve Mahoney



AJ Hacker



Heather taking in the Boston experience!

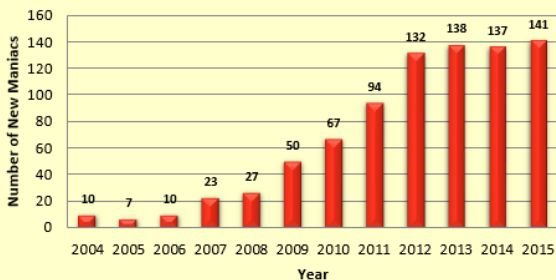
REPORT FROM THE INSANE ASYLUM

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	84.3	61.9	75.1	63.2	100.3	75.8	47.8	28.5	35.4	101.3	118.8	109.1	765.6
Record	225	177	189	138	249	175	101	56	73	257	334	241	2,110
2014	225	177	189	137	249	175	81	52	70	257	257	241	2,110
2015	214	129	180	141	-	-	-	-	-	-	-	-	664

New Maniacs for April



New Maniacs in April 2015	141
New Maniacs in 2015	664
Total Maniacs	11,196

State	MM	Pct%
Washington	1236	11.04%
California	840	7.50%
Texas	787	7.03%
Florida	432	3.86%
Illinois	413	3.69%
New York	372	3.32%
Oklahoma	346	3.09%
Virginia	308	2.75%
Georgia	271	2.42%
Ohio	241	2.15%

Top European Counties:

United Kingdom	61
Germany	13
Portugal	11
France	5
Netherlands	5
TOTAL IN EUROPE	127

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>

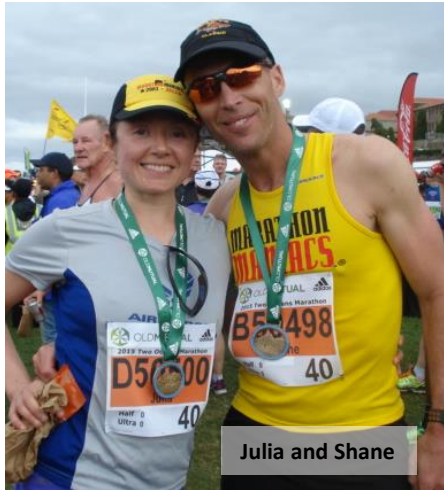
- **Titanium (10 star) Maniac:** Dan Ruiz
- **Platinum (8 star) Maniac:** Greg Burress
- **Palladium (7 star) Maniac:** None
- **Osmium (6 star) Maniac:** Bill Odendahl
- **Ruthenium (5 star) Maniac:** Dominic Ruffalo, Chris Myers
- **Iridium (4 star) Maniac:** Billy Ray Osborn, David Haring
- **Gold (3 star) Maniac:** None
- **Silver (2 star) Maniac:** None

New Titanium Maniac!!



Dan Ruiz

Amy Meyer



Julia and Shane



Upcoming Races!

Marathon/Ultra Calendar between May 30 – June 28

Saturday, May 30, 2015

ABW Magnificent Marathon (CA)
CTR San Francisco 50 and 100 Mile Endurance Runs (CA)
Dawn to Dusk to Dawn 24h/12h/100k/50k (PA)
Famous Idaho Potato Marathon (ID)
Flint Hills Trail 40m/26.2 (KS)
Jordan River Marathon (UT)
Kent Roadrunner Marathon (GBR)
Newport Marathon (OR)
Night Marathon Luxembourg (LUX)
Ontario Summit Marathon (NY)
Rockin Choccolocco 50k (AL)
Sri Chinmoy Self Transcendence 13h/7h (WA)
Timberline Marathon (OR)
Yankee Springs Trail Run 52.4m/26.2m (MI)

Sunday, May 31, 2015

Calgary Marathon (note date change) (AB)
Carvins Cove Trail Marathon (VA)
Cayuga Trails 50 (NY)
Christchurch Marathon (NZL)
Comrades Marathon 89k (ZAF)
Edinburgh Marathon (GBR)
Evergreen Echo Valley 50k/26.2 (WA)
Indoor Insanity Marathon (NC)
Minneapolis Marathon (MN)
NWTR Teanaway Trail Run (WA)
Rock N Roll San Diego (CA)
Rockford Marathon (IL)
Saskatchewan Marathon (SK)
Walled City Marathon (GBR)

Monday, June 1, 2015

Mainly Marathons Heartland Day One (OH)

Tuesday, June 2, 2015

Mainly Marathons Heartland Day Two (MI)

Wednesday, June 3, 2015

Mainly Marathons Heartland Day Three (IN)

Thursday, June 4, 2015

Mainly Marathons Heartland Day Four (IL)

Friday, June 5, 2015

Mainly Marathons Heartland Day Five (IA)
Ultra Adventures Bryce Canyon 100m (UT)

Saturday, June 6, 2015

Another Dam 50k (OH)
Bethel Hill Midnight Boogie 50m (NC)
Bootlegger Marathon (GA)
Bruneau Beast (ID)
Buckeye Buster 50m/50k (OH)
CAR Rock the Ocean (member discount) (CA)
Chester Woods Trail Run (MN)
Deception Pass Marathon (WA)
FANS 24h/12h/6h (MN)
Forest of Nisene Marks Marathon (CA)
Green River Marathon (WA)
Hiiumaa Marathon (EST)
Kettle Moraine 100m/100k/38m/50k (WI)
Mainly Marathons Heartland Day Six (WI)
Old Dominion Run (VA)
Rainier to Ruston Rail Trail Relay and Ultra (WA)
Run Under the Stars 10h (KY)
San Diego 100 Mile Endurance Run (CA)
Shadow of the Giants 50k (CA)
Squaw Peak 50 Mile Trail Run (UT)
Summer Night Trail Marathon (IN)
Sunburst Marathon (IN)
Ultra Adventures Bryce Canyon 50m/50k (UT)

Vashon Island 50k (WA)

War Eagle Trail Run (AR)
Without Limits Knock on Wood 100m and Forest Freak 50k (SC)

Sunday, June 7, 2015

Casper Marathon (WY)
Deadwood Mickelson Trail Marathon (SD)
Fallen 4 Marathon (AB)
Into the Wild 100k/26.2 (CO)
Mainly Marathons Heartland Day Seven (MN)
Maraton Rapa Nui (CHL)
North Olympic Discovery Marathon (WA)
Phuket International Marathon (THA)
Steamboat Marathon (CO)
Taos Marathon (NM)
Windermere Marathon (WA)

Saturday, June 13, 2015

1/2 Sauer 1/2 Kraut Marathon (PA)
Band on the Run Marathon (ON)
Dam Marathon (OR)
Elijah Bristow 24h/12h/6h (OR)
Hatfield McCoy Marathon (KY)
Hawthorn Half Day 12h/6h (IN)
ITR Rodeo Valley Trail Run (CA)
Laurel Highlands 70.5m/50k (PA)
London Enduro 12h/50k (GBR)
Marathon to Marathon (IA)
Maryville Marathon (MO)
Midsummers Night Dream 24h/12h/6h (GA)
Mowdy Ranch Mustang Run (OK)
Mt Difficulty Ascent (NZL)
OSS/CIA 50 Mile Night Run (VA)
Race the Lake (NY)
Rock N Roll Seattle (WA)
Sandhills Marathon (NE)
Snoqualmie Valley Run (WA)
Teton Dam Marathon (ID)
Utah Valley Marathon (UT)
Walkway Marathon (NY)
Whitefish Point Marathon (MI)
XTERRA Turkey Track Trail Run (CO)

Sunday, June 14, 2015

CAR Rock the Beach (CA)
Edge to Edge Marathon (BC)
Lake Placid Marathon (NY)
Light at the End of the Tunnel Marathon (WA)
Maratona Internacional de Porto Alegre (BRA)
Marion Rotary Marathon for Shoes (IA)
Maritime Marathon (WI)
Rock N Roll Liverpool (GBR)
South Park Trail Marathon 28m (CO)
Swan Lake Marathon (SD)

Friday, June 19, 2015

Bear Lake Day One (ID)
Bighorn Mountain Wild and Scenic Trail Run 100m (WY)
Summer Solstice 6 Hour Endurance Run (TX)

Saturday, June 20, 2015

Bear Lake Day Two (UT)
Big Five Marathon (ZAF)
Bighorn Mountain Wild and Scenic Trail Run 50m/50k (WY)
CAR Rock the Coast and Fathers Day (2 day event) (CA)
Chinklacamoose 50k/26.2 (PA)
CTR Canyon Meadow 50k/26.2 (CA)
Evergreen Taylor Mountain 50k/26.2 (WA)
Grandmas Marathon (MN)
Great New York Running Exposition 100m/100k (NY)
Great Run, The 6h/26.2 (ME)

Half Mision Brasil 80k (BRA)

Lakeshore Trail Trek Marathon (TN)
Leadville Trail Marathon (CO)
Mary's Peak 50k (OR)
Mayo Midnight Marathon (YT)
Mayors Midnight Sun Marathon (AK)
Mohican 100m/50m/26.2 (OH)
Mozart 100 102k/56k (AUT)
Nevada Marathon (NV)
Niagara 50k and Marathon (ON)
NWTR Rattlesnake Ridge Run (WA)
Old Gabe 50k (MT)
PCTR San Francisco Summer Solstice 24h/12h/6h (CA)
River of No Return 108k/50k (ID)
Trail Rail Run - 50m - 50k - 30k - 12k (MT)
Vegan Power 50k (MA)
XTERRA Big Elk Marathon (MD)

Sunday, June 21, 2015

ABW Fathers Day Run (CA)
Banff Marathon (AB)
Bear Lake Day Three (WY)
Black Bear Marathon (ME)
Estes Park Marathon (CO)
Lake Youngs Ultra 60k (WA)
Manitoba Marathon (MB)
TATUR Osage Hills State Park Relatively Flat Trail Marathon (OK)
Vancouver USA Marathon (WA)

Thursday, June 25, 2015

Great Barrow Challenge (10 day event) (GBR)

Friday, June 26, 2015

Black Hills 100m (SD)

Saturday, June 27, 2015

7⁹ RevezaRacing Pouso Alegre 65k (BRA)
Black Hills 50m (SD)
Capt'n Karls Pedernales Falls 60k (TX)
Charlevoix Marathon (MI)
GBRC 15.5h/8h/6h (WI)
Gunnison 100k Endurance Run (CO)
Hell Hath No Hurry 50m/50k (PA)
Logan Peak Trail Run 28m (UT)
North Fork 50m/50k (CO)
Pacific Crest Marathon (OR)
Run4Troops Marathon (IA)
South Coast Marathon (ON)
Two Hearted Trail Run 50k/26.2 (MI)
Ultimate Trails 110k/55k (GBR)
Western States 100 Mile Endurance Run (CA)

Sunday, June 28, 2015

Bay of Fundy International Marathon (ME)
Bellevue Ghost Marathon (WA)
Challenge Atlantic City (NJ)
Ironman Coeur d'Alene (ID)
Kona Marathon (HI)
Summer 7 Series (CA)
Victoria Falls Marathon (ZWE)



New Maniacs in April 2015

Terry Hurt (#11056)
Katherine Kapes (#11057)
Toni Yaple (#11058)
Clark Holloway (#11059)
Amy Cook (#11060)
LePret Williams (#11061)
Lilia Gonzalez (#11062)
Edward Mickelson (#11063)
Aprille Oxenford (#11064)
Paula Chaves (#11065)
Susan Seah (#11066)
PEARL AMOAKO (#11067)
Eric Contreras (#11068)
joseph delazzaro (#11069)
Shonda Martin (#11070)
Julie "Racehorse" Sabin (#11071)
Sten Rognes (#11072)
Laurence Toyer (#11073)
Sarah Williams (#11074)
Jordan Torrey (#11075)
Kyle Turner (#11076)
Lady Ferg (#11077)
David Clark (#11078) (#11078)
Robin Brumagen (#11079)
Mona Davison (#11080)
Trang Chance (#11081)
Annette Adair (#11082)
Debbie Ricketts (#11083)
Donna Nail (#11084)
Nakeisha Bennett (#11085)
Jeff Bobick (#11086)
Ron Branam (#11087)
Tasha Adkins Holland (#11088)
Salvador Bezos (#11089)
Kelly Taylor (#11090)
Bruce Roberman (#11091)
Adedayo akinbode (#11092)
Erin Lawry (#11093)
Phouvanh Chan (#11094)
Phyllis Aswell (#11095)
Dar (#11096)
Christy Pundt (#11097)
Alfred Lin (#11098)
Adrienne Jennings (#11099)

Mark Groshans (#11100)
Bekky Groshans (#11101)
vemana sotala (#11102)
Kelli Rogers (#11103)
Jamie Anderson (#11104)
Katrina Zoldowski (#11105)
JaJuan Broadnax (#11106)
Mandy Luckowski (#11107)
Salley Hernandez (#11108)
Elizabeth Gomez (#11109)
Stuart Turner (#11110)
Robert Simmons (#11111)
Gary Saunders (#11112)
Jennifer Hunter (#11113)
Michael Hunter (#11114)
Jason Hughes (#11115)
Stephanie Smith (#11116)
Angus Kennedy (#11117)
Richard Abbott (#11118)
Karen Michelsen (#11119)
Aaron VanWieren (#11120)
Lisa Skiver (#11121)
Camila Spinelli (#11122)
Tin Ha (#11123)
Tiffani Glass (#11124)
Amy DelGuercio (#11125)
Linda Luna (#11126)
Karen Patterson (#11127)
Jim "Minnesota" Reimann (#11128)
Shawn Smith (#11129)
Nancy Gildersleeve (#11130)
Monica Ritchie (#11131)
Kristine Olson (#11132)
David Olson (#11133)
Rich Mansell (#11134)
Anthony Stovall (#11135)
Laurel Jinks (#11136)
Jason Spiva (#11137)
Brian Wright (#11138) (#11138)
Yoneko (Yoni) Johnson (#11139)
William Bird (#11140)
Christopher Bronson (#11141)
Paul Laviska (#11142)
Dennis Meeks (#11143)
Jason Silver (#11144)
Craig Wood (#11145)
Natasha Simeon (#11146)
Nellie Grace Rodriguez (#11147)
debi secor (#11148)
Jason Coleman (#11149)

Merlina Newman (#11150)
Willie Chua (#11151)
Nannette Mereles (#11152)
Alaina Pixley (#11153)
Sri Sridhar (#11154)
Michael Mabry (#11155)
Lisa Cheek (#11156)
Kristin Wise (#11157)
Scooby Olson (#11158)
Roy Miller (#11159)
VALERIE HANTKE (#11160)
Melissa Thigpen (#11161)
Khuong Tieu (#11162)
Jarrett Roberts (#11163)
Doug Rose (#11164)
Lowell Williams (#11165)
William Goodman (#11166)
Mike Burnett (#11167)
Heidi Gerhardt (#11168)
Tammy Jones (#11169)
Shane Carlson (#11170)
Kylee Witchey Clements (#11171)
Daniel Wells (#11172)
Scarlett Hill (#11173)
Nathan Stewart (#11174)
Elisabeth Whitney (#11175)
kristine wong (#11176)
Jason Gass (#11177)
Sara Bowman (#11178)
Richard Donoghue (#11179)
Janina Perez (#11180)
Richard Albanese (#11181)
Lyle Silsby (#11182)
Wendy Stiver (#11183)
Kory Coleman (#11184)
Kenneth Culp (#11185)
Jennifer Marston (#11186)
Bill Lockwood (#11187)
Shelly Fisher (#11188)
Sasha Grojean (#11189)
Cat Odendahl (#11190)
Holger Pokrandt (#11191)
Juan Pigot (#11192)
Linda Steele (#11193)
cynthia yancey (#11194)
Christy Batterson (#11195)
Cohen Henry (#11196)

NEW MANIACS



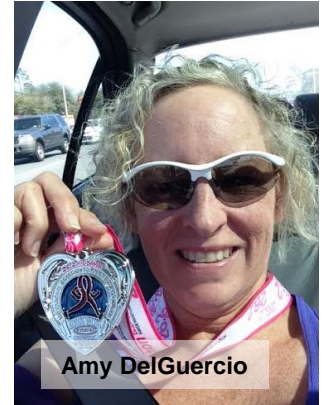
Ron Branam



Bekky & Mark Groshans



Adrienne Jennings



Amy DelGuercio



Alaina Pixley



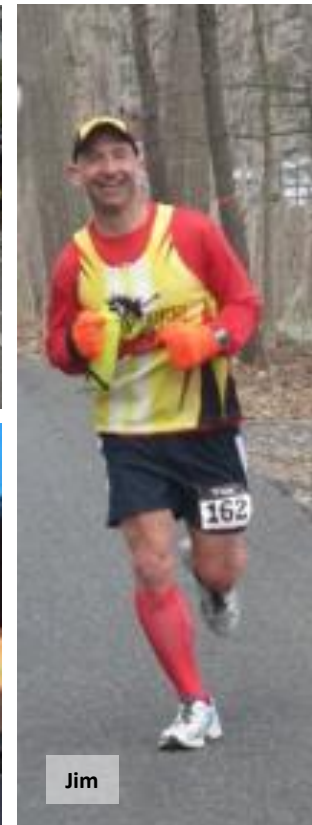
Melissa Thigpen



Julie Sabin



Shonda Martin and Laurence Taylor



Jim



Traci and World Championships





Jeff



Vincent and Patricia



Amy and Edward



Lori Lucas



Lecia Holley and Steve Walters

FROM THE EDITOR...

Boston is the crown jewel of the marathon world. This year it was wet, windy and cold, but hundreds of thousands of spectators weathered the elements to cheer on the runners. In addition there were many great races all over the country. May looks to am even busier month. The weather is changing and running season in full force.

Happy Running!

- Steve "Marathon Freak" Walters MM#338

MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



New discounts have a ** in front of the race name and don't forget about the Maniac discounts at Running Skirts www.runningskirts.com and The Running Warehouse www.runningwarehouse.com for all your non-Maniac branded apparel and shoe needs.

- Whitefish Point Marathon (MI) 6/13/15: www.whitefishpointmarathon.org
- South Park Trail Marathon (CO) 6/14/15: <http://humanpotentialrunning.com>
- Charlevoix Marathon (MI) 6/27/15: <http://charlevoixmarathon.com>
- Kona Marathon (HI) 6/28/15: www.konamarathon.com
- **Angel Fire Adventure Marathon (NM) 7/4/15: www.angelfireadventure.com
- Sheep Mountain 50 Mile 7/11/15: <http://humanpotentialrunning.com>
- Aspen Valley Marathon (CO) 7/18/15: www.aspenvalleymarathon.com
- The Madison Marathon (MT) 7/18/15: www.themadisonmarathon.com
- Inaugural Big Sky Marathon (MT) 7/19/15: www.themadisonmarathon.com
- New Mexico State Park Series 7/25-7/26/15: <http://mainlymarathons.com>
- Lost Turkey Trail Marathon (PA) 8/1/15: www.lostturkeyultra.com
- Silverheels 100 Mile (CO) 8/8/15: <http://humanpotentialrunning.com>
- Sweltering Sun 8 Hour & Marathon (MA) 8/8/15: <http://burcsrunners.org/run-with-us/burcs-races/sweltering-summer>
- Humboldt Bay Marathon (CA) 8/9/15: www.humboldtbyamarathon.com
- Maryland Trail Running Festival 8/16/15: www.wdas.org/#!mtrf/c66t
- Moose's Tooth Marathon (AK) 8/16/15: www.bigwildliferuns.org
- New England Series 8/24-30/15: <http://mainlymarathons.com>
- Freakin Fast Marathon (ID) 9/5/15: www.freakinfastmarathon.com
- Pocatello Marathon (ID) 9/5/15: www.pocatellomarathon.com
- Lake Chelon Shore to Shore Marathon (WA) 9/12/15: www.lakechelanmarathon.com
- Rockin Marathon Relay (Detroit, MI) 9/12/15: <http://triviumracing.com/events/>
- Tommyknocker 50K/100K (CO) 9/12/15: <http://humanpotentialrunning.com>
- Boring Marathon (OR) 9/13/15: <http://boringmarathon.com>
- **Queen City Marathon (SK) 9/13/15: www.runqcm.com
- Stanky Creek 50K (TN) 9/13/15: <https://altisendurance.com>
- Center of the Nation Series 9/14-9/19/15: <http://mainlymarathons.com>
- That Damn Hill 3, 6 & 12 Hour (ON) 9/19/15: <http://ultrasignup.com/register.aspx?did=24452>
- Maui Marathon (HI) 9/20/15: www.maui-marathon-hawaii.com
- Brush Tunnel Marathon (MD) 9/23/15: <https://altisendurance.com>
- GAP Trestles Marathon (PA) 9/24/15: <https://altisendurance.com>
- GAP Marathon (MD) 9/25/15: <https://altisendurance.com>
- Barnum Rail Trail Marathon (WV) 9/26/15: <https://altisendurance.com>
- Bellingham Bay Marathon (WA) 9/27/15: www.bellinghambaymarathon.org
- Cumberland C&O Trail Towpath Marathon (MD) 9/27/15: <https://altisendurance.com>
- New Hampshire Marathon 10/3/15: www.nhmarathon.com
- Appalachian Series 10/11-10/19/15: <http://mainlymarathons.com>
- Long Beach Marathon 10/11/15: <http://runlongbeach.com>
- **Victoria Marathon 10/11/15: www.runvictoriamarathon.com
- Indian Creek Fifties 10/17/15: <http://humanpotentialrunning.com>
- Kansas City Marathon 10/17/15: <http://waddellandreedkansascitymarathon.org>
- Des Moines Marathon (IA) 10/18/15: www.desmoinesmarathon.com
- Atlantic City Marathon (NJ) 10/18/15: www.acraceseries.com/AC_Marathon.htm
- Day of the Dead Series (NM) 10/31-11/6/15: <http://mainlymarathons.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



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

{Rookies – MarathonManiac co-founder Steve “Prez” Yee (member # 1), who with two Washington state friends, Christopher Warren (#2) and Tony Phillippi (#3), launched the club about the same time that the internet was a mere child. While the internet and club have changed dramatically in form over a dozen years, the Wise Men have kept their form in fitness and spirit, to their great credit. “Rev” is a mild-mannered fellow from the other half of the country (Pa.), and the other half of...running ability.}



PREZ!!!

Whoa, I get it now!

All of these years you run times with which I am not familiar, yet greet me with smiles of encouragement, picture-taking and “Attaboys!”. Sweet of you. But never once have you mentioned to me the magic secret to this frequent-marathon-running hobby! But HA! I have found it out! (*Then again, I’ve seen you run. Maybe you don’t know the secret either, hmm. But I’ll let that speculation go.*)

Ready, Mr. Prez? It’s form, Prez. Running form. How we get from here to there.

Oh, there are plenty in the club who get from here to there, freakishly often, at various paces, sharing various conversations about the priorities of enjoying the day, reveling in the active-ness of it all, proud of the accomplishments. Even the elite may blow up in the first couple of miles of a race, (yet still Boston Qualify...), and wax eloquently about the thrill of participation. But supporting all of this is?

Our bodies. We were built intricately, this bone connected to that bone, and legions of other “this item connected to that one”: tendons, ligaments, muscles, cartilage, nerves, arteries. They are all packaged incredibly tightly together, designed magnificently into inter-working, interwoven systems, in frameworks of skeletons meant to operate both freely yet “just so”, all with a Design In Mind.

And that’s where the secret comes in: *Proper Form*. We ought to move the system by its design.

When we move forward, certain things are supposed to happen. Efficiency and efficacy (think: time, distance, often, done injury-free) really require right form. But we might be off-handedly ignoring the fine-print on how to operate the machine “just so”. No amount of Rest-Ice-Compression-Elevation, or Ibuprofen, or WD-40 fixes the mis-used connections overnight. Besides, the secret isn’t in the healing: it is in the not getting hurt in the first place.

Sure, other relevant categories contribute to breeding success: diet, warming-up and stretching properly, regulating our training (not too much, not too little..., *if you are a “Maniac”, pay attention to that one*). But after 12 years of knowing you fellows, of laughing and -- well -- laughing about running exploits, the Single Most Assumed but Actually Under-rated Topic we’ve neglected more than any?

Form. We really ought to strengthen the core muscles, so to hold posture; to hold our head up; to tilt a bit forward from the waste; to not land on our heels; to keep our elbows in; to move forward (eh?), not waddle side-to-side; to glide, not bounce; to keep the forward foot landing beneath, not in front of, the knee. The extraordinary yet vulnerable collection of parts works better when used in the right Form, which might even mean “practice”. Practicing right form? Yup.

That thwack you heard three days ago was me whacking myself in the forehead, and it wasn’t about not drinking a V-8.

Luvya,
Rev
dgkienz@yahoo.DUMB