



MARATHON MANIACS

AUGUST 2014 NEWSLETTER

Volume 11, Number 8

NEWSLETTER CONTENTS

Half Fanatics	2
Social Networking	4
Chasing Windmills	6
Marathon Maniacs Book	8
Marathon Maniac Pacing Team	9
Maniac Poll	11
2015 Maniac Reunion	12
Report from Insane Alsym	13
Promotions	14
Maniac Levels	14
Calendar	15
New Maniacs	16
Note from the Editor	17
Discounts	18
Rhetorical Revelations from "The Rev"	19





April Hayes, Marathon Mitch and Stacy Palmer



Marsha and Elizabeth



Teresa Harmon



Jen Savage was a part of a that broke the record for most people running the in a 24 hour relay!



Leslie Mueca



Stephen Massey



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 7000+ 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



Half Fanatics at the Narragansett Bay Half Marathon



Andrea Spohn



Karen Redmond and Lisa Davis



Angie Whitworth Pace and Rich Pye



Angeline Whitworth Pace was all smiles after Sunday's marathon, and with good reason. The Utah resident has now run at least one marathon in 20 states. Her ultimate goal is one marathon for all 50 states. The shirt signifies her membership in the "Marathon Maniacs" running club.



Terri Menghini



David Englund and Ethel Marie Kitching



Rita Felicia De Palma with the Main Maniacs

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



Les Omura and Brad Davis



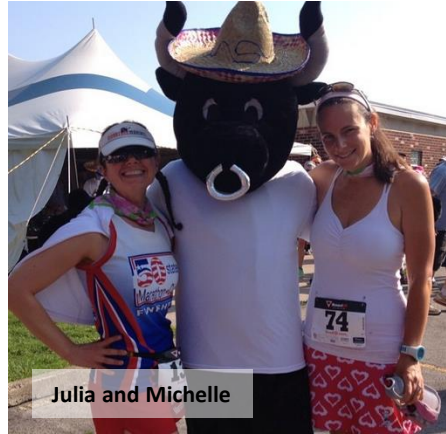
Ron Frederick



Steve and Cindy



Larry Wasson



Julia and Michelle

Hi Tracy!



Jim Collins and Alexis Davidson



Dean, Chris and Steven

CHASING WINDMILLS

50 MARATHONS TO BENEFIT ALZHEIMER'S IN 2014 THE ASSOCIATION

<http://act.alz.org/goto/DavidKnapp>

CHASING WINDMILLS

DAVID KNAPP (MM#91)

To celebrate turning 50 years old in 2014, Denver-based entrepreneur and marathoner David D. Knapp, Ph.D. is running 50 full marathons during the 2014 calendar year as a fundraiser for the Colorado Chapter of the Alzheimer's Association.

Dr. Knapp – who lost his mother to Alzheimer's in 2001 – is hoping to raise at least \$50,000 during the year-long marathon quest to help find a cure for the disease, which currently affects over 5 million Americans. And barring a medical breakthrough to prevent, slow, or stop the disease, that number will nearly triple by the year 2050 due to this nation's aging population.



Dr. Knapp's official donations page is <http://act.alz.org/goto/DavidKnapp>



Marsha White



Marlon Onco



Sha Na

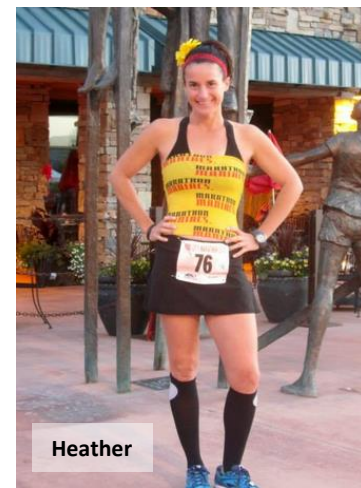


Sandy and Barco





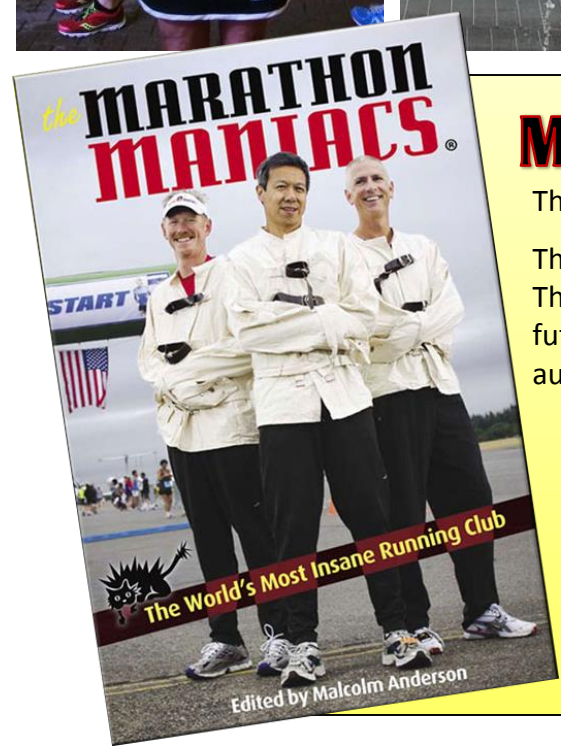
Amy Meyer



Heather



Abbi



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>



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)



Charli Long



Luisa King



Leah Piper



Mitch and Robert



Mic



David



Denis and Nancy



Terri Menghini



Andy Bowden



Lorelei Sadowski

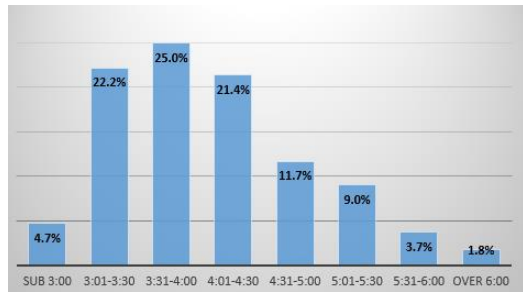


MANIAC POLL

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: Do you lift weights as a way of cross training?

Please vote online between now and October 31: <http://tinyurl.com/MMpoll2014g>



Last month's question: How fast is your marathon personal record?

To most Maniacs have run a marathon personal record (PR) between 3:01-4:30.

Thanks for voting!



MARATHON MANIACS 2015 REUNION

Mississippi Blues Marathon

JANUARY 10, 2015 • JACKSON, MISSISSIPPI

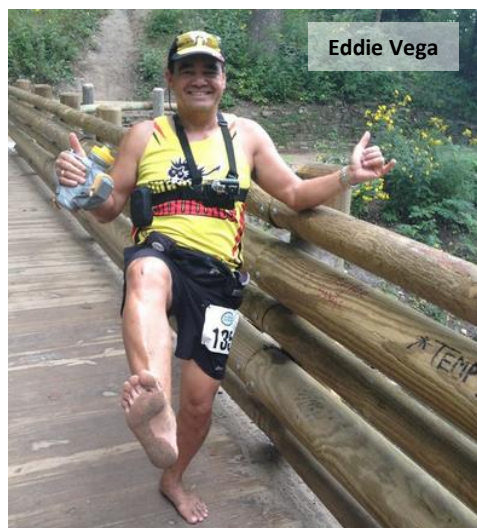
Join fellow Marathon Maniacs in Jackson, Mississippi in January for the 9th annual reunion. The Maniacs will return to the Southeast for this reunion to be filled with southern blues and plenty of red, yellow and black. Maniacs participating will be able to enjoy many added benefits not found in other marathons. Stay tuned for more details. In the mean time be sure to register and join the fun!

BONUS: Back 2 Back Challenge • First Light Marathon

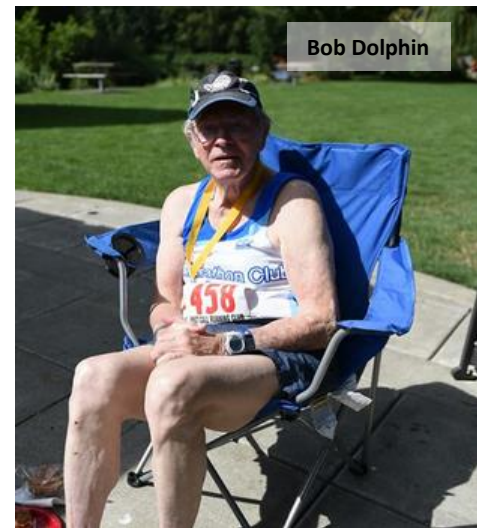
As an added bonus, join dozens of Maniacs and run the First Light Marathon in Mobile, Alabama on January 11, 2015 and grab 4 stars!



The Marathon Maniacs Hood to Coast Team!



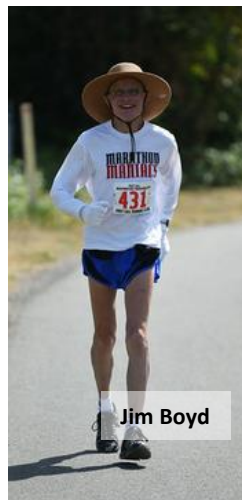
Eddie Vega



Bob Dolphin



Robert (aka Stevie Ray)



Jim Boyd



Bill



Sabrina

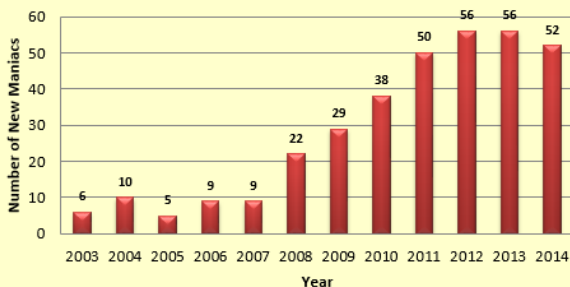
REPORT FROM THE INSANE ASYLUM

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	70.2	50.4	63.7	55.8	86.7	66.7	44.7	26.4	32.3	87.2	106.3	97.1	765.6
Record	212	101	170	138	212	147	101	56	73	257	334	223	1,994
2013	212	95	170	138	212	133	91	56	73	257	334	223	1,994
2014	225	177	189	137	249	175	81	52	-	-	-	-	1,285

New Maniacs for August



New Maniacs in August 2014 52
 New Maniacs in 2014 1,285
 Total Maniacs 9,707

State	MM	Pct%
Washington	1,140	11.7%
California	763	7.9%
Texas	676	7.0%
Illinois	355	3.7%
Florida	354	3.6%
New York	306	3.2%
Oklahoma	288	3.0%
Virginia	263	2.7%
Georgia	236	2.4%
Oregon	208	2.1%
Ohio	206	2.1%

The average Maniac has run **23** marathons and **3** ultras.

Women average **21** marathons/ultras compared to men who average **32** marathons/ultras.

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:** Andy Bowden
- **Platinum (8 star) Maniac:** None
- **Palladium (7 star) Maniac:** Mary Albrecht, Dan Ruiz
- **Osmium (6 star) Maniac:** Karl Leitz, Pete Bysura
- **Ruthenium (5 star) Maniac:** Tim Mullican
- **Iridium (4 star) Maniac:** None
- **Gold (3 star) Maniac:** Eddy Angkawibawa
- **Silver (2 star) Maniac:** Michelle Hille, Lara Owczarski

**New
Titanium
Maniacs!!**



Andy Bowden

★ ★ ★ ★ ★ MARATHON MANIAC LEVELS ★ ★ ★ ★ ★

One Star (Bronze)

- 2 Marathons within a 16 day time frame.
- 3 Marathons within a 90 day time frame.

Two Stars (Silver)

- 3 Marathons within a 16 day time frame.
- 6 Marathons in 6 consecutive calendar months.
- 8 - 11 Marathons within 365 days.

Three Stars (Gold)

- 4 Marathons within 37 days.
- 12 - 18 Marathons within 365 days.
- 4 Marathons in 4 different US states, Countries or Canadian Provinces (any combination) 51 days.

Four Stars (Iridium)

- 4 Marathons in 23 days.
- 19 - 25 Marathons within 365 days.
- 2 Marathons in 2 days (or 48 hours) must finish both races!
- 9 Marathons in 9 different US states, Countries, or Canadian Provinces (any combination) within 365 days.

Five Stars (Ruthenium)

- 3 Marathons within 3 days.
- 26 - 30 Marathons within 365 days.
- 4 Marathons within a 9 day window.
- 3 Marathons in 3 separate US states, Countries, or Canadian Provinces (any combination) within a 10-day time span.
- 13 Marathons in 13 different US states, Countries, or Canadian Provinces (any combination) within 365 days.

Six Stars (Osmium)

- 31 - 37 Marathons within 365 days.
- 16 Marathon in 16 different US states, Countries, or Canadian Provinces (any combination) within 365 days.
- 6 Marathons within 16 days.
- 4 Marathons in 4 days = QUADZILLA.

Seven Stars (Palladium)

- 38 - 44 Marathons within 365 days.
- 20 Marathons in 20 US states, Countries, or Canadian Provinces (any combination) within 365 days
- 13 Marathons within 79 days.

Eight Stars (Platinum)

- 45 - 51 Marathons within 365 days.
- 23 Marathons in 23 US states, Countries, or Canadian Provinces (any combination) within 365 days.
- 28 Marathons within 183 days.

Nine Stars - Unobtainable

Ten Stars (Titanium)

- 52 Marathons or more within 365 days.
- 30 Marathons in 30 US states, Countries, or Canadian Provinces (any combination) within 365 days.
- 20 Countries within 365 days.

**Are You Shooting For More
Stars? You Can Do It!**

Upcoming Races!

Marathon/Ultra Calendar between September 22-October 18

- Monday, September 22
 Altis GAP Trestles Marathon (PA)
 Andes Mountain Trail Run (PER)
- Tuesday, September 23
 Altis Barnum Rail Trails Marathon (WV)
- Wednesday, September 24
 Altis GAP Marathon (MD)
- Thursday, September 25
 Altis Cross Country Trail Marathon (VA)
- Friday, September 26
 Altis C&O Canal Towpath Marathon (DC)
 Bear 100 Mile Endurance Run (UT)
- Saturday, September 27
 Adams County Marathon (OH)
 Akron Marathon (OH)
 Bear Chase 100k/50m/50k (CO)
 Belmead Trail Fest 50m/50k/26.2 (VA)
 Birkie Trail Run (WI)
 Blood Run at the Good Earth Farm 12h/6h (SD)
 Bob Ardrey Marathon (KS)
 Cle Elum Ridge 50k (WA)
 Darlington Marathon (SC)
 Driftless Marathon (WI)
 Evergreen Tehaleh Marathon (WA)
 Fat Glass 50k (WA)
 FlatRock 50k (KS)
 Georgia Jewel 100m/50m/35m (GA)
 Germantown 50k (OH)
 Grand Lake Marathon (OH)
 Hamptons Marathon (NY)
 Hinson Lake 24 Hour Ultra Classic (NC)
 Hungerford Games 50m/26.2 (MI)
 Huntsville Marathon (UT)
 Layton Marathon (UT)
 Lost Loop 50k (TX)
 Mill Race Marathon (IN)
 Mountain Lakes 100 (OR)
 Mt Taylor 50k (NM)
 Not Yo Momma's 100m/100k/75k/50k (OH)
 Sault Valley Companies Monument Marathon (NE)
 Priest Lake 50k/26.2 (ID)
 Run Around the World 24h/12h/6h/27m (TN)
 Run From the Ducks 8h (TX)
 Sac River Races 50k/26.2 (CA)
 Saddleback Mountain Goat Marathon (CA)
 Sault International Marathon (MI)
 Self-Transcendence Ultra Classic 24h/12h/6h (ON)
 Sri Chinmoy Self Transcendence 24h/12h/6h (ON)
 XTERRA Brazil Tiradentes (BRA)
- Sunday, September 28
 Adirondack Marathon (NY)
 Basel Marathon (CHE)
 Bellingham Bay Marathon (WA)
 Berlin Marathon (DEU)
 Clarence DeMar Marathon (NH)
 HC Andersen Marathon (DNK)
 Idaho Wine Run (ID)
 Ironman Chattanooga (TN)
 Kenai River Marathon (AK)
 Loch Ness Marathon (GBR)
 Marathon Oasis de Montréal (Rock N Roll Montreal) (QC)
 Quad Cities Marathon (IL)
 Sloppy Cuckoo 12 Hour Challenge (PA)
 Tri Town Community Marathon (IN)
 Yonkers Marathon (NY)
- Friday, October 3
 Grindstone 100 (VA)
- Saturday, October 4
 Arkansas Marathon (AR)
 Arkansas Traveller (AR)
 Baker Lake 50k (WA)
 Cloudsplitter 100m/100k/50k (KY)
 Freedoms Run (WV)
 Leavenworth Oktoberfest Marathon (WA)
 New Hampshire Marathon (NH)
 North Face Challenge Utah 50m/50k/26.2 (UT)
 Rock/Creek StumpJump (TN)
 Run for the Toad (ON)
 Southern Tennessee Power Classic (TN)
 St George Marathon (UT)
 Swamp Rabbit Urban Ultra 50k (SC)
 Weaver Basin 50k (CA)
- Sunday, October 5
 Atacama Crossing 250k (stage race) (CHL)
 Blue Sky Trail Marathon (CO)
 Blues Cruise 50k (PA)
 Boulder Marathon (CO)
 Bournemouth Marathon (GBR)
 FATS 50k (SC)
 Findlay Red White and Blue (OH)
 Kosice Peace Marathon (SVK)
 Maine Marathon (ME)
 Milwaukee Lakefront Marathon (WI)
 MO Cowbell Marathon (MO)
 Nipmuck Trail Marathon (CT)
 Pinnacle Ultra Challenge (NH)
 Portland Marathon (OR)
 Rock N Roll Lisbon (PRT)
 Rockin Marathon Relay Solo Option (TN)
 Run Crazy Horse (SD)
 Sleeping Bear Marathon (MI)
 Smuttynose Rockfest Marathon (NH)
 Twin Cities Marathon (MN)
 Tyler Rose Marathon (TX)
 Wineglass Marathon (NY)
- Wednesday, October 8
 Jungle Marathon (BRA)
- Saturday, October 11
 24 Hours of Boulder 24h/100m/100k/6h (CO)
 Bemidji Blue Ox Marathon (MN)
 Bromont Ultra 100m/50m/50k (QC)
 Can Lake 50m/50k (NY)
 Canyon De Chelly 55k (AZ)
 Dick Collins Firetrails 50m and Golden Hills Trail Marathon (CA)
 Escalante Canyons Marathon (UT)
 Farmdale Trail Run 50m/30m (IL)
 Gandy Dancer Trail Marathon (WI)
 Hartford Marathon (CT)
 Ironman World Championship (HI)
 John Holmes 50k (FL)
 Le Grizz (MT)
 Mainly Marathons Appalachian Series Day One (WV)
 Market to Market 50k (NE)
 New River Trail 50k (VA)
 Oil Creek 100m/100k/50k (PA)
 Prairie State Marathon (IL)
 Putrajaya Night Marathon (MYS)
 Rail Run 100 (MI)
 Southernmost Marathon (FL)
 Stone Bridge Marathon (IL)
 Tesla Hertz Run 100m/100k/50m/50k (NY)
 WhistleStop Marathon (WI)
- Sunday, October 12
 24 Hours of Boulder 50k (CO)
 Chicago Marathon (IL)
 City of Trees Marathon (ID)
 CTR Bizz Johnson 50k/26.2 (CA)
 Defiance 50k (WA)
 Dirty South Marathon (LA)
 Glacial Trail 50m/50k (WI)
 Green Mountain Marathon (VT)
 HITS Oklahoma City (OK)
 KL Marathon (MYS)
 Long Beach Marathon (CA)
 Mainly Marathons Appalachian Series Day Two (VA)
 Marathon Sofia (BGR)
 Maraton de Buenos Aires (ARG)
 Melbourne Marathon (AUS)
 Mohawk Hudson River Marathon (NY)
 Munich Marathon (Munchen Marathon) (DEU)
 Mystery Mountain Marathon (GA)
 Northern Ohio Marathon (OH)
 Okanagan Marathon (BC)
 Pouslbo Marathon (WA)
 Prairie Fire Marathon (KS)
 Saint Bronislava Marathon (WI)
 Spokane Marathon (WA)
 Steamtown Marathon (PA)
 T.O.T. 50k (MO)
 Towpath Marathon (OH)
 Trapline Marathon (NF)
 UnitedHealthcare Newport Marathon (RI)
 Valley Harvest Marathon 50k/26.2 (NS)
 Victoria Marathon (BC)
 Walla Walla Marathon (WA)
 Wild Life Marathon (MI)
 XTERRA Marathon of Trail Races (CO)
 Yorkshire Marathon (GBR)
- Monday, October 13
 Mainly Marathons Appalachian Series Day Three (NC)
- Tuesday, October 14
 Mainly Marathons Appalachian Series Day Four (SC)
- Wednesday, October 15
 Mainly Marathons Appalachian Series Day Five (GA)
- Friday, October 17
 Pony Express 100m/50m (UT)
- Saturday, October 18
 Aravaipa Cave Creek Thriller (AZ)
 Baltimore Running Festival (MD)
 Crazy Owl Marathon (TN)
 CTR Coyote Ridge 50k/26.2 (CA)
 Des Plaines River Trail 50m/26.2 (IL)
 Dog Lake Marathon (WA)
 East Kentucky Marathon (KY)
 Forest Glen Trail Run (IL)
 Frankenthon Monster Marathon (TX)
 Greensboro Marathon (NC)
 Hayden Lake Marathon (ID)
 Indianapolis Marathon (IN)
 Kansas City Marathon (MO)
 Las Vegas Ultra Marathon 100m/100k/50k (NV)
 Medoc Trail Marathon (NC)
 Monster Mash Marathon (DE)
 Palo Duro 50m/50k (TX)
 Pumpkin Holler Hunderd 100m/100k/50k (OK)
 Rainshadow Oregon Coast 50k (OR)
 Rip 51 SRRR Trail Ultra 51k (SK)
 Sojo Marathon (UT)
 Ultra Trail Lago d'Orta 87k/55k (ITA)
 WC-50 Ultra Trail Marathon 50m/50k (NC)
 Whistler 50 (BC)
 Wild Duluth 100k/50k (MN)



New Maniacs in August 2014

Adriana Lopez (#9656)
Roger Andersson (#9657)
Isabel Escobar (#9658)
Michelle Morris (#9659)
Adam Gartner (#9660)
Kim Jones (#9661)
Jose Eduardo Motta Garcia (#9662)
Jeff Kirwin (#9663)
William Rush (#9664)
Anthony Martin (#9665)
Wendie Swirski (#9666)
Andrew Kochera (#9667)
Margaret Seibert (#9668)
Leslie Thompson (#9669)

Monica Cacioppo (#9670)
Kristin Rapp (#9671)
Melanie Zeigler Dickman (#9672)
Mike Thessman (#9673)
Daniel duToit (#9674)
Josh Magruder (#9675)
Mihaela Mann (#9676)
Albert Ruiz (#9677)
Heather Monahan (#9678)
Mia Nease (#9679)
Melissa Balthaser (#9680)
Cheryl Bryll (aka Shelly) (#9681)
Sandy MacRae (#9682)
Jackie Lindon (#9683)
Victoria Grozin (#9684)
Carleen Coulter (#9685)
Brad Beall (#9686)
Karl Studtmann (#9687)
Andrew Becker (#9688)

Sara Wendt (#9689)
Gina Denten (#9690)
Timothy Atwill (#9691)
Matthew Fisher (#9692)
Kelly Eid (#9693)
Juli Johnson (#9694)
Mariah Summers (#9695)
Nasa Zaidul (#9696)
Paul Cagle (#9697)
Richard Kernes (#9698)
Roy Calimlim (#9699)
James Gerdts (#9700)
LaRee Johnson (#9701)
Katie Solina (#9702)
Shaun Steele (#9703)
Ashok Arora (#9704)
Angela Treleven Persich (#9705)
Bob Laws (#9706)
Eric King (#9707)



Valerie Kenney



Nasa Zaidul



Adam Gartner



Jose Eduardo Motta Garcia



Mihaela Mann



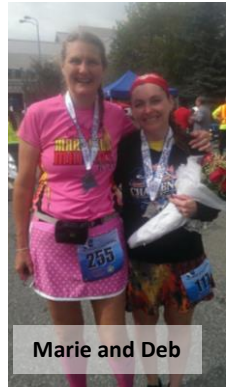
Angela Treleven



Albert Ruiz



Jon Mahoney



Marie and Deb



Gilberto Sosa



Where does Eddie fill his gas tank?
Marathon Gas of course!



Shane and Julia



Robert Bondurant and Steve Walters

FROM THE EDITOR...

Summer is just about over. How busy is your Fall running schedule going to be? I'm traveling all over the country in pursuit of my 50 states. Hopefully I'll see many of you there! No matter what your plans be, I hope you have a fun and healthy autumn!

Happy Running!

- 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.runningshirts.com ; The Running Warehouse www.runningwarehouse.com for all your non-Maniac branded apparel and shoe needs; and at TRY Chips www.trychips.com for your healthy snacking needs.

- Altis Cross County Trail Marathon (VA) 9/25/14:
<http://altisendurance.com/events/cross-county-trail-marathon-and-half-marathon>
- Adams County Marathon (OH) 9/27/14: www.adamscountytravel.org/Adams-County-Half-Marathon.shtml
- Darlington Marathon (SC) 9/27/14: www.darlingtonmarathon.com
- Priest Lake 50k/26.2 (ID) 9/27/14: www.databarevents.com/priestlakemarathon
- Arkansas Marathon 10/4/14: www.arkansasmarathon.org
- New Hampshire Marathon 10/4/14: www.themadmarathon.com
- Crazy Horse Marathon (SD) 10/5/14: www.runcrazyhorse.com
- Hartford Marathon (CT) 10/11/14: www.hartfordmarathon.com
- Southernmost Marathon (FL) 10/11/14: <http://somomarathon.com>
- Appalachian Series (WV, VA, NC, SC, GA) 10/11-15/2014 <http://mainlymarathons.com/home/appalachian>
- HITS Oklahoma City Marathon (OK) 10/12/14: www.hitsrunning.com/oklahoma-city-ok
- Newport Marathon (RI) 10/12/14: <http://uhcmarathon.com>
- Poulsbo Marathon (WA) 10/12/14: www.poulsbomarathon.com
- Indianapolis Marathon 10/18/14: www.indianapolismarathon.com
- Kansas City Marathon (MO) 10/18/14: <http://waddellandreedkansascitymarathon.org>
- Des Moines Marathon (IA) 10/19/14: www.desmoinesmarathon.com
- Springfield Marathon (IL) 10/19/14: www.springfieldmarathon.net
- Autumn Leaves 50K/50M (OR) 10/25/14: www.orrc.net/races/autumnleaves/autumnleaves.htm
- Day of the Dead Series (NM) 10/27-11/2/2014: http://mainlymarathons.com/day_of_the_dead_1
- Raleigh City of Oaks Marathon (NC) 11/2/14: www.cityfoaksmarathon.com
- **New York City Trail Festival 12/6/14: www.challenge-race.com
- Mississippi Blues Marathon 1/10/15: www.msbluesmarathon.com
- First Light Marathon (AL) 1/11/15: www.firstlightmarathon.com
- Louisiana Marathon 1/18/15: www.thelouisianamarathon.com
- Maui Oceanfront Marathon 1/18/15: www.mauioceanfrontmarathon.com
- Town of Celebration Marathon (FL) 1/25/15: www.celebrationmarathon.com
- **Melbourne Music Marathon (FL) 2/1/15: www.themelbournemarathon.com
- Mercedes Marathon (AL) 2/22/15: www.mercedesmarathon.com
- **Tobacco Road Marathon (NC) 3/15/15: <http://tobaccoroadmarathon.com>
- **Knoxville Marathon (TN) 3/29/15: www.knoxvillemarathon.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



Hiya Prez!

You haven't been overweight a day in your life. But you know people who know people, and so sooner or later people are going to ask Mr. Prez for his secrets about his stupendous marathon running secrets, which sooner or later has to lead to the question of weight control, and you can't just stand there and say, "Have my Mom and Dad for parents," so I thought I'd give you tips that you can tell people so you look way smarter about this than you are, because I know you haven't been reading weight loss articles. Shoot, that'd be as unnecessary as... as... well, as me reading get smarter artikles.

But I've learned boatloads about this topic, Mr. Prez, ever since I set my PR and then mistakenly celebrated with a bit too much root beer and ice cream for the rest of that decade.

I needed to read those weight loss articles, but sadly these say same the same stuff over and over: eat blueberries, almonds, broccoli, and juice your kale. Juice your kale? What's a kale? I supposed it was one of those items one walks right past in them Whole Food Stores or something. So I asked Slug. Turns out she knows *recipes* that include juicing her kale. That Slug sure is smart.

Well, I tried the juicing bit, and a whole bunch of other ideas, and now, Mr. Prez, I'm going to do you the favor of ghost-writing your "Yee's Tips for Losing Weight." You can pass 'em out anytime you're on the lecture circuit as if they're your own, really. What're friends for, right? Here we go:

1. Always always always always weigh yourself the first time in just running clothes, including Hokas.
2. Start an exercise program, like swimming. After a day of that, switch exercise programs to something less life-threatening, like bicycling.
3. After two days of sticking to your bicycling routine, switch it up again. Varying your exercise routine exercises various muscles, and your bottom will thank you.
4. So now you are joining a gym. Find one with a three day free-trial period. After three days of lugging weights all every which way and adjusting the sweaty seats, you'll realize you hurt your back. But with Yee's Tip, you can never go back for free, and no poorly paid stranger sales guy has your voided check with your checking account number on it, which is just prudent is all I'm saying. Besides, if you add it all up so far, you've already gotten six days of various exercising DONE! Not bad at all.
5. Now, the mirror may not be reflecting all those ounces you've dropped so far, so the conclusion settles in: we must adjust, however sensibly, our eating. Yes yes yes. Bye bye, precious barbeque potato chips. And no fooling yourself that "baked" chips are okay. "Fat free" labels? Ha. "Diet" sodas? Yeah, sure, make it seem like the pizza will just slide by unnoticed in the "diet". Nope. We really have to c-h-a-n-g-e what we eat. A lot. Which you cannot do "like that." Start out slow, just keep progressing. Drop the fried food first. Then, well, food. But right before you pass out completely, revive with a vegetable, a fruit, or a legume. (Similar to "kale": we don't know what it is, but legumes are very, very good for us).
6. Now say your slow, long, painful good-byes to most American-style desserts (and while you're at it, anything resembling Italian and French pastries). What's left? Berries, and the Chinese fortune cookie, because those, well, anybody CAN eat just one.
7. But the real secret is portion control. We need to eat less. That's: less. And then? Less, until the general idea of "I'm hungry" is replaced by "of course I'm hungry, but I am losing weight."
8. To succeed at the Less piece, go get some sleep. It's a scientific fact that if you're sleeping, you're probably not eating ice cream. In turn, sleep provides much needed pep to take up your new number one sport:
9. Running. Four or five times a week (lighten up: seven runs a week, unless you're on some sort of weird Maniacal streak, just doesn't leave any time for ligament repair, which can lead to ligament failure, which sidelines you from running, which in turn means tripling up on kale, which we cannot recommend, not highly anyway, delicious recipes notwithstanding.) On one of those runs, go more or less as far as you can go, without breaking some tendon or other. The other three or four runs, just stay healthy. Even a good brisk walk beats watching that sixth must-see football game of the week. And ESPN is wrong about that "must see" phrase anyway.

Now every good list has ten points, and I have saved the best for last, Prez. Tell folks that after five to seven years of implementing the above program, consider a friendly \$200 bet with your best friend that you can lose more weight in 100 days than s/he can. Then, when you get to the 100th day, and you're going to weigh in, do this last trick:

10. Before getting on the scale, take off the Hokas.

You're sure to drop some weight with this program.

Luvya,
Rev
dgkienz@yahoo.com