



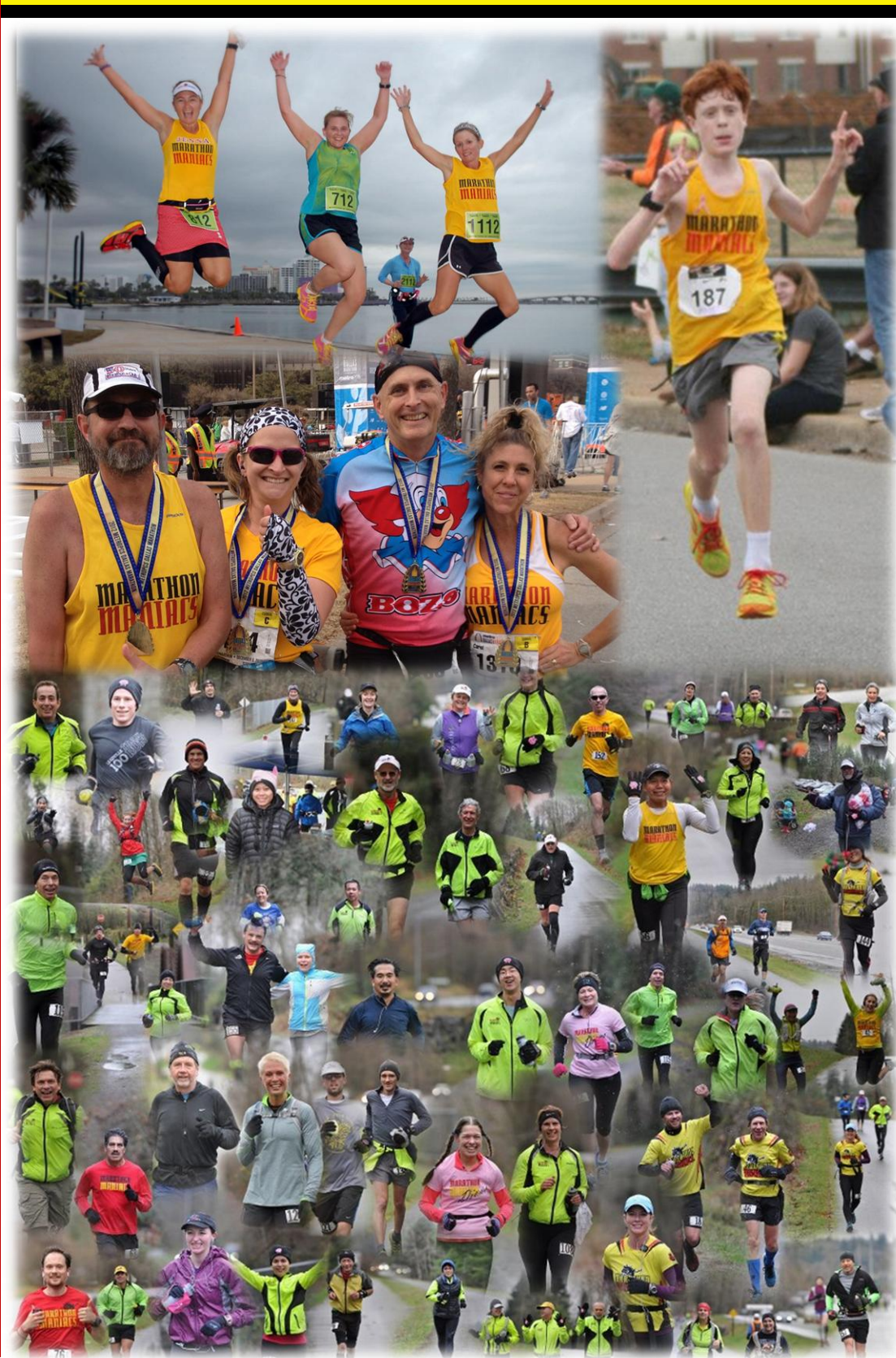
# MARATHON MANIACS

## DECEMBER 2012 NEWSLETTER

Volume 9, Number 12

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Casey Chernesky

Joe Taricani



Angel Brock

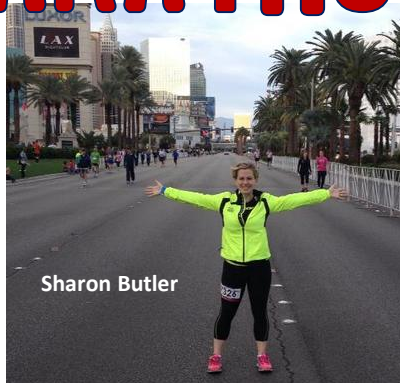
Angie Whitworth Pace



# ROCK N ROLL LAS VEGAS MARATHON



Don Pemberton



Sharon Butler



Kim Gray

Nemo



Galen Garrison



5714

**Rock N Roll Las Vegas (12/2):** Hector Aleman, Jonathan Betanoff, Sarah Pierce Brown, Sharon "Sha-Run" Butler, Pony Express, Stephanie Clark, Jerri Lynn Coody, Martha "Ginger26.2" Corazzini, Sara Croft, Bert D'Amico, Cody Dangel, Diana Daves, Craig "C-DOG" Davidson, Emile "Powered by Bacon" Davis, Jessica Deree, Rob Distanto, Kim Dominick, Tony Donagrechia, Dave Emilio @BeachesRunner, Ken Fattmann, Jim "Superdawg" Fisher, Lil Mango, Galen Garrison, Angela Gohlke, Kim Gray, "MM Diva #5", Davey Green UK, Mike Huvaere, Allison Jeffery, Eric Jensen, Tania Johnson, Brent Johnston, Alan LaFoe, Bethany Langlais, Violeta Lopez, Michel Maokhampio, Suzanne Marchesano, Robert McElroy, George Melichar, John Milligan, Nemo, Thanh Nguyen, Jason Noble, Todd Oliver, Don "Wait For Me!" Pemberton, Chad Perry, Gabrielle Popoff, Tyler Rich, Sherry Ricker, Silver Rivas, Damaris Rosich-Schwartz, Kerri Sandoval, Keith Schlottman, Paul Schmidt, Dan Schultz, Ginny Selec, Stacy Simmons, Michael Sortito, Helen Soto, Mark Stodghill, Chuck Struckness, Clinton Sumerall, Bryndis Svavarsdottir, Joseph "The Marathon Show" Taricani, Kari Taylor, Jimmy the Sweep! KK6AYZ, Alan 'CrabShaman' Tominack, Carol von Michaelis, Angie Whitworth Pace, Steve Wisner



Derrick Tsang

# Honolulu Marathon



Irlan Hebner and Yolanda Holder



Jessica Felter



Steven Yee



Lisa Cao



**Honolulu Marathon (12/9):** John "Pony Espresso" Backman, Barco, Kirk Budds, Lisa Cao, Dan Cardell, Rodney PYGOYA Chang, Pony Express, Jacqueline "Choisauce" Choi, John Chun, Martha "Ginger26.2" Corazzini, Tom "Drag-on" Craven, Cindy DeSirant, Amie Durden, Benji Durden, Al Emma, David England, Jessica "GI Jess" Fetter, "Marky Mark" Fetters, AnnMaree Feuss, Jim Fox, Kristina Funseth, Lisa Gesualdo, Angela Gohlke, Lara Michelle, Kathleen Gorman, Tim Gunduck, Brent Gunderson, Kim \*Eeyore\* Heimbecker, Carole "Foreverbronze" Higa ><((((((?>, MikeHiga "HabuRunner", Ted Hobart, Yolanda "Walking Diva" Holder, Sherri Hotzler, "Shamrock Sandy" Hugill, Allison Jeffery, D2R2 - "Da Do Run" Ron Kalich, Billy Kelley, Hideki "Kino" Kinoshita, Johnny "Shaka" Landeza, Del Landicho, Allie Lassoe, Steven "Thunder" Lee, Jennifer Lem Kay Mui, Joseph (Cibolo Joe) LeonGuerrero, Robert, Roland Lorenzo, Samuel Louie, Ed Loy, MM Diva #7, Vincent Ma, Jon "Coconutboy" Mahoney, Sherry "Coconutgirl" Mahoney, Dave Messer, Steve Miller "Not the Band", Kevin Morris, Al Nabors, Harvey Nakasone, Jeffery John Nakasone, Fred Neff, Pat Neff, Carrie \*SunDiva\* O'Brien, Nancy Oh "Nano", Les "Maniacles" Omura, Ken "The Ten" Pearce, Melissa Rankin, Zander Ross, har, Jc "The Saint" Santa Teresa, Lori Sherwood, Tawni Sigelmier, Michael Sortito, Chuck Struckness, Ben Tam, Rick Thiounn, Chris Thompson, Scott Thompson, Kristin Timm, Carol von Michaelis, Sandy Waite, Michael Wakabayashi, Rich Walker, Rosie Warfield, Carole Williams, IronMel, Tom "Tater" Williams, Lichu Wu Sloan, Prez Steven Yee, Donald Ying, David Yung



Scot Baro and Sandy Hugill got married during the Honolulu Marathon!



Steve Miller



David Wingard



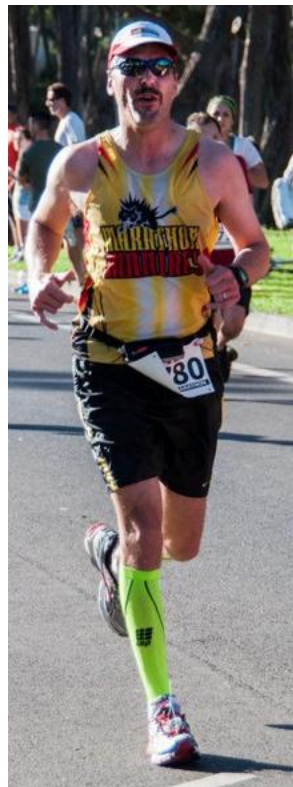
Scott and Sandy



Johnny Landeza



JAL 9687



JAL 80



Steven Lee and Ben Tam



Steven Lee



JC Santa Teresa



Jon Mahoney



Tom Craven



Jacqueline Choi

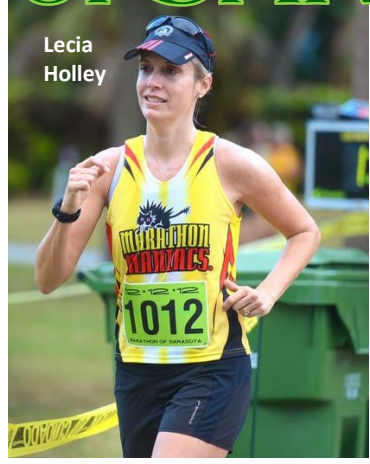


Kino



Ed Loy

# 12-12-12 MARATHON of SARASOTA



Lecia Holley



Jenna O'Horan



Susan Vogt



Dave Mari



RD Greg Goebel and Santa



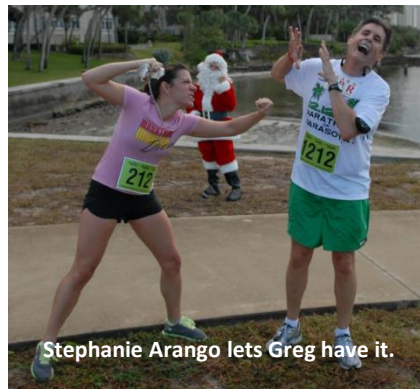
David Holmen



Mary Lenari



Terri Menghini



Stephanie Arango lets Greg have it.

**12-12-12 Marathon of Sarasota (12/12):** David Aldous, Fred Alger, Stephanie "MM Diva #1" Arango, Dave Bell, Julie Branden, Jim Collins, Laura Conway, Scott "Deuces Wild" Dahl, Carol "Ponytail" Earles, Seth Elsheimer, Walter "Maniac Man" Evans, Patrick Finney, Greg "Cardiac Kid" Goebel, Jungle Juli "MM Diva #2", Lecia Holley, David Holmen, John Kent Leighton, Mary Lenari, "Dancin Donna" Loud, Julius, Denis McCarthy, Vance McMurray, Terri Menghini, Jenna "Beach Diva #15" O'Horan, Jody "wooden shoes" Reed, "Superman Steve" Schwalbach, Tom Scott, McGyver, Tim Troxel, Susan Vogt, Nancy Wentink, Marsha 'BookladyWalker' White



Fred Alger



Diane Bolton



Jody Reed

Diane Bolton

Carol Earles



Jenna O'Horan



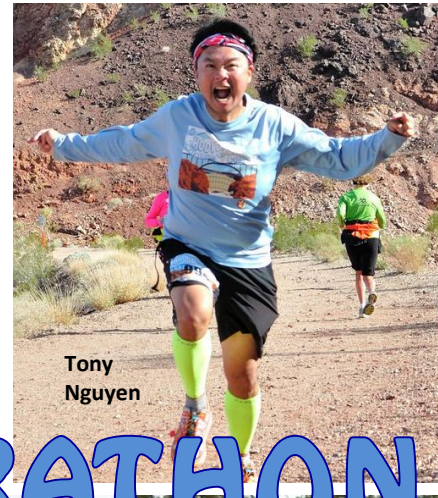
Marathon Maniacs running half marathons... YES, it's true!

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](http://halffanatics.com)). There are currently over 3400 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!

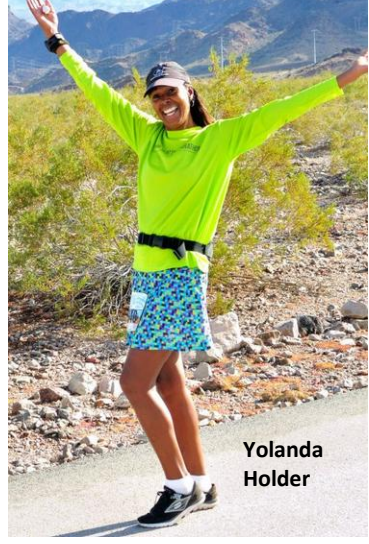
[www.halffanatics.com](http://www.halffanatics.com)



Half Fanatics at the Annapolis Half Marathon



# HOOVER DAM MARATHON





Talisa Hayes



Marathon Mitch



Kane Baker  
Galen Garrison



Nadia Ruiz  
Casey Chernesky



Charlie Weiland



Paul Arroyo



Nadia Ruiz



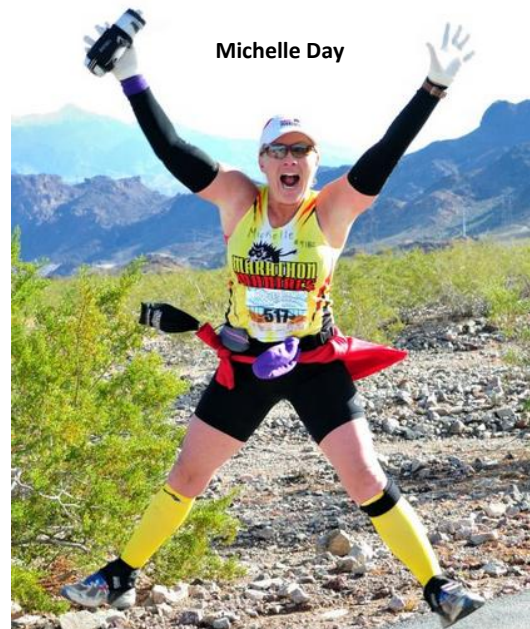
Lichu Wu Sloan



Maricar Acab Korff



Emil Cheng



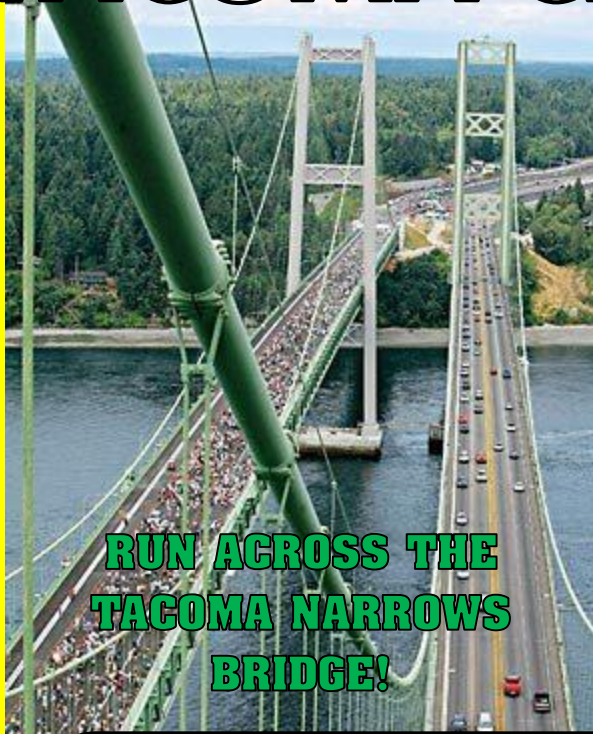
Michelle Day

**Calico Hoover Dam Marathon (12/15):** Hector Aleman, Paul "Bronx Boy" Arroyo, Kane Baker, Chris Boundy, Marathon Mitch, Pony Express, Michelle Day, "Marky Mark" Fetters, Maria Frosth, Galen Garrison, Talisa Hayes, Jim Higgins, Yolanda "Walking Diva" Holder, Dr. J, James Klarich, Gary 'Cougar Bait' Krugger, John Lafayette, Peter 'Elite Pete' Lantin, Howard Mayes, Karen Mayes, Kurt "The Kidd" Neilan, Sonja Normann, Lynn Palmer, Sarah Parrish, James Rizo, Kerri Sandoval, Michael Sortito, Chuck Struckness, Annette Tomal, Alicia Verburg, Deneen Waddell, Charlie Weiland, Mary Weiland, Angie Whitworth Pace, Lichu Wu Sloan



# TACOMA CITY MARATHON

Sunday May 5, 2013



**RUN ACROSS THE  
TACOMA NARROWS  
BRIDGE!**

The NEW Michelob ULTRA Tacoma City Marathon is a scenic point to point *net downhill course*. Starting at Tacoma Narrows Airport runners will actually run the "runway". Crossing the Tacoma Narrows Bridges will leave you in awe of the great Puget Sound and views of Mt. Rainier. After the short ascent off the Narrows Bridge you will be treated to easy rolling terrain through North Tacoma's Proctor District, the home of the new Fleet Feet Tacoma location. The course gradually descends through beautiful Pt. Defiance Park and eventually comes down to the flat and fast Tacoma Waterfront. The new finish line provides a flat and fast entrance into the city. Experience the Narrows and Beauty of Tacoma! [Register today!](#)

DON'T MISS OUT ON THE 10 YEAR MANIAC CELEBRATION IN 2013! Check out who's coming [HERE](#)<<



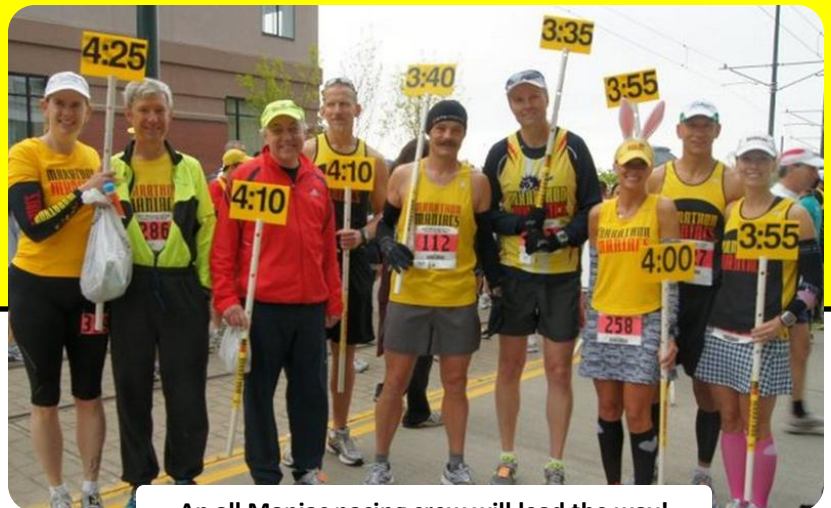
Come celebrate a decade of Maniacal running at the 2013 Tacoma City Marathon. This will be the largest gathering of Maniacs in one race with special treatment for Maniacs all weekend! A Maniac meeting on Saturday afternoon (5/4/13) is a can't miss with prizes, awards and more!

As of January 7, 2013 there are **347 Maniacs** registered for the 10 Year Maniac Celebration!

**MARATHON  
MANIACS  
10 YEAR ANNIVERSARY  
2003-2013**



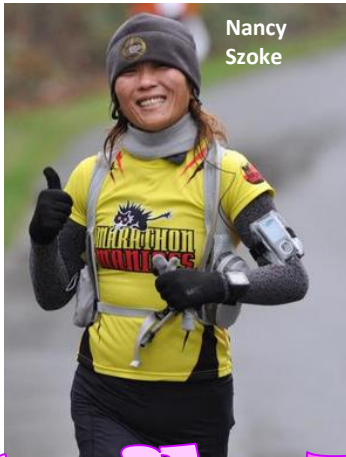
The Main Maniacs will be guest speakers.



An all Maniac pacing crew will lead the way!



Jess Mullen



Nancy Szoke



Cody Hill



Ryan Ordway



Michael Shiach

# Pigtails Flat Ass Marathon & 50k



Rikki Bogue



Pedro Infante



Roger Chou



Heidi Perry



Katie Robinson



David Pearson



Lisa Wood



Kristin Parker

Cliff Richards



Robert Bondurant



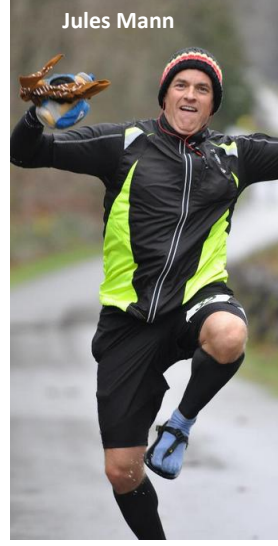
Jeff Rankin



**Pigtails Flat Ass Marathon/50k (12/15):** Shawn Aebi, Chris Bellevie, Rikki "Bobbie" Bogue, Robert Bondurant, Dan Bowman, Tracy Brown, Cormac Burke, Mark "Thor" Casey, Sporty Diva Coates, Mary Coffelt, Pedro Max, Annie Crispino-Taylor, OR, Paige Denison, vvn Doorn, Lisa Eagle, Ted Eckert, Deb Evdemon, BJ Farish, Craig Foster, Steve Geertgens, Matt Glew, Margaret Gorog, Georgeta (GG!) Gruescu, Rick "Roadkill" Haase, Matt "Pooky" Hagen, Ric "the sweeper pacer" Hart, "Insane Jane", Jill Hudson, Dean Kayler, Tory "Teechur" Klements, PK, Billie Krein, \*Kimpossible\*, "MMKuhl", Jane Lanford, Mike Mahanay, Jules Mann, Todd McCrory, Rich Menzel, Little Leslie, RunBarneyRun, Jess Mullen, Tracy Murillo, Suzanne Nester, Hideko Opperman, Ryan Ordway, Kay Pee, Monte Pascual, David Pearson, The Programmer, Lisa "Cupcake" Reid, Cliff "quack, quack" Richards, Mary "mph" Hanna Richards, S, Katie Robinson, EatDrinkRunWoman, Linda "Girlie" Rowe-O'Neal, Bob Satko, Joe Schrum (Just Joe), Scott Sebelsky, Terry Sentinella, Michael Shiach, Damon Storey, Rob Stretz, Nikki Todd, Linda Walter, Steve "Marathon Freak" Walters, Dan Whitaker, Steve White, Lisa "Mama Lisa" Wood, Chrissy Yamada, Marie "Mimi" Zornes



Marc Frommer



Jules Mann



BJ Farish



Terry Sentinella



Mike Mahanay



Peter Corduan





Lisa Reid Paige Denison Dan Whitaker Steve White



Lisa Eagle Vivian Doorn



Scott Sebelsky



Ryan McKnight



Linda Walter Jill Hudson



Scott Sebelsky



Katie Robinson



Cormac Burke

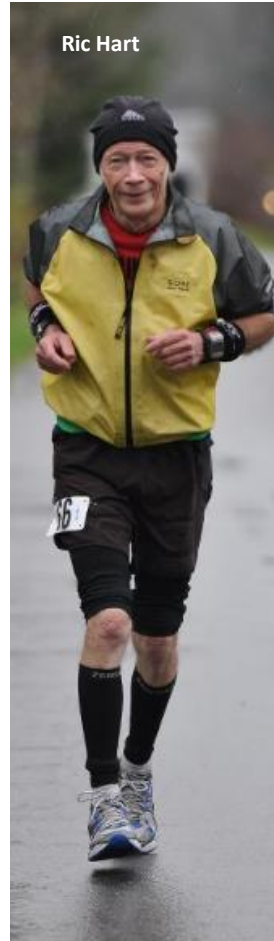


Mike Kuhlmann



Steven Yee

PK



Ric Hart



Stan Nakashima



Monte Pascual



Van Phan

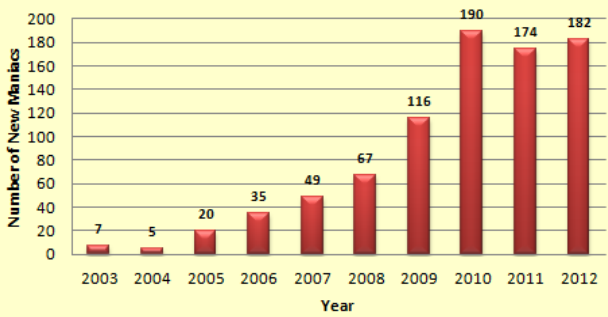
## REPORT FROM THE INSANE ASYLUM

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	42.0	39.3	42.5	36.0	64.7	50.4	33.3	19.8	23.4	58.7	71.2	73.7	537.2
2011	95	101	113	94	209	128	77	50	51	171	218	174	1481
2012	154	95	126	132	160	147	101	56	71	174	194	<b>182</b>	1592

### New Maniacs for December



New Maniacs in Dec 2012	182
New Maniacs in 2012	1592
Total Maniacs	6482

State	MM	Pct%
Washington	932	14.5%
California	568	8.8%
Texas	429	6.7%
Illinois	258	4.3%
Florida	223	4.0%
New York	193	3.0%
Virginia	180	2.8%
Oklahoma	177	2.8%
Oregon	172	2.7%

# TITANIUM MANIACS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ CLASS OF 2012



Peter Hudec



Galen Garrison



Rocky Morales



Rosemarie Jeanpierre



Haywood Crowder



Fran Libasci



Tom Brand



John Kent Leighton



JC Santa Teresa



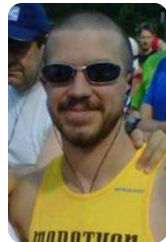
James Norris



Irlan Hebner



Jim Grimes



Jonathan Young



David Holmen



Rachel Smith



Chad Spilman



Ed Masuoka



Cindy DeSirant



Wayne Sherman



Rob Young



Will Kolb



Brian Wright



Paul Arroyo



Chris Revoir



Julia Khvasechko



Chris Jones



Tim Troxel



Gary Girten



Pete Mingwah



Bob Kennedy



Eddie Vega



Kane Baker



Kathleen Gorman



Anders Forselius



Scot Barco



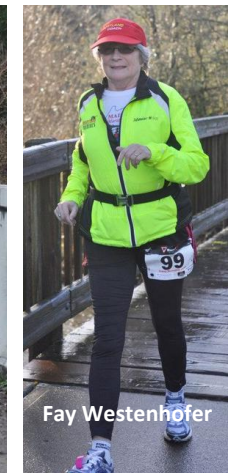
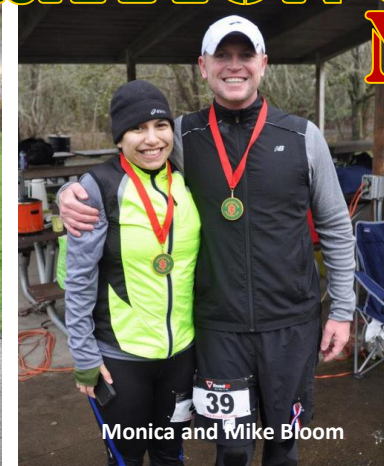
Rik Vercoe

Of the 128 Maniacs who have reached 10 stars, 36 reached the level in 2012 beating last year's record of 27. Titanium status makes up only 1.99% of all Maniacs. There are only 40 woman Titanium Maniacs. California has the most 10 star Maniacs with 19, followed by Washington state with 12.



# OPERATION JACK NORTHWEST RUN

Operation Jack Northwest (12/22): Jared Busen, Claire Carder, Mary Coffelt, Kris 'CLYDESDALE' Damiano, Sarah Duncan, Will 'CAK7' Flint, Eric '& Carlos PartyMonkey' Glass, Michael "Endorphin Nephew" Lam, Paul Turner, Lan VoBa, IronMel





Mary Coffelt

Tom Stanfill



Leyla Bohm



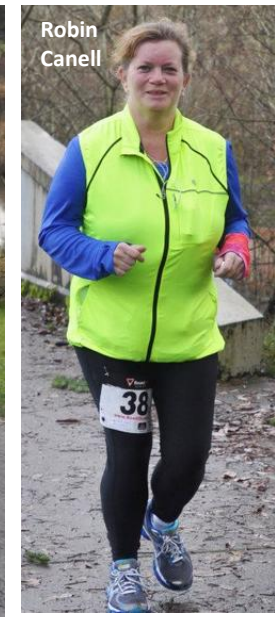
Gary Walker



Ginny Turner



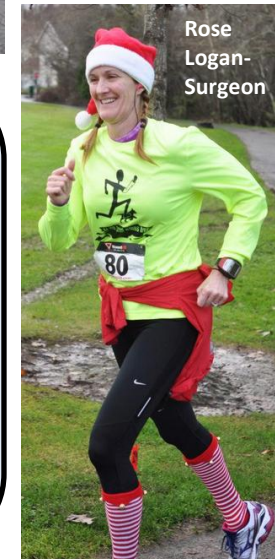
Kris Damiano



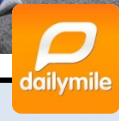
Robin Canell



Melissa Williams



Rose Logan-Surgeon



## Social Networking

From Facebook to Twitter, the Maniacs have a presence in the world of social networking. Whatever social network your 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>

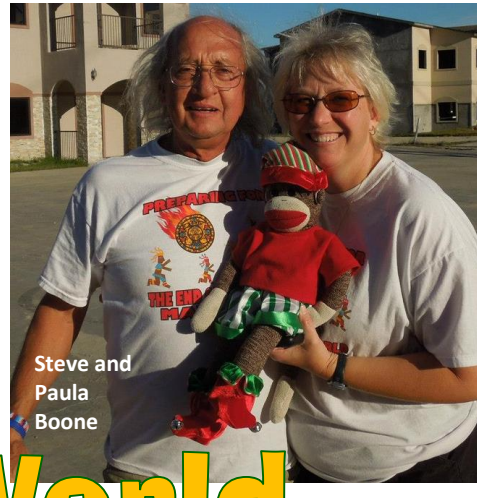
Dailymile: <http://www.dailymile.com/groups/1403-marathon-maniacs>

RunningAhead: <http://www.runningahead.com/groups/MMS>





Cheri Pompeo



Steve and Paula Boone

# The End of the World

# MARATHON

**End of the World Marathon (12/21):** David Aldous, Erin Alwon, Cheryl Anderson, Glen Anderson, Barco, Clint Bissett, Diane "Bolt'in to the airport" Bolton, Cathy Bradford, Julie Branden, Kevin Brosi, Ray O' Sunshine, Amanda Carmon, Richard "See Dick run" Carroll, Dana Casanave, Jeff Chaney, Cathlin Chyzy, Charles Clutter, Jaye Cremer, Douglas ( Run the Earth ) Dahlberg, "snflrrnr" mary desch, Chris Dibbs, Yvette Dunn, Carol "Ponytail" Earles, Derek "Pedro" England, Ken Fattmann, Patrick Finney, Charles Garcia, Gary Garson, Mo Gillis, Amy Goldman, Kathleen Gorman, Laura Gorycki, Flower Lady Carol Goslin, Maggie Guterl, Chris Hall, Ted Hobart, Yolanda "Walking Diva" Holder, Jerod Honrath, Steve Hughes, Cary Inderbitzin, David "Running Preacher" Johnson, Nick "heel/toe" Karem, Karen Khodadadi, Stacy Kincy, Christopher 'Irish Goat' Knodel, Dagmar Knudsen, John Kent Leighton, Vincent Ma, Steve Maliszewski, Julius, Rick Marzullo, Ethan Matyas, David McCaghren, Vickie McDonald, Vicki Merry, Frank Muller "Beer Hunter", Yen Nguyen, James "Night Train" Norris, Don "Wait For Me!" Pemberton, Cheri Pompeo, Maryann "malvs2walk" Ramirez, Michael "Dr Dude" Rhodes, Philip Rowell, har, Janice Rumph, Jc "The Saint" Santa Teresa, Clyde \*the Glide\* Shank, Bill "it's only pain" Sherman, Lisa "Runner Girl" Short, Chad Spilman, Chuck Struckness, Rebecca Sudduth, Bryndis Svavarsdottir, Kathy Thompson, Tim Troxel, Justin Vanhoy, Eddie "11-Star" Vega, Jeff "I want more stars!" Venable, Charlie Viers, Halbert, Daniel "El Lobo Blanco" Weaver, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Marsha 'BookladyWalker' White, Jenine Wilson, Donald Ying



Vincent Ma



Patrick Finney



Terry Weimer

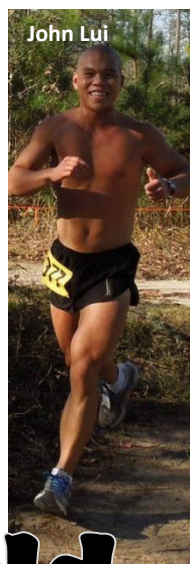


Henry Rueden



Dagmar Knudsen

Kevin Brosi



John Lui

# Day After the End of the World Marathon



John Leighton



Darwin Weimer



David Johnson



Ted Hobart



**Day After the End of the World Marathon (12/22):** Cheryl Anderson, Glen Anderson, Barco, Diane "Bolt'in to the airport" Bolton, Julie Branden, Kevin Brosi, Ray O' Sunshine, Amanda Carmon, Richard "See Dick run" Carroll, Dana Casanave, Jeff Chaney, Charles Clutter, Jaye Cremer, Douglas ( Run the Earth ) Dahlberg, "snflrrnr" mary desch, Chris Dibbs, Yvette Dunn, Carol "Ponytail" Earles, Derek "Pedro" England, Ken Fattmann, Patrick Finney, Charles Garcia, Gary Garson, Mo Gillis, Amy Goldman, Flower Lady Carol Goslin, Kim Gray, "MM Diva #5", Maggie Guterl, Chris Hall, Jennifer Hinton, Ted Hobart, Yolanda "Walking Diva" Holder, Steve Hughes, Cary Inderbitzin, David "Running Preacher" Johnson, Nick "heel/toe" Karem, Karen Khodadadi, Christopher 'Irish Goat' Knodel, Dagmar Knudsen, John Kent Leighton, Cory Lucas, Vincent Ma, Steve Maliszewski, Julius, Sergio Martinez, Rick Marzullo, David McCaghren, Vicki Merry, Maggie Mount, Frank Muller "Beer Hunter", Nemo, Heather Nerhood, Yen Nguyen, James "Night Train" Norris, Don "Wait For Me!" Pemberton, Cheri Pompeo, Maryann "malvs2walk" Ramirez, Philip Rowell, har, Janice Rumph, Jc "The Saint" Santa Teresa, Clyde \*the Glide\* Shank, Lisa "Runner Girl" Short, Chad Spilman, Chuck Struckness, Rebecca Sudduth, Bryndis Svavarsdottir, Kathy Thompson, Tim Troxel, Justin Vanhoy, Eddie "11-Star" Vega, Jeff "I want more stars!" Venable, Charlie Viers, Halbert, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Marsha 'BookladyWalker' White, Jenine Wilson, Barb Wnek, Donald Ying



Cheri Pompeo runs her 333<sup>rd</sup> marathon!

# APOCALYPSE SURVIVORS MARATHON



Donna Palmer



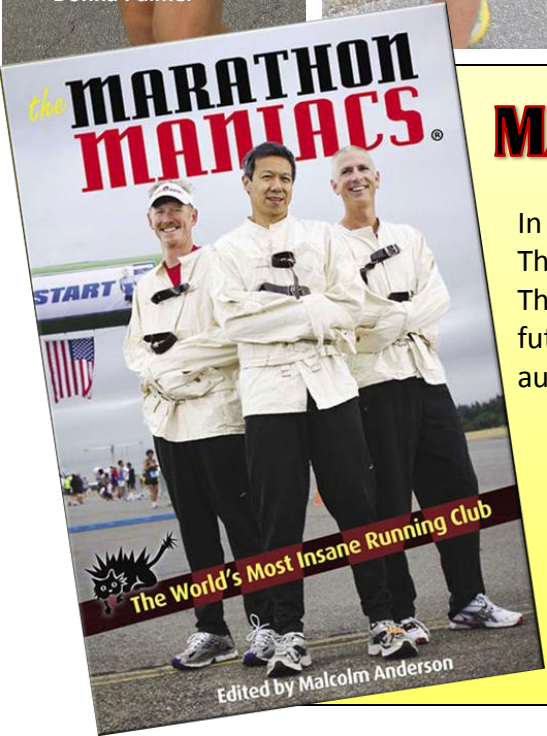
Dave Mari



Michele Walker



**Apocalypse Survivors Marathon (12/23):** Glen Anderson, Barco, Kevin Brosi, Richard "See Dick run" Carroll, Dana Casanave, "snflrrnr" mary desch, Jennifer Hienton, Yolanda "Walking Diva" Holder, Steve Hughes, David "Running Preacher" Johnson, Nick "heel/toe" Kareem, Christopher "Irish Goat" Knodel, Dagmar Knudsen, John Kent Leighton, Vincent Ma, Yen Nguyen, James "Night Train" Norris, Cheri Pompeo, Janice Rumph, Jc "The Saint" Santa Teresa, Clyde \*the Glide\* Shank, Scott Stader, Angela Tortorice, Justin Vanhoy, Eddie "11-Star" Vega, Michelle "Mom o' 6" Walker, Donald Ying



## 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>



Rick

Monte

Brad



Sabrina Seher



Ric Hart and Takao Suzuki

# Loop the Lake Marathon



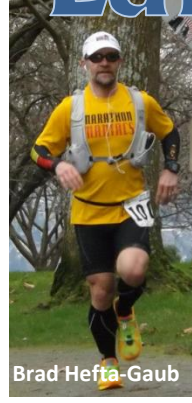
Deidre Cooper



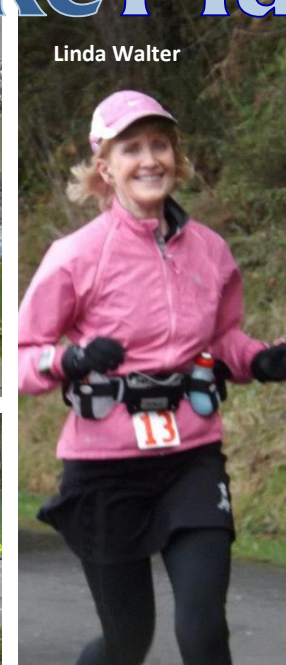
Genia Kasey



Scott Sebelsky



Brad Hefta-Gaub



Linda Walter



David Pearson



Phil Kriss



Karen Wiggins



Jean-Michel Fouard



Brandy Layton



Gary Marr



Ginger Gruber



Hope Fox



Steven Yee

**Loop the Lake Marathon (12/29):** Wendy (Stensen) Hawthorne, Allen Benson, Adrian Call, Mark Cartwright, Mark "Thor" Casey, Sporty Diva Coates, Deidre "Turtle fast" Connor, Pedro Max, vvn Doorn, Ted Eckert, Hope Fox, Margaret Gorog, Ginger Gruber, Rick "Roadkill" Haase, Francie Hankins, Genia "Tiptoes" Kacey, James Klarich, Sarah Lynch, Jules Mann, Gary "The Red Rabbit" Marr, King Arthur Martineau, Janice Moyer, Suzanne Nester, Hideko Opperman, Monte Pascual, David Pearson, The Programmer, Mary "mph" Hanna Richards, S, Scott Sebelsky, Terry Sentinella, "Marathon Diet", Brian Starkey, Rob Stretz, Takao Suzuki, Linda Walter, Dan Whitaker, Steve White, Karen Wiggins, Prez Steven Yee



Hope Fox



Jules Mann



Linda Walter



Edde Kanai

# Seattle Locks Marathon



Tony Phillippi and Maniac #200



David Pearson



Ryan McKnight

Alex Swenson

**Seattle Locks Fat Ass Marathon (12/30):** Wendy (Stensen) Hawthorne, Allen Benson, Deidre "Turtle fast" Connor, Sarah Englund, Will 'CAK7' Flint, Jean-Michel Fouard, Hope Fox, Francie Hankins, Edde Kanai, Jules Mann, Tracy Marshall, Little Leslie, Janice Moyer, Hideko Opperman, Monte Pascual, David Pearson, S, Sabrina, Terry Sentinella, Brian Starkey, Linda Walter, Lisa "Mama Lisa" Wood



Sabrina Seher

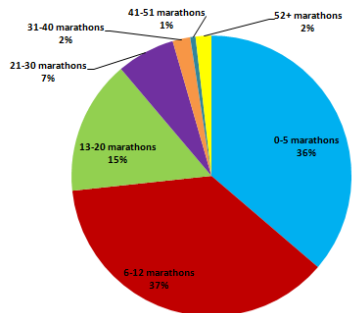


# MANIAC POLL

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 many miles do you put on your shoes before retiring them?

Please vote online between now and February 6: <http://tinyurl.com/MMpollJan2013>



**Last month's question:** How many marathons/ultras did you (or will) run in 2012?

Most Maniacs ran 5 or less marathons (36.2%) another 37% ran between 6-12 marathons. Thanks for voting!



Linda Walter Sabrina Seher



Laura Johnson, Gary Otheim and Justin Moyer



Stephanie Puckett



Laura Spears

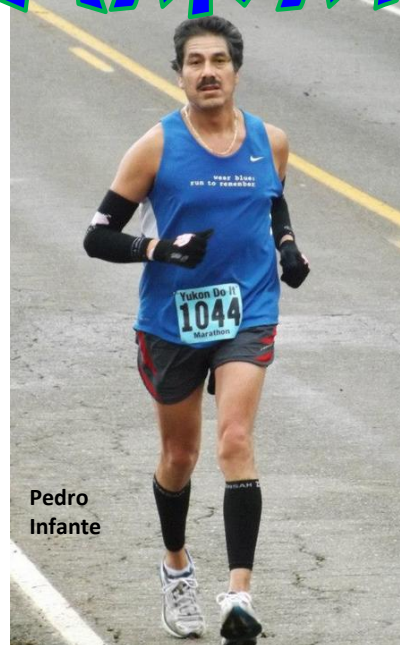
# YUKON DO IT MARATHON



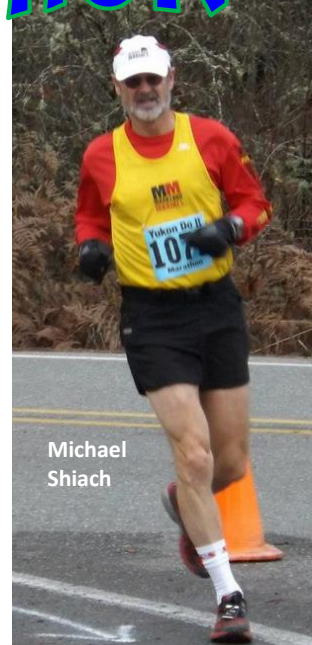
David Pearson and Hope Fox



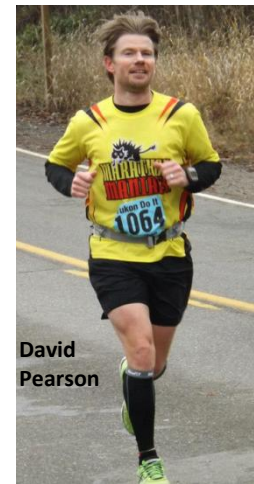
Sharon Butler and Ginger Gruber



Pedro Infante



Michael Shiach



David Pearson



James Kondek



Ed Robison



Chery Quick



Hope Fox and Brett Wittner

**Yukon Do It Marathon (12/31):** Allen Benson, Deidre "Turtle fast" Connor, Hope Fox, Ginger Gruber, Francie Hankins, Johnny Hester, Robert Holt, Kirk Isakson, Laura Johnson, Tory "Teechur" Klements, Jim Kondek, Bill Michael, Janice Moyer, Gary Otheim, David Pearson, The Programmer, Stephanie Puckett, Chery "Bomb", Shannon Schulz, Sabrina, Michael Shiach, Damon Storey, Linda Walter, Rita White, Brett Wittner, Don Zeth



## RUN FOR TOMORROW

**Run for Tomorrow** is a continuous relay-style run around the world by a team of 10 experienced marathon runners that will begin in September 2013. A member of the team runs a marathon distance and then passes the baton to the next runner. The core team runners keep rotating on and off. Through more than 30 countries and for about 200 days, the baton never stops moving. Local runners and celebrities from different countries will also be involved throughout the global run!

The overall goal of R4T is to improve the health and well-being of individuals around the world through physical activity. R4T seeks to educate children and adults about the importance of healthy living and exercise, and encourage and inspire them to commit to making positive changes in their own lives. R4T is also raising awareness and support for our partner charities whose causes support people with diabetes, heart and stroke conditions and cancer, children and youth, as well as those who are in poverty.

The relay run begins on September 15<sup>th</sup> in Ottawa, Canada, and returns to Ottawa several months later. The R4T team will journey through southeastern Ontario to Toronto. From there the route will take the runners through Hamilton, Waterloo, London, and then Windsor before entering the United States in Detroit. R4T then makes its way across the US to Los Angeles, via Chicago, St. Louis, Kansas and Denver, and then up the west coast through San Francisco, Portland and Seattle before returning to Canada in Vancouver. R4T runs briefly in Victoria, Canada before flying to New Zealand where the run will continue. Several months later R4T returns to Ottawa (via New York City and Boston) after having run through 32 countries and will celebrate its Guinness World Record relay run with its own R4T running weekend!!

### **Interested in being a Sponsor of Run for Tomorrow?**

Apart from being a great 'spark' or catalyst for people to get up and moving, it's also a great opportunity for runners to give back, and to help others share in the benefits of running and promote physical activity.

We are looking for organizations and individuals to sponsor Run for Tomorrow. We think that running through 32 countries and past 350 million people, as well as our various social media and clothing and print material is an enormous marketing opportunity for businesses. If you are interested in being a sponsor we have a package of material that explains the options available – like different funding levels for different levels of marketing at different geographic levels (global, national, regional, etc). Please contact Malcolm Anderson, the Founder of R4T, and who is also a Marathon Maniac, for more information (contact information below).

### **Want to Run?**

R4T also has four places left to fill on its core team of runners. If you would be interested, and feel you have the ability to run marathons continuously for several months, or know someone who you think could do this, please contact Malcolm and he will send you an application form to complete.

### **Want to Get Involved?**

And if you'd like more information, or would like to get involved somehow, or you're keen to donate to the cause please visit the Run for Tomorrow website, or email Malcolm at these coordinates below.

Run for Tomorrow website: <http://www.r4t.org/>

Malcolm Anderson, Founder: [malcolmanderson@r4t.org](mailto:malcolmanderson@r4t.org)

Ph. 613-530-5476



Jennifer Hinton



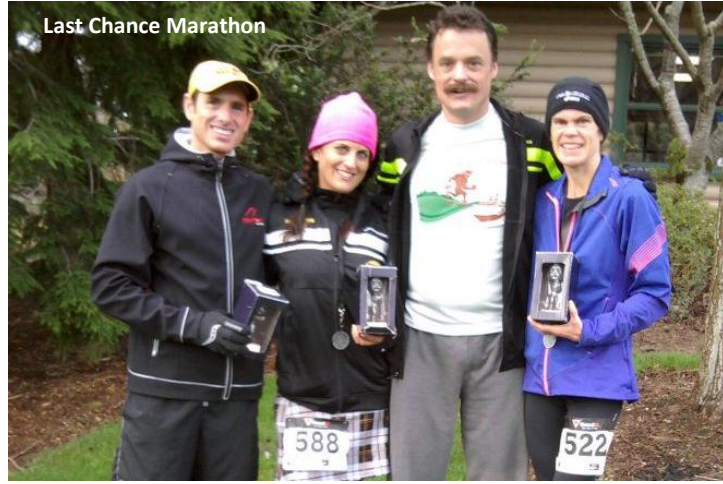
Last Chance Marathon



David Johnson



Julia and Shane



Jodi Cullen

Melissa Williams



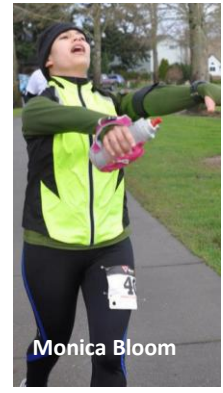
Eliot Ephraim



Michael Lam and Lan VaBo



Melissa Fryback



Monica Bloom



Anders in Europe



Claire Carder



## 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:** Peter Hudec, James Norris, Scot Barco, Rocky Morales, Fran Libasci, Tom Brand, David Holmen, Paul Arroyo, Kathleen Gorman, Rik Vercoe
- **Platinum (8 star) Maniac:** Peter Ralph Lantin
- **Palladium (7 star) Maniac:** Lori Schwartz, Mike Schwartz, Mary Desch
- **Osmium (6 star) Maniac:** Sandy Hugill, Tim Nave, Richard Carroll, Olaf Weckner
- **Ruthenium (5 star) Maniac:** Laird M Malamed, Kinnier Lastimosa, Andrew Brooks, Mark Casey
- **Iridium (4 star) Maniac:** Margaret Hvatum, Michael Harmon, Jennifer Tyron, John Wallace, Karen Wallace, Lecia Holley, Chris Hall, Wendy Nail, Margaret Hvatum, Bill Smith
- **Gold (3 star) Maniac:** Michael Hoyt, Roger Teel, Jes Lynch, Mike Roberts, Wilmer Cerrato, Micaela Jensen, Melissa Huggins
- **Silver (2 star) Maniac:** Michele Parnell, Randall Schramm, Ruby Viryanthara, Lygea Welvaert, Becky Boyd, Ruby Viryanthara, Theresa Woo

### New Titanium Maniacs!!



Peter Hudec



James Norris



Scot Barco



Rocky Morales



Fran Libasci



Tom Brand



David Holmen



Paul Arroyo



Kathleen Gorman



Rik Vercoe



Erin Churchill, Jennifer Warren, Derek Warren



Juergen Englerth, Jacqueline Choi, Otto Lam



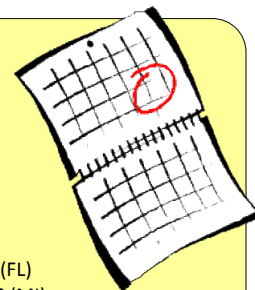
Michael Woods and Jim Roche



Arlane Olson, Karen Beebe and Cari Arthur Williams

## What's Coming Up In January/February

### Marathon/Ultra Calendar between January 18-February 18



#### Friday, January 18

Muscat Road Runners Marathon (OMN)

#### Saturday, January 19

24hrs of HOSTELity 24h/12h (GA)  
 Aravaipa Coldwater Rumble 50m/50k (AZ)  
 Capitol Peak Mega Fat Ass 34m (WA)  
 CAR Run the Trail (CA)  
 Charleston Marathon (SC)  
 HURT 100 (HI)  
 ITR Pacifica Foothills 50k/26.2 (CA)  
 Long Haul 100m/100k (FL)  
 Museum of Aviation Marathon (GA)  
 San Diego 50 and Trail Marathon (CA)  
 The Duel (TX)  
 Vibram Hong Kong 100 (HKG)  
 Weymouth Woods 100k (NC)  
 Wilson Creek Frozen 50k (ID)

#### Sunday, January 20

Bermuda Marathon (BMU)  
 Big Bend 50k (TX)  
 Clearwater Marathon (FL)  
 Icebreaker Indoor Marathon (WI)  
 JOGX Indoor Marathon - Ottawa (ON)  
 Louisiana Marathon (LA)  
 Marathon Bahamas (BHS)  
 Maui Oceanfront Marathon (HI)  
 Mumbai Marathon (IND)  
 Ocala Marathon (FL)  
 Ottawa Indoor Marathon (ON)  
 Redding Marathon (CA)  
 Rock N Roll Arizona (AZ)  
 Roots and Rocks Race One (OH)  
 SwampStomper (TN)  
 The Duel (TX)

#### Friday, January 25

Dubai Marathon (ARE)

#### Saturday, January 26

Bataan Death March 160k (PHL)  
 Beast of Burden Winter 100m/24h (NY)  
 Black Toe 24h/12h (TN)  
 CAR Blazin the Trail (CA)  
 Go Short, Go Long, Go Very Long (OK)  
 Kahtoola Bigfoot Snowshoe Festival 50k/26.2 (UT)  
 Lake Youngs Nuts Run (WA)

Mad Ass 50k (OR)  
 Mountain Mist 50k (AL)  
 Planet Adventure Winter Marathon (IN)  
 Yuma Territorial Marathon (AZ)

#### Sunday, January 27

Brazos Bend Keep on Truckin 50k/26.2 (TX)  
 Calico Trail Run (CA)  
 Callaway Gardens Marathon (GA)  
 Carlsbad Marathon (CA)  
 CTR Steep Ravine 50k/26.2 (CA)  
 Galveston Marathon (TX)  
 JOGX Indoor Marathon - Montreal (QC)  
 Khon Kaen Marathon (THA)  
 Miami Marathon (FL)  
 Miracle Match Marathon (TX)  
 Napoli City Marathon (ITA)  
 ONU Polar Bear Indoor Marathon (OH)  
 St Croix Scenic 50 (VIR)  
 USA FIT Marathon (TX)  
 Yangon International Marathon (MMR)

#### Saturday, February 2

Aravaipa San Tan Scramble (AZ)  
 Charlotte Ultra Run (NC)  
 Desert Classic Marathon (AZ)  
 Enviro-sports Death Valley Borax Marathon (CA)  
 Groundhog Day Marathon (MI)  
 ICY-8 Hour Adventure Trail Run (VA)  
 North Face 100 Thailand 100k/50k (THA)  
 Rainshadow Orcas Island 50k (WA)  
 Sedona Marathon (AZ)  
 Tejas Trails Rocky Raccoon 100m/50m (TX)

#### Sunday, February 3

Condura Skyway Marathon (PHL)  
 Johannesburg Thermen-Marathon (DEU)  
 Melbourne Music Marathon (FL)  
 Midwinter Marathon Apeldoorn (NLD)  
 Surf City Marathon (CA)  
 Tallahassee Marathon (FL)  
 West Seattle Fat Ass (WA)

#### Friday, February 8

Rouge Orleans 126.2m (LA)

#### Saturday, February 9

CAR Bayshore Marathon (CA)

Delirium 24h (SC)  
 Holiday Lake 50k (VA)  
 Iron Horse 100m/100k/50m (FL)  
 Island Fever Fat Ass 50k/26.2 (MI)  
 Louisville Lovin the Hills (KY)  
 Manasota Track Club 50k (FL)  
 Mid-Maryland 50k (MD)  
 Mill Stone 50k (SC)  
 Mississippi River Marathon (MS)  
 Pemberton Trail 50k (AZ)  
 Psycho Wyco Run Toto Run (KS)

#### Sunday, February 10

CAR Run the Marina (CA)  
 CTR Golden Gate 50k/26.2 (CA)

#### Saturday, February 16

Black Warrior 50k (AL)  
 CAR Hugs and Kisses (CA)  
 Cross Timbers 50m/26.2 (TX)  
 Everglades 50m/50k (FL)  
 First Call Presidents Day 50k/26.2 (WA)  
 Hagg Lake 50k (OR)  
 Moab's Red Hot 55k (UT)  
 Myrtle Beach Marathon (SC)  
 Pilot Mountain Payback (NC)  
 Sylamore Trail 50k (AR)  
 Woolley 50k/26.2 (WA)

#### Sunday, February 17

Austin Marathon (TX)  
 Birch Bay Marathon (WA)  
 Destin 50m/50k (FL)  
 Five Points of Life Marathon (FL)  
 Ft Lauderdale A1A Marathon (FL)  
 George Washington Birthday Marathon (MD)  
 HMRRC Winter Marathon (NY)  
 IMS Arizona Marathon (AZ)  
 Lost Dutchman Marathon (AZ)  
 Mercedes Marathon (AL)  
 National Marathon to Finish Breast Cancer (FL)  
 NWTR Fort Ebey Kettles Marathon (WA)  
 Okinawa Marathon (JPN)  
 Roots and Rocks Race Two (OH)

#### Monday, February 18

Frozen Ass Fifty (AB)



## New Maniacs in December 2012



- |                                |                                       |                               |                               |
|--------------------------------|---------------------------------------|-------------------------------|-------------------------------|
| Joel De Guzman (#6247)         | Jennifer Schwartzberg (#6287)         | Jessica Durso (#6335)         | Joanne Fornaca (#6383)        |
| Alex Mork (#6248)              | St John Maloney (#6288)               | Clark Wierda (#6336)          | Arthur Golbert (#6384)        |
| Janell Kiersnowski (#6249)     | Tilghman Carroll (#6289)              | Jesus Puentes (#6337)         | Erin Dickerson (#6385)        |
| Theresa Burr (#6250)           | Andrea Dominey (#6290)                | Ron Coperich (#6338)          | Niti Rohatgi (#6386)          |
| Robert Krueger (#6251)         | Mandie Renner (#6291)                 | Daniel Howe (#6339)           | Patric Elders (#6387)         |
| Steve Sodergren (#6252)        | Nancy Carter (#6292)                  | Gary Smith (#6340)            | Nathan Adams (#6388)          |
| Keith Stone (#6253)            | Jenn "CrazyRunner" Pellegrino (#6293) | Melanie Rieback (#6341)       | John Allison (#6389)          |
| Jackie Stone (#6254)           | Stephanie Motal-Nguyen (#6294)        | Bobby Bono (#6342)            | Jeffrey Thai (#6390)          |
| Don Clarke (#6255)             | Pauline Seto (#6295)                  | Sarah Goll (#6343)            | Cissy Blanchard (#6391)       |
| Run Jodi "MM Diva #10" (#6256) | Christina Mitchelson (#6296)          | Carl Belso (#6344)            | Cory Lucas (#6392)            |
| Jill Freed (#6257)             | Anne Coffman (#6297)                  | Edie Belso (#6345)            | Dustin Duval (#6393)          |
| Stephanie Epps (#6258)         | Jenna Martin (#6298)                  | Tom Mullin (#6346)            | Rik Vercoe (#6394)            |
| Christopher Haynes (#6259)     | Edmund Jor (#6299)                    | Mary Mullin (#6347)           | Hammie Farrokhi (#6395)       |
| Darron Tytler (#6260)          | Joy Pineda (#6300)                    | Courtney Fuller (#6348)       | Faraz Farrokhi (#6396)        |
| Reina Schwartz (#6261)         | Rebecca Bishop (#6301)                | Stephen Harris (#6349)        | Pauline Baggerly (#6397)      |
| Jill Morris (#6262)            | Kira Schlesinger (#6302)              | Jorge A Vargas (#6350)        | Layla Bohm (#6398)            |
| Eric Chiang (#6263)            | Chris Messer (#6303)                  | Dawn Bentley (#6351)          | Lisa Hewitt (#6399)           |
| Randy MacDonald (#6264)        | Tiffany Mallard (#6304)               | Wendy "Smiley" Sibley (#6352) | Jolie Mascoto (#6400)         |
| Michael Dasalla (#6265)        | Gail Martin (#6305)                   | Lisanne Gadoury (#6353)       | Julie Kimmell (#6401)         |
| Bobbi Butler (#6266)           | Ron Eaker (#6306)                     | Melinda Yanuaria (#6354)      | Michael Connors (#6402)       |
| Midnight Run (#6267)           | Chris Garlington (#6307)              | Dane Groszek (#6355)          | Christine Tolbert (#6403)     |
| Kuanling Amy Yeh (#6268)       | Jon Petersen (#6308)                  | Daniela Aleman (#6356)        | Mylisa Edison (#6404)         |
| Robert Holland (#6269)         | Teresa Crawley (#6309)                | Sakura Suzuki (#6357)         | Kristen Bieling (#6405)       |
| Benjamin Sommers (#6270)       | Bill Krisher (#6310)                  | Kristen Sterba (#6358)        | Wella Potter (#6406)          |
| Annabelle Rodriguez (#6271)    | Monica Erazo (#6311)                  | Steve Harrison (#6359)        | Aimee Shuey (#6407)           |
| Davon Culley (#6272)           | Janeann Taubel (#6312)                | Ryan Miller (#6360)           | Eve Barrett (#6408)           |
| Mark Goodwin (#6273)           | Jaymi Yazzolino (#6313)               | Cassie Hopkins (#6361)        | Kelli Schoenthaler (#6409)    |
| Timothy Rak (#6274)            | Wendy Graves (#6314)                  | Noyes Harrigan (#6362)        | Kari Duvall (#6410)           |
| Nageen Rak (#6275)             | Brittany Feagans (#6315)              | Robin Williams (#6363)        | Jim Doyle (#6411)             |
| Tom Gardner (#6276)            | David Martin (#6316)                  | Tracy Rappaport (#6364)       | Sadie McGowan (#6412)         |
| Lionel Burnett (#6277)         | Kristie Jones (#6317)                 | Joy Sandoz (#6365)            | Elizabeth Gmerek (#6413)      |
| Ellen Cottom (#6278)           | Sean Broadbent (#6318)                | Derek Ralston (#6366)         | Shelly Mack (#6414)           |
| Liz Watts (#6279)              | Jeffrey Hayden (#6319)                | Teresa Ralston (#6367)        | Ramon Ferrer Jr (#6415)       |
| Leslie Weeks (#6280)           | Annie Crispino-Taylor (#6320)         | Karey Mozer (#6368)           | Joo Lye Alan Tan (#6416)      |
| Kathy Wheeler (#6281)          | Lisa Weber (#6321)                    | Jason Steichen (#6369)        | Judy Taveira (#6417)          |
| Becky Kosten (#6282)           | Claire Johnson (#6322)                | Amanda Steichen (#6370)       | Kim Sereff (#6418)            |
| Christopher Kamrath (#6283)    | Hor Wei Han (#6323)                   | Jennifer Florida (#6371)      | Willeah Cato (#6419)          |
| Susie Harrison (#6284)         | Maurice Mitchell (#6324)              | Daniel Filippini (#6372)      | Emily Tongue (#6420)          |
| Donna Dworak (#6285)           | Gwendolyn Wells (#6325)               | Scott Langenfeld (#6373)      | Rachana Pathak (#6421)        |
| Francesca Roth (#6286)         | Chris Millea (#6326)                  | Tressa Valdez (#6374)         | Bambi Pennycuff (#6422)       |
|                                | Anji Spears (#6327)                   | Darren Minnemann (#6375)      | Nile Griffiths (#6423)        |
|                                | Tracy Gliori (#6328)                  | Erin Churchill (#6376)        | Sharla Homer (#6424)          |
|                                | Juergen Englerth (#6329)              | Erik Moore (#6377)            | Mark Barnhart (#6425)         |
|                                | Katie Coperich (#6330)                | Kathleen Di Rosato (#6378)    | Ronna Mathias Monseau (#6426) |
|                                | Tim Allen (#6331)                     | Jaclynn (#6379)               | LeeAnn Dunham (#6427)         |
|                                | Lynn Delgado (#6332)                  | Kayna Hogue (#6380)           | Karen Beebe (#6428)           |
|                                | Ezra Becker (#6333)                   | Beth Knox (#6381)             |                               |
|                                | Jason Armitage (#6334)                | Maggie Guterl (#6382)         |                               |



Juergen Englerth (#6329)



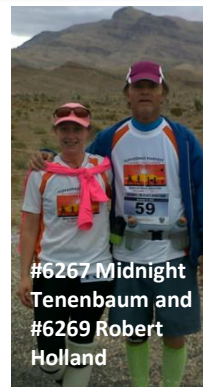
Sarah Goll (#6343)



Tressa Valdez (#6374)



Tom Mullin (#6346)



#6267 Midnight Tenenbaum and #6269 Robert Holland



Layla Bohm (#6398)



Dinae Rhonda Wendy



Kirk Isakson



Maniacs at Rehoboth



Yolanda completes her 120<sup>th</sup> marathon of 2012



Steve Hughes runs his 100<sup>th</sup> marathon of 2012.



Ed Peters, Julia Khvasechko, Paul Arroyo, Juergen Englerth, Becky Tsai



Clark Wierda



Derek and Jennifer Warren



Nancy Shumard and the Jester



Damaris Rosich-Schwartz



Clark Wierda



Steve Walters and Kris Damiano

## FROM THE EDITOR...

We had an amazing 2012! Larry Macon and Yolanda Holder both set new records for marathons in one year. But in addition we had a record number of new Maniacs and a record number of new Titanium Maniacs. For many this is out of reach, but regardless, props to all who got out and ran marathons this year!

2013, promises to be a good year. There will no doubt be tons of marathons to run. The Maniacs will be celebrating 10 years!

- 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.

- The Duel (TX) 1/19 & 1/20/13: <http://weechita.org/news/30/the-duel/>
- Louisiana Marathon 1/20/13: <http://thelouisianamarathon.com>
- Miracle Match Marathon (TX) 1/27/13: <http://miraclematchmarathon.org>
- Groundhog Day Marathon (MI) 2/2/13: [www.groundhogmarathon.com](http://www.groundhogmarathon.com)
- Melbourne Music Marathon (FL) 2/3/13: [www.themelbournemarathon.com](http://www.themelbournemarathon.com)
- Tallahassee Marathon 2/3/13: [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com)
- \*Lower Potomac River Marathon (MD) 2/10/13: [www.cbrcmd.org](http://www.cbrcmd.org)
- Myrtle Beach Marathon 2/16/13: [www.mymarathon.com](http://www.mymarathon.com)
- Fort Lauderdale A1A Marathon 2/17/13: [www.a1amarathon.com](http://www.a1amarathon.com)
- IMS Arizona Marathon 2/17/13: <http://theazmarathon.com>
- Mercedes Marathon (AL) 2/17/13: [www.mercedemarathon.com](http://www.mercedemarathon.com)
- Cowtown Marathon (TX) 2/24/13: [www.cowtownmarathon.org](http://www.cowtownmarathon.org)
- Columbia SC Marathon 3/9/13: <http://columbiascmarathon.com>
- Tobacco Road Marathon (NC) 3/17/13: <http://tobaccoroadmarathon.com>
- Dust Bowl Marathon Series 3/18-3/23/13: [http://mainlymarathons.com/dust\\_bowl\\_series](http://mainlymarathons.com/dust_bowl_series)
- The Inaugural Navy Marathon (TX) 3/24/13: [www.freedommarathon.org/corpus-christi-marathons.htm](http://www.freedommarathon.org/corpus-christi-marathons.htm)
- Southern Indiana Classic Marathon 4/6/13: [www.sicmarathon.com](http://www.sicmarathon.com)
- Knoxville Marathon (TN) 4/7/13: [www.knoxvillemarathon.com](http://www.knoxvillemarathon.com)
- Hogeve Marathon (AR) 4/14/13: [www.hogeyemarathon.com](http://www.hogeyemarathon.com)
- Blue Ridge Marathon (VA) 4/20/13: <http://blueridgemarathon.com>
- Carmel Marathon (IN) 4/20/13: [www.carmelmarathon.com](http://www.carmelmarathon.com)
- Oz Marathon (KS) 4/20/13: [www.olathe.org/sports/Marathon](http://www.olathe.org/sports/Marathon)
- Run for the Lakes (MN) 4/27/13: [www.runforthelakes.com](http://www.runforthelakes.com)
- Eugene Marathon (OR) 4/28/13: <http://eugenemarathon.com>
- \*Wisconsin Marathon 5/4/13: [www.wisconsinmarathon.com](http://www.wisconsinmarathon.com)
- Tacoma City Marathon (MANIAC 10 Year CELEBRATION!) 5/5/13: [www.tacomacitymarathon.com](http://www.tacomacitymarathon.com)
- Fargo Marathon (ND) 5/18/13: [www.fargomarathon.com](http://www.fargomarathon.com)
- Windermere Marathon (WA) 5/19/13: <http://winderthon.com>
- \*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)
- \*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 (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)

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

{Rookies: Prez, Hollywood, and Tony started the Maniacs, and they occasionally tutor Rev in Maniacism in restaurants or houses of wings and white shirts. Diana "Slug" Robinson, from 3000 miles, is very helpful to Rev in navigating diet, running, and sanity generally. And Lenore Dolphin is every Maniac's surrogate sister.}

Hiya, and a Happy New Year, Prez!

How're you doing, Young Fella? (Hahahaha! I like to get the New Year off with a good one, Prez! Unless you didn't think it was funny... in which case... I'll stop taking Hollywood's suggestions.)

See, when we first met in '04, I was older than you. But not anymore, no Sirree! I haven't aged a day since then, thanks to you and all this running! That, and one other thing.

*Planning.* Yup. Planning is the trick, my friend! And it does two things that keep us young.

One, it uses *thinking time* well. Thinking time, used badly, ages us: fretting, criticizing, re-cycling negative thoughts. That last one doesn't do us any good, and certainly doesn't pep up any hearers.

But focusing on positive ideas multiples their impact exponentially. This is no cliché. We're just as likely to share good ideas if we focus on them. Passed along twice, and that pattern repeated through twelve cycles, creates 4,096 positive experiences. That's a ripple effect, eh? Good things popping up all over the place, like Maniacs at marathons.

Two, it is harder, if not impossible, to get from an uncomfortably-unproductive *here* to a hoped-for-happy *there* without planning it. Side benefit? The planning keeps ideas fresh and goals visible.

I grow fonder each year of the New Year's Resolution concept, even re-visiting it once a month, trying to fix myself up faster. (This may explain why I am such a: 1. wreck; 2. wonderful guy; 3. mixed-up nutcase. Pick any three you like.) And so at the New Year, being a Maniac, I must face the resolution/planning question: "4, 12, 26, or 52 marathons this year?"

Seriously? Well, yes, so I've come to find out. Watch Prez discuss it, and you really get the "this is normal" message when he shrugs his shoulders with that mild-mannered "of course we do" look.

Upon further inspection, I have been hearing Maniacal friends talk in all directions. Some Speedy ones are talking about a reduction to 4. Imagine that! *Only 4* marathons in a Maniac's year!?! Are they watching baseball now or something? Pshaw!

Well, no. A few of them say they run faster that way, something about "recovering thoroughly and training intensely."

Odd.

Or, some of us *physically-aged* Maniacs are hoping to complete as many as 4, in which case it is also a beautiful number to ponder. 4! My gosh, not only is this an absurdity in most households, Bill Rogers said he had not considered it in his career, repeating Frank Shorter's words, "I do not plan another marathon until I have forgotten the last one."

Evidently you have whacky friends, Yee.

At the other end of our rainbow, there are the "52+ Marathons in a year" Maniacs. ...Now, Steve. I got a distant whiff of that concept once: all *sorts* of fragile, inanimate pieces of me started to balk long before I got near thirty-two, you know what I'm saying? I know what I'm saying! Mornings on my side of the bed were noisy even though my mouth was shut. I'd step to the floor, and foot tendons would squeak, my ankles answered audibly, my back chimed in with questions, the neck argued "I'm sorer than all of you!" and my hips just tut-tutted the lot of them. The bantering was brutal.

*Glory Be* to all of you who can think in terms of numbers that are squares of others' merely immortal ones. Truthfully, I *am* amazed. Your deeds describe incredible devotion and endurance from a place I can barely imagine. Send me a postcard, for I do wish I was there. I haven't a clue.

In between, 26 becomes an interesting number: a marathon every other week, or a monthly double (two in one weekend) with a prescription of ice baths that would make a polar bear giddy. 26: nicely proportioned, predictable, and rates a Ruthenium 5-stars. I like it. I can't do it, but I like it.

Mantras found in Maniac pages suggesting we CAN DO amazing things ARE true, sort of. I am proud to say that all of the mantras are all true for the Rev... *mentally*. But most races have a rule that says the *body* must also cross the finish line. Therein lies my predicament.

I make mistakes: a good spurt of training railroaded by one little, lousy day of over-training, and I'm toast for a while. I have now met surgeons, fit surgeons, running surgeons, who just snicker at my stories... especially the ones about you all. (*Gotchya again Yee! This is gonna be a great year!*)

So we consider 12, one per month. I know, this may seem tame on Maniac Mountain, but it isn't the worst plan down here in the foothills.

You have changed me in ways that will help.

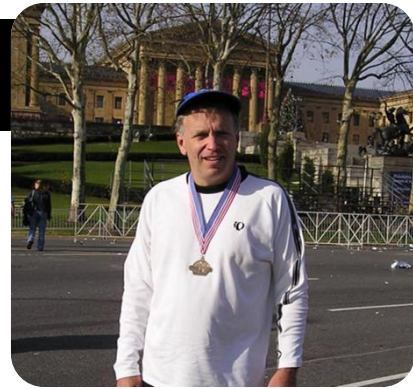
1) 2013 diet? Almond-milk, crushed-fruit, protein smoothies; juiced vegetables; and ice cream. (Now, Prez, don't tell Slug that last part. I am fixing my more serious flaws first, see? *Then* I will tend to the ice cream one. That's just good planning there, Prez.)

2) Tony told me last time west to get the heart going twice a day. So, while I still can't exactly claim to BE a gym rat, I recognize them now. I chart my efforts, smile when progress jumps off the page, and even reached 100 lbs. on a couple machines! (I cannot lie here, Prez. Lenore might read this.) I've grown to even like the struggle of swims. A few laps more than last time is pure victory.

3) It may not make a hill of beans of difference in Paradise, but it would be fun to finish one marathon within the same full-moon as you, Yee, so we can at least have lunch together. You pick the place. Any you like. Honest. I'm flexible.

4) The schedule: a half-marathon or two before Yakima, then, go! Three more spring marathons, a summer streak of three, (read the calendar of possibilities and you'll dream, too), and sprinkle six through the autumn, and 12-13 are in the books.

Maybe then the inanimate body parts will quiet down! If so, we treat Slug to some celebratory ice cream, alright Prez?



Luvya,  
Rev

p.s. To any Maniac interested,  
I do enjoy hearing from you, particularly in the quieter, old-fashioned way,  
via e-mail at  
[dgkienz@yahoo.com](mailto:dgkienz@yahoo.com)