



MARATHON MANIACS

JANUARY 2014 NEWSLETTER

Volume 11, Number 1

NEWSLETTER CONTENTS

First CsII Marathon	2-3
Half Fanatics	3
Mississippi Blues Marathon	4
First Light Marathon	5
Rock N Roll Arizona Marathon	6-7
Marathon Maniacs Book	7
Louisiana Marathon	8-11
Maniac Poll	11
Maui Oceanfront Marathon	12-13
Report from the InSane AlyLum	13
Walt Disney World Marathon	14-15
Social Networks	15
2014 Hall of Famers	16
Bridal Trails 50k	17
Lake Youngs Nuts 50k	19
Promotions	20
Calendar	21
New Maniacs	22-23
Note from the Editor	24
Discounts	25
Rhetorical Revelations from "The Rev"	26



Mike



Stephanie



Brian and Tracy



FIRST CALL MARATHON

BOTHELL, WASHINGTON

Gary



Linda



First Call Marathon (1/1): Shawn Aebi, Chris Bellevie, Bob & Lenore Dolphin, Duane Dow, Jim Fox, Linda Garbo, Georgeta (GG!) Gruescu, Rick "Roadkill" Haase, Tory "Teechur" Klementsens, Jeff Loen, Robin Loen, Sarah Lynch, Mike Mahanay, Jules Mann, Tracy Marshall, Rich Menzel, Elizabeth Moore, Janice Northrup, David Pearson, The Programmer, Jessica Placek, Carolyn Reeves, Bob Satko, Joe Schrum (Just Joe), Scott "Brooklyn" Sebelsky, Sabrina, Linda Walter

Christy



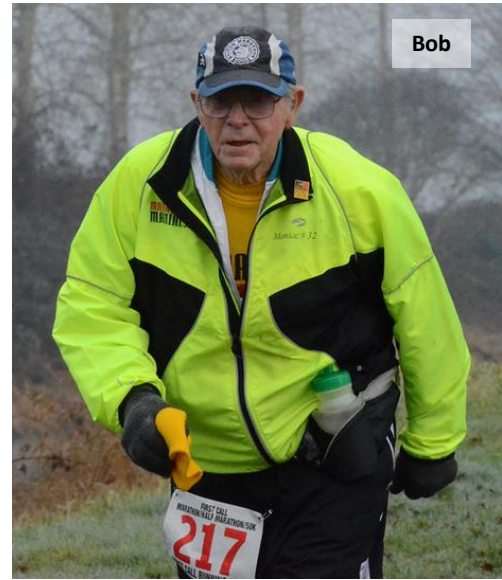
Steve



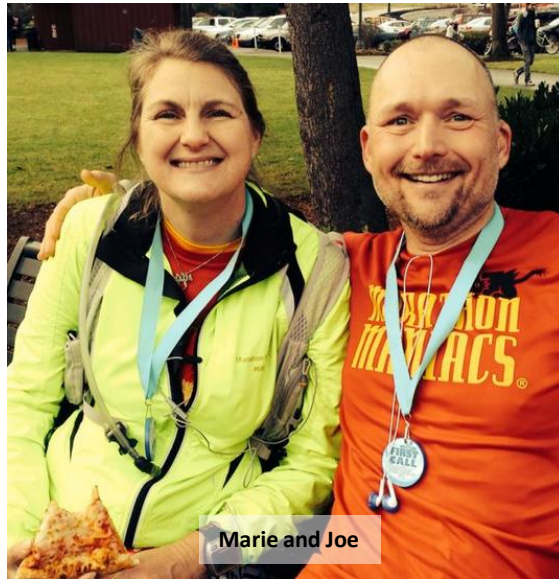
Scott



Bob



Marie and Joe



Sabrina



April



Gregg



Adrian



Chris



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 5500 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 First Light Half Marathon



MISSISSIPPI BLUES marathon

JACKSON
MISSISSIPPI



Donna Flagg



Mississippi Blues Marathon (1/11): Mary Albrecht, Fred Alger, Deanna Alvarez, Craig Anderson, Glen Anderson, Stacy "Struggle" Anderson, Paul "Bronx Boy" Arroyo, Rich Bailey, Laurie Baker, Vickey Baker, Linda Ballard, Christie Bane, Suzanne Bansley, Robert Ted Barron, Bill Beardall, Christyna Beaty, Mike Becker, Sheila Beermann, Kate Bernier, Diane Bolton, Chris Boundy, Andy "Tambourine Man" Bowden, Maureen Bowen, Cathy Bradford, Ila Brandli, Elena Branzaru, Daniel T Brown, Kathy Burkey, Jenny Burroughs, Chris Calimano, Amanda Carmon, Michael Chase, Matt "ECC" Clark, Mary Coffelt, Jerri Lynn Coody, Sue Cottrill, Floyd Crawford, Scott "Deuces Wild" Dahl, Maria Dahlgren, Peggy Delaney, Domitilia M. dos Santos, Cathy "Happy Pace" Downes, Joshua Ess, Ken Fattmann, Joel Fenlason, Cathy Fowler, Alex Fox, Gloria Freeman, Annette French-Bearden, Kristina Funseth, Bob Gahol, Kansas-The "Tri Lunatic" G. J. Galindo, Deb Gardner, Tom Gardner, Mark Gautier, Elizabeth Gmerek, Flower Lady Carol Goslin, Elaine Green, Kimberly Gudenkauf, Jose *BiG Jay* Guzman, Rick "Roadkill" Haase, Matthew Hamidullah, Michael Hammonds, Stephen Harris, Jennifer Hatcher, Jeffrey Hayden, Matt Henslee, Nathanael Hevelone, Jennifer Hienton, Alan (HIGGS) Higgins, Rich Holmes, LtCol William Hooks, Jackie Hurley, Margaret Hvatum, Bob Jacobowski, Eric Jensen, Cathie "TuTu" Johnson, Shawn Johnson, Troy "Retired Soldier Boy" Johnson, Richard Jones, Karen Khodadadi, Gerald King, Zachary Knebel, Jennifer Knight, Beth Knox, Al Kohli, Mark Kramer, Jess "Durti" Kurti, Beatrice Le, Elizabeth Lobaugh, Ed Loy, MM Diva #7, Vincent Ma, Tim Mahler, Letty Marino, Ethan Matyas, Dennis Mayberry, David Meroney, Chase Merriman, DS Amy Meyer, Becki Middlebrooks, Kim Miller, Maggie Mount, Steve Munson, Jeffrey Nelson, Andrew Olsen, Jackie Ong, Mary Papreck, Sue Parks, Sarah Parrish, David Pearson, Janis Posey, Kathy "Rad Queen" Pryor, "Captain" Dan Ratliff, John Ray "aka George Boley", Maureen Reagan, Christopher Regan, Krissy Lizbeth Rehm, Cade Remsburg, Sherry Ricker, har, California Kim, Erica D. Sanders-Hurst (E-Boogie), "Superman Steve" Schwalbach, David Shannon, Bill Sherman, Sophia Shi, Michele Siegrist, Rob Simmons, Elizabeth Simon, Chantelle Smith, Evelyn Smith, Mike "Marathon" Smith, George" from Georgia" Southgate, Darlene Spry, Chuck Struckness, MaryLee "Minna" Sturgeon, Carra Summers, Maria Taveras, Shatora Thomas, Pat Thomasson, Cathlin Upton, Ellen Van Royen, Rosenda Vasquez, Eddie "Barefoot Bandito" Vega, Doug Vetsch, Lori Wagner, John "MaraJohn" Wallace, Halbert, Steve Walters, Shawn Ware, Larry Wasson, Wesley Waters, Evelyn "Ev" Watkins, Patrick "Super Fonz" Weldon, Angie Whitworth Pace, Jenny Wilkes, Gerry Wilkins, David Wilson, Melinda Yanuarria, Andrew Zapanta





FIRST LIGHT MARATHON

MOBILE, ALABAMA



First Light Marathon (1/12): Mary Albrecht, Fred Alger, Craig Anderson, Glen Anderson, Stacy "Struggle" Anderson, Rich Bailey, Laurie Baker, Vickey Baker, Christie Bane, Suzanne Bansley, Bill Beardall, Christyna Beaty, Mike Becker, Sheila Beermann, Kate Bernier, Diane Bolton, Fernando Bosseloo, Andy "Tambourine Man" Bowden, Maureen Bowen, Ila Brandli, Tyler Brown, Chris Calimano, Amanda Carmon, Richard "See Dick run" Carroll, Mike Chewar, Teal Clark, Amanda Corbett, Floyd Crawford, Peggy Delaney, DrTekemia Dorsey, Joe Dumas, Carol "Ponytail" Earles, Ken Fattmann, Joel Fenlason, Cathy Fowler, Alex Fox, Gloria Freeman, Annette French-Bearden, Kristina Funseth, Bob Gahol, Kansas-The "Tri Lunatic" G. J. Galindo, Mark Gautier, Lisa Gesualdo, Elizabeth Gmerek, Flower Lady Carol Goslin, Elaine Green, Kimberly Gudenkauf, Rick "Roadkill" Haase, Matthew Hamidullah, Stephen Harris, Chuck Harvey, Jennifer Hatcher, Nathanael Hevelone, Jennifer Hention, Jim Higgins, Lecia Holley, Rich Holmes, Bob Jacobowski, Eric Jensen, Cathie "TuTu" Johnson, Mike Johnson, Shawn Johnson, Troy "Retired Soldier Boy" Johnson, Richard Jones, Karen Khodadadi, Gerald King, Zachary Knebel, Jennifer Knight, Duane Kroeger, Jess "Durti" Kurti, Ed Loy, MM Diva #7, Tim Mahler, Letty Marino, Ethan Matyas, Jack McDermott, Becki Middlebrooks, Kim Miller, Jerry Mullens, Jean Neely, Andrew Olsen, Jackie Ong, Chris "O-Dog" Oppenlander, Mary Papreck, David Pearson, Tim Pippin, Kathy "Rad Queen" Pryor, John Ray "aka George Boxley", Maureen Reagan, Christopher Regan, Cade Remsburg, Sherry Ricker, har, California Kim, Erica D. Sanders-Hurst (E-Boogie), David Shannon, Sophia Shi, Brent Shirley, Rob Simmons, Elizabeth Simon, Chantelle Smith, Evelyn Smith, Mike "Marathon" Smith, Russ "I never repeat a marathon" Smith, Steve Sodergren, George "from Georgia" Southgate, Darlene Spry, BernieSue Steffek, Chuck Struckness, Shatora Thomas, Kenneth van Schooten, Eddie "Barefoot Bandito" Vega, Doug Vetsch, Breanna Waldrup, Halbert, Steve "Marathon Freak" Walters, Larry Wasson, Evelyn "Ev" Watkins, Joe Weaver, Patrick "Super Fonz" Weldon, Angie Whitworth Pace, Jenny Wilkes, Michael Wilson, Melinda Yanuaria, Andrew Zapanta, Mark Zaremba



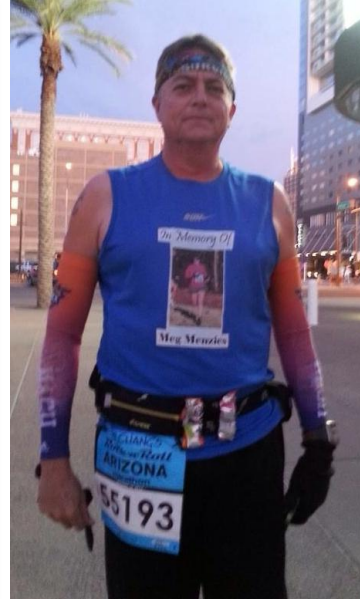
Rock N Roll ARIZONA

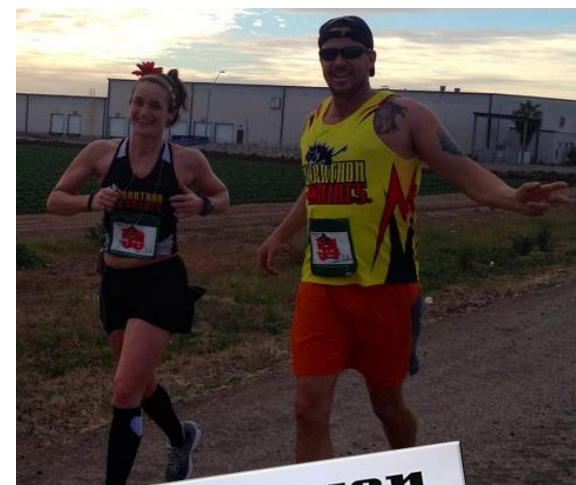
PHOENIX/TEMPE, ARIZONA

Marathon



Rock N Roll Arizona Marathon (1/19): Crazy Linda Bachand, Jessica Ballard, Salena Brody, "Drew Dizzle", Bob Brown, Kirk Buckley, Chris Calimano, Marathon Mitch, Mike Chewar, Tim "Cheetah" Christoni, Sporty Diva Coates, Sue Cottrill, Lauren Cutsinger, Robin Davis, Stephanie Dewald, Rob Distante, Will Dong, Amy Farlee, Michael Fitzgerald, Linda Garbo, Jorge Garcia, Tony Garrison, Hal Gensler, Flower Lady Carol Goslin, Tracey Guice, Kristen Pearlless Healey, Wally Hernandez, Jennifer Hinton, Hunter Jamerson, Shawn Kennedy, James Klarich, Dagmar Knudsen, Pat Lynch, Paul "Big Mac" MacDonald, RD (Road Dog) Martin, Michelle "Mushi" Mason, Matthew Moix, Chris Monasmith, Heather Myers, Greg Nelson, Carla Noya, Colin O'Donnell, Leah Pelfrey, Don "Wait For Me!" Pemberton, Jeff "Slice!" Pettett, Joe Reilly, Steve Reincke, Rick Roberts, Tony Rolof, Leticia Ropers, Patrick Rosch, Jason Sanchez, Erica D. Sanders-Hurst (E-Boogie), Eva Sanmartini, Keith Schlottman, Jonathan Schreiner, Kim Sereff, Danielle Shown, Susan Siragusa, Bill Smith, Aaron Stanley, Jody Stanley, Sakura Suzuki, Diana Trzebiatowski, Larry "Is it Still Sunday?" Welch, Melinda Yanuaria, Glynnis Ziemann

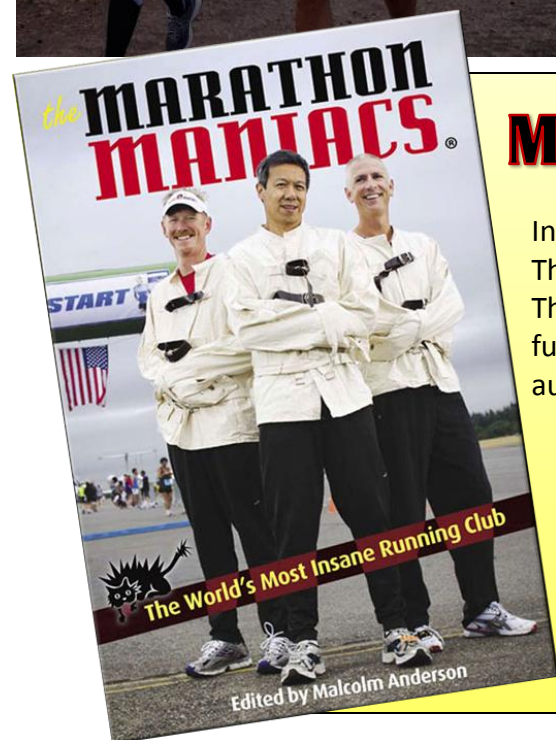




Ron Kalich

Chris Thompson

Anders



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!

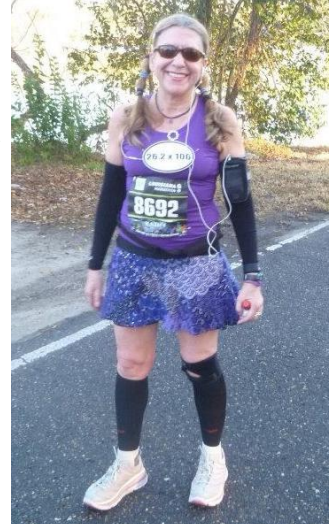
<http://www.databarevents.com/shopproductdetail.asp?prodID=105&catID=14>



LOUISIANA MARATHON

2014 MARATHON MANIACS REUNION

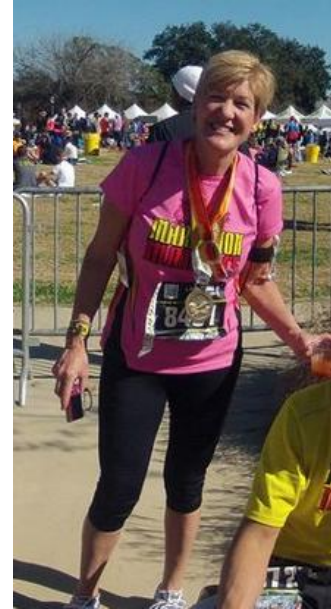
BATON ROUGE, LOUISIANA





Louisiana Marathon (1/19): Ali A Diva #4, Lori Alderman, Autumn Hallmark Aldrich, Steve Alexander, John "Running with Amanda" Allison, Keith Almeida, Karen Andersen, Glen Anderson, Tom Armstrong, 3951, Suzanne Bansley, Andrew Barnthson, Dave Bell, Diana Bibeau, Aaron Bishop, Jeff Blair, Monica Bloom, Steven Bothe, Andy "Tambourine Man" Bowden, Cathy Bradford, Elena Branzaru, Sean Broadbent, Edward Broadnax, Anne Broussard, Deborah Bruckman, My-Angela Buescher, Kathy Burkey, Jayme Butts-Hall, Amanda Carmon, Laura Ceraolo, Teal Clark, Big Bad Jim Clouse, Sherry Coffield, Suzanne Cole, Sue Colgan-Borrer, Tim Collins, "Runner Lis" Cooper, Martha "Ginger26.2" Corazzini, Amanda Coussoule, Floyd Crawford, Patty Cyr, Douglas (Run the Earth) Dahlberg, Michael Davis, Miranda Deaton, Zach Deaton, Brent Degenhardt, Lynn Delgado, Cindy DeSirant, Van DeWald, John Di Bratto, Lisa Dixon, Rand Donaldson, Donna Donnellan, DrTekemia Dorsey, Carol "Ponytail" Earles, Renita Ellis, Jennifer Eloge, Eliot Ephraim, Ken Fattmann, Joe Feaser, Shelley Fehrenbach, Dave Feinstein, KarenFlohr, Abbi-Normal, Cj Follett, Rick Franks, Gloria Freeman, Kansas-The "Tri Lunatic" G. J. Galindo, Edward Ganley, Rob Gould, Caroline Green, Elaine Green, Jackie Gulino, Alvin Gunkel, AJ Hacker, Andy Hagan, Chris Hall, Daryl Hallmark, PrincessPatti Hammerstein, Diane Hanson, Wesley Hardacre, Kerri Haskins, Eli Hassid, Joann Helmus, Mark Helmus, Mike Herrin, Troy Hibbitts, Lelia Higgins, Elaine Hillis, Derek "Toes" Hogle, Amanda Hughes, Mellody "Smiling Walker" Hughes, Cody Jones, Claude Kansaku, Kathy Kass, Bob "Birdman" Kennedy, Peter "Salty!" King, Al Kohli, Susan Kolbinsky, Cindy Kosmicki, Melissa Kostecki, Gary 'Cougar Bait' Krugger, Jess "Durti" Kurti, Peter 'Elite Pete' Lantin, Paula Lee, Allison Leer, Joshua Lessin, Owen Lillywhite, Laurie Lindstrom, Grace Lineberg, George Lockhart, Milagros Lockhart, Vincent Ma, Tim Mahler, Paul Maness, David Martin, Gail Martin, Kenneth Massett, Amy May, Lia Mayfield, Denis McCarthy, Joye McElory, Bill McLean, Melissa Meek, Benjy Melancon, Danilo Mendoza, Michele Merenbloom, David Meroney, Becki Middlebrooks, "Phoolish" Phil Min, Wendy "Turtle Diva" Mitchell, Steve Moisan, Mary Moran, Pat Neff, Brett Nguyen, Andrea Odrzywolski, Todd Oliver, Andrew Olsen, Gail Oney, Michael Pacheco, Mark Parrotte, Vern Patterson, Christy "The Energizer Bunny" Paul, Missy Peters, Jon Petersen, Lynda Petri, tony (tp!) phillippi, Leah Piper, Paul "The Brit" Piper, Cruz Pitre, Mark Pitts, Eileen Pontaoe, Agnes Porell, Jorge Pullin, Andy Ralph, Tony Recker, Krissy Lizbeth Rehm, Cade Remsburg, Anne Rentz, Trish "Rabbit" Reske, Michael "Dr Dude" Rhodes, Marcia "Super M" Rignault, Keith "Snort" Rinehart, Tony Ripberger, Michael Roberts, Wes Rupell, Laura Schneider, Randall Schramm, Cindy Scioneaux, Clyde *the Glide* Shank, McGyver, Nancy Shell, Bill Sherman, Jason Short, Aimee Shuey, Haley Siggers, Heather Sorenson, Alexander Sperellis, Brenda Stallings, Judy Staveley, Cara " Skittles" Stephens, Jackie Stone, Keith Stone, Chuck Struckness, Ralph Suarez, Roger "BMBLB RUNNER" Teel, John Teyhen, Shatora Thomas, Bill Tichenor, JoAnna Villalon (Jody Hart), Breanna Waldrup, Rich Walker, Steve "Marathon Freak" Walters, Jeffrey "Wardium" Ward, CJ **Hollywood** Warren, Larry Wasson, Wesley Waters, Evelyn "Ev" Watkins, Hardin Watkins, Patrick "Super Fonz" Weldon, Sandra Whisnant, Marsha 'BookladyWalker' White, Angie Whitworth Pace, Jenny Wilkes, Julie Williamson, Rick Wilson, Luke Wiseman, Brett Witters, Brian Wright, Rich Yap, Prez Steven Yee, Marlin Yoder, Laura Zeffer7.8







Ralph Suarez

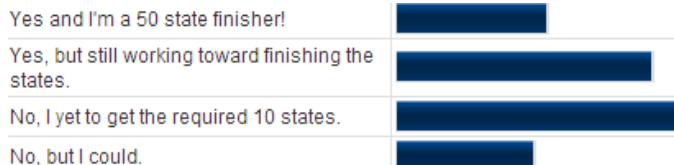


MANIAC POLL

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 plan run more or less marathons in 2014 then in 2013?

Please vote online between now and Jan11: <http://tinyurl.com/MMpoll2014a>



Last month's question: Are you a member of the 50 States Marathon Club?

Almost half of the Maniacs are members of the 50 States Marathon Club (48.8%)
Thanks for voting!

Terri runs her 50th state!



Julia and Shane tie the knot at the Maui Marathon!

MAUI OCEANFRONT MARATHON

MAUI, HAWAII



Larry Macon



JC



Barefoot Eddie at it again!



Julia, Shane and Terri run their 50th state!

Maui Oceanfront Marathon (1/19): Barbara Alston, Matt Antinossi, Bethany Barnes, Aaron Braunstein, Cheryl Broas, Kevin Brosi, May Cheng, Tom "Drag-on" Craven, Kevin Croninger, Alexis Racewalker Davidson, Caren della Cioppa, Shane Garling, Michelle Hille, Joshua Holmes, Cheryl Iseberg, Micaela Jensen, Kim Jolley, Nick Kareem, Julia Khvasechko, C. Kinnier Lastimoso, Karl Leitz, Ed Loy, MM Diva #7, Glen Marumoto, Terri Menghini, Cyndie Merten, Karen Murray, Julie Musselman, Darren Raiguel, Jody "wooden shoes" Reed, har, Jc "The Saint" Santa Teresa, Eddie Schneider, Lori Schwartz, Mike Schwartz, Eddie "Barefoot Bandito" Vega, Elizabeth Wallace, Halbert, Darwin Weimer, Terry "rocketgirl" Weimer, Li-Chym Wu



The Maui Marathon was a special day for Maniacs, Julia Khvasechko and Shane Garling. They both ran their 50th state and got married at mile 18!



Runners become spouses at Maui marathon

Newlyweds Julia Khvasechko and Shane Garling celebrate after crossing the finish line of the Maui Marathon in Lahaina on Sunday. The experienced marathon runners were married during the race at mile 18 by Kimoko after crossing the finish line of the Maui Marathon in Lahaina on Sunday. The experienced marathon marathon in Wisconsin in 2010.



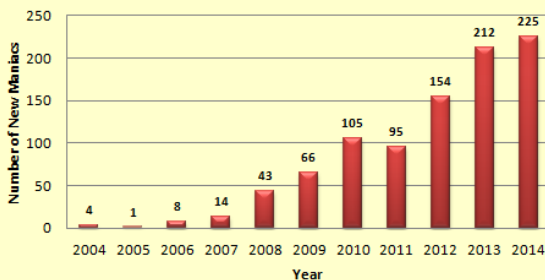
REPORT FROM THE INSANE ASYLUM

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	1994
2013	212	95	170	138	212	133	91	56	73	257	334	223	1994
2014	225	-	-	-	-	-	-	-	-	-	-	-	225

New Maniacs for January



New Maniacs in Jan 2014: 225

New Maniacs in 2014: 225

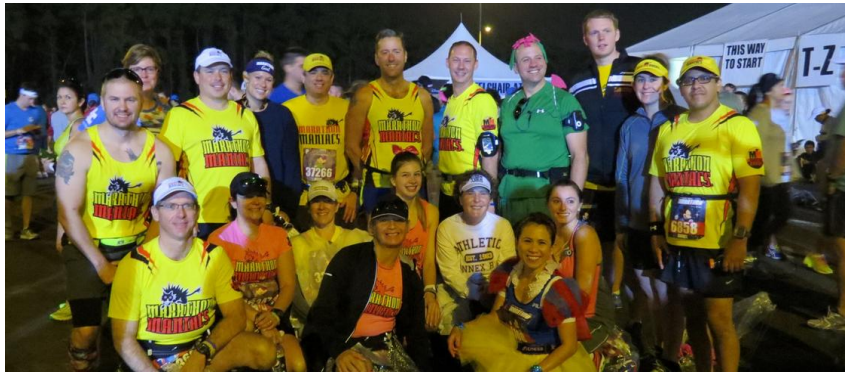
Total Maniacs: 8647

Country	MM	Pct%
United States	6644	76.8%
Canada	206	2.4%
Brazil	59	0.7%
United Kingdom	37	0.4%
Malaysia	29	0.3%
Total number of countries	48	

State	MM	Pct%
Washington	1039	12.0%
California	652	7.5%
Texas	561	6.5%
Illinois	322	3.7%
Florida	286	3.3%
New York	276	3.2%
Oklahoma	235	2.7%
Virginia	232	2.7%
Oregon	189	2.2%
Georgia	188	2.2%



Jo Ann Sutton



Tom Mangan

WALT DISNEY WORLD

MARATHON

ORLANDO, FLORIDA



6195 and 6742



Walt Disney World Marathon (1/12): John Abbate, Linda Ambard, ReindeerMom, Jo Andryshak, Paul "Bronx Boy" Arroyo, John "Johnny Turbo" Atkinson, Holly Aulen, Caleb Ault, Crazy Linda Bachand, Laura Bailey, Darlene Baltimore, Bob Barnard, MRScrashmattb, Bryan Baroffio, Daniel Beaman, John Bennett, Jonathan Betanoff, Elodie Billionniere, Jim Blake, John Bozung, Karen Brady, Alex Braun, Chavet Breslin, Betsy Bromley Ferlita, Dan Cardell, Bri Carlson, Kelly Cassidy, Pony Express, Lucy Cheng, Joy Pineda, Mahlon Chute, BJ Cobb, Suzanne Cole, Mary Combs, Jerri Lynn Coody, Rick Cooney, Kevin Crail, Douglas (Run the Earth) Dahlberg, Rodrigo Damasceno, Monica Danna, Jennifer Davis, Kevin Dawson, Jessica Deree, Kathleen Di Rosato, Roadkill Bill Dolton, Shawn Dove, Robert Duff, Helen Dunn, Rachel Edney, Rick Eilers, Steve Ellis, Seth Elsheimer, Jacqueline Ensley, Omar Evans, Deb Evdemon, Karen Faber, Stacey Faulk, Steve Felson, Becca Fenstermaker, Mabel Fong, Christine Forrest, Paul Fournier, Jeff Franciski, Cheryl Fraser, Ron Fraser, Steve Frederickson, Amanda Freedle, Amanda Galiano, Richard Gallegos, Brad Garfinkel, Oyauma Garrison, Sheri Giese, Steven Gill, Liz Goff, Amy Goldman, Rae Goodman, Rachael Graddy, Tracey Guice, Karina Guzman, Dennis Hafford, Andy Hagan, Brenda Hamby, James Hanson, Terri Harmon, Donald Harper, Gina Harris, Michael Hartzell, Erika Hazelton, Kristen Peerless Healey, Larry Herman, Shane Hipsag, Marc Hirschfield, Rachael Hoagland, Harry L. Hoffman Jr, Wesley Hollero, Jeffrey Hollington, Cory Hove, Paul Huffman, Melanie Humphrey, Julianne Hyma, Nick Jankowski, madDOG, Belinda Jared, Narongdej "Jay" Jaroensabphayanont, Brian "Jesus Freak" Joachims, Alicia Johnson, Stephen Johnson, Dave Jones, Ryan Kaelin, Elaine Keating, Howard L. Keener, Jr., Becky Kellhofer, Kris Kibbey, Christa King, John (He was wearing what?) Kinnicutt, KC Kleinman, Sarah Kozul, Seth Kramer, Scott Labrecque, Brendon Lachance, Nate Larson, Pamela Lauroff, Jennifer Lawrence, Alvin "AL" Lee, Tom Mangan, Lee Ann Marchionna, Julius, Kimberly Markey, Jason Marques, Leigh Marsh, Mike McMullan, Vance McMurray, Vicki Merry, Michael P. Miller, Darren Minnemann, Cynthia Moore, Shawn Moore, Jill Morris, Jodi Morton, Patrick Myers, Angeline Nesmith, Nicole Nguyen, Kimberly Oehrlein, BO, Leslie Peace, Jacob Pfannenstiel, Lisa Picek, Paul Radcliffe, Derek Ralston, "The Lone Runner" Rob Rayder, Jill Reeves, Kirsten Reutebuch, Sylvia Janet Rivera CSP, Lisa Robinson, Damaris Rosich-Schwartz, Gwynne Roth, Gwendolyn Rucker, Dan Ruiz, Mark Russell, Eddy Saldana, Jason Sanchez, Christopher Sanford, Cesar Sangalang, Deborah Schulte, James Schumacher, Aimee Shuey, Tawni Sigelmier, Barry "dcgriz" Smith, Darin Soler, Melissa Sprague-Brenteson, Chassidy Stanley, Andrew "Tighurt" Strickland, Jo Ann Sutton, Sakura Suzuki, Joseph "The Marathon Show" Taricani, Kari Taylor, Roger "BMBLB RUNNER" Teel, Kevin Tierney, John Torres, Lisa Trapasso, Jeannie Tsai, Ginny Turner, Kirsten VanDyke, Nancy Wampach, Jess Welsh, Marsha 'BookladyWalker' White, Dave Whittenberg, Jaeson Winter, Brett Witters, Roger Wright, Kerrie Xintaras, Angie Yanez, Zhiquan Yeo, Malissia Zapata, Mary Ann Zemla, Glynnis Zieman, Marie "Mimi" Zornes

Leslie Peace



Karina Guzman



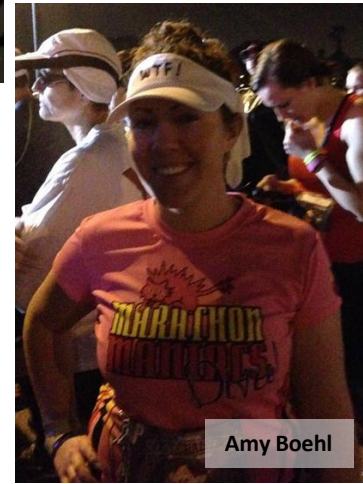
Silvia Henry



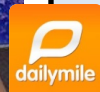
Gordon Graham



Roger Teel



Amy Boehl



Social Networking

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

Facebook: <http://www.facebook.com/group.php?gid=8904689204>

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

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

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

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



Barry Smith



Damaris Rosich-Schwartz



2013
Marathon
Maniacs
Ambassador
of the Year

Angie
Whitworth
Pace

MARATHON MANIACS HALL of FAME

INTRODUCING THE CLASS OF 2014:



Deo Jaravata



Cyndie Merten



Monte Pascual



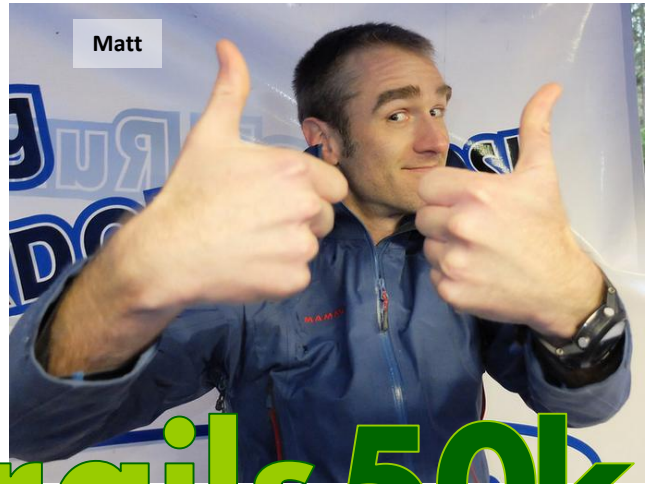
Angela Tortorice



Lee



Monte



Matt

Bridal Trails 50k

KIRKLAND, WASHINGTON

Bridle Trails 50k (1/11): Shawn Aebi, Paul David, vvn Doorn, Steven Ferry, Steve Geertgens, Georgeta (GG!) Gruescu, Christy Hammond, "MMKuhl", Little Leslie, Suzanne Nester, Hideko Opperman, Monte Pascual, The Programmer, EatDrinkRunWoman, Lisa "Mama Lisa" Wood, Kimberley Worthen



Ross



Sabrina and Bill



Bob Satko



Christy Hammond





Keith Schlottman,
Charlene Ragsdale



Steve and Carol



Eva Sanmartini



Warmup **Future Stars**

REMEMBER THE NAME



Nikolas Toocheck
Runner

Height: 4'11" Weight: 85 lbs.
Birthplace: West Chester, Pennsylvania
Birth Date: March 19, 2003

- Nikolas won the 9-to-10 boys' division of the 1,500-meter racewalk at the 2013 USA Youth Outdoor Track & Field Championships last June. He also won the boys' sub-bantam division of the event at the 2012 AAU Northern Indoor National Championships.
- Nikolas is on a quest to complete a marathon on all seven continents. He has already run marathons in North America, Antarctica, and Australia. Nikolas runs to raise money for Operation Warm, an organization that provides coats to children.
- To donate to Operation Warm, visit www.warmthe.world.com.

Sports Illustrated
KIDS



The Bride and Groom!



Lake Youngs Nuts 50k

RENTON, WASHINGTON



Lake Youngs Nuts 50k (1/25): Jenny Appel, Mark "Thor" Casey, Tricia Early, Ted Eckert, Deb Evdemon, BJ Farish, Steven Ferry, Andy Fritz, Reed Glesne, Susan Glesne, Matt Glew, Rick "Roadkill" Haase, Christy Hammond, Craig Hanela, Jill Hudson, Laura Johnson, Barefoot Jon, Jae-Byung Jung, Mike Mahanay, Jules Mann, Rich Menzel, Little Leslie, Hideko Opperman, Gary Otheim, Monte Pascual, The Programmer, Crockpot, Mark Ruter, Bob Satko, John Schaphorst, Scott "Brooklyn" Sebelsky, Terry Sentinella, "Marathon Diet", Jim Varner, Linda Walter, Brett Wittner

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>

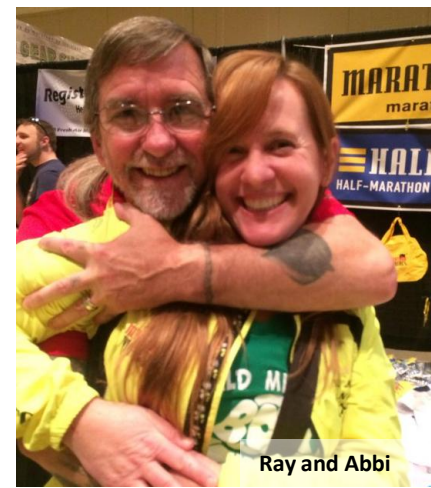
- **Titanium (10 star) Maniac:** Deb Larzerson
- **Platinum (8 star) Maniac:** None
- **Palladium (7 star) Maniac:** So Mei Chan
- **Osmium (6 star) Maniac:** Janice Northrup
- **Ruthenium (5 star) Maniac:** Floyd Crawford, Trish Wakeham, Angie Whitworth Pace, Evelyn Watkins, Suzanne Bansley
- **Iridium (4 star) Maniac:** Mike Becker, Chastity Teeter, Dan Ruiz, Robin Davis, Doug Vetsch
- **Gold (3 star) Maniac:** Carlo Pappot
- **Silver (2 star) Maniac:** Ryan Kaelin
- **50 States Finish:** Darwin Weimer, Terry Weimer, Julia Khvasechko, Shane Garling, Terri Menghini

**New
Titanium
Maniac!!**



Deb Larzerson

NOTE: Deb reached Titanium in December 2013.



Ray and Abbi



A couple of newly minted 5 star Maniacs!



Tom Mangan



Upcoming Races!

Marathon/Ultra Calendar between February 28-April 11

Friday, February 28

Florida Double IRON 52.4m (FL)
Tel Aviv Marathon (ISR)

Saturday, March 1

Albany Marathon (GA)
Baikal Ice Running Marathon (RUS)
Bataan Death March 102k (PHL)
Carl Touchstone Memorial Mississippi 50m/50k (MS)
Desert Dash Blood, Sweat, and Beers (NV)
Diamond Valley Lake Marathon (CA)
Old Pueblo 50 Mile Endurance Run (AZ)
Phoenix Marathon (AZ)
Razorback Endurance Race and Piggyback Marathon (CA)
Stampede Trail Run (NE)
Tejas Trails Nueces 50m/50k (TX)
Umstead Trail Marathon (NC)
Woodlands Marathon (TX)

Sunday, March 2

2XU Compression Run (SGP)
Army Marathon (TX)
CAR March Madness (CA)
Caumsett Park 50k (NY)
Little Rock Marathon (AR)
Marathon of the Treasure Coast (FL)
Napa Valley Marathon (CA)
NWTR Spring Run for Fun (WA)
Stanky Creek Marathon (TN)

Saturday, March 8

Calico Red Rock Canyon Marathon (NV)
Centennial Trail Run (WA)
Dances With Dirt - Green Swamp 50m/50k/26.2 (FL)
Delano Park 12h/50m (AL)
Graveyard 100m/100k (NC)
Gusher Marathon (TX)
Kings Mountain Marathon (SC)
Land Between the Lakes 50m/60k/26.2 (KY)
Lapper's Delight 24h (NC)
Mountain Marathon (WA)
Prickly Pear 50k (TX)
Q50 50m (LA)
Run Hard Columbia Marathon (SC)
Seneca Creek Greenway Trail 50k/26.2 (MD)
Sierra Vista Trail Run (NM)
Stroll in Central Park 12h (GA)
Way Too Cool 50k Endurance Run (CA)

Sunday, March 9

Antarctica Marathon (ATA)
Dirty Double Trail Marathon (TN)
Florida Sheriffs Youth Ranch Marathon (FL)
LA Marathon (CA)
Lake Natoma 50k/26.2 (CA)
Lower Potomac River Marathon (MD)

Monday, March 10

CAR Spring Seven (7 day event) (CA)

Friday, March 14

Howard Aslinger Endurance Run 24h/12h (MO)

Saturday, March 15

Catalina Island Conservancy Marathon (CA)
Chuckanut 50k (WA)
Georgia Death Race 60m (GA)
Hawkeye 50k (IA)
Instant Classic Trail Race (VA)
ITR Marin Ultra Challenge 50m/50k (CA)
MCF 2014 (WI)
Music City Trail Ultra 50k (TN)
Rock N Roll USA (DC)

Run Through Time Marathon (CO)

Thomas Jefferson 100k (100K-VA)
Two Rivers Marathon Day One (PA)

Sunday, March 16

Asheville Marathon at Biltmore Estate (NC)
Barcelona Marathon (ESP)
Big Island International Marathon (HI)
Citrus Trail 50k/26.2 (FL)
Fall Creek Falls 50k (TN)
Ferrara Marathon (ITA)
Malaysia Women Marathon (MYS)
Seabrook Lucky Trail Marathon (TX)
Seoul International Marathon (KOR)
Shamrock Marathon (VA)
Taipei Expressway Marathon (TWN)
Tobacco Road Marathon (NC)
Two Rivers Marathon Day Two (PA)
Wrightsville Beach Marathon (NC)

Friday, March 21

Antelope Island Buffalo Run (UT)
Jerusalem Marathon (ISR)

Saturday, March 22

24 Hours of Utah (UT)
Andrew Jackson Marathon (TN)
Antelope Island Buffalo Run 50m/50k (UT)
Aravaipa Mesquite Canyon 50m/50k (AZ)
Badwater - Cape Fear (NC)
Crazy Desert Trail Race 50k/26.2 (TX)
Dizzy Daze 12h (WA)
Dust Bowl Series Day One (TX)
Grasslands 50m/26.2 (TX)
HAT Run (MD)
Lt JC Stone 50k (PA)
Napa Valley Trail Marathon (CA)
NJ Ultra Festival 100m/100k/50m/50k (NJ)
Oak Mountain 50k (AL)
Paleozoic Trail Runs - Cambrian Spring (IL)
Spring Equinox 50m/50k (MS)
TATUR 6 Hour Snake Run (OK)
Terrapin Mountain 50k (VA)

Sunday, March 23

Bataan Memorial Death March (NM)
CAR Marina Madness (CA)
Cupcake Fun Run (WA)
Dust Bowl Series Day Two (OK)
Georgia Marathon (GA)
Greenway Marathon (TN)
Maratona di Roma (ITA)
Modesto Marathon (CA)
Oakland Running Festival (CA)
Puerto Rico Marathon (PR)

Monday, March 24

Dust Bowl Series Day Three (KS)

Tuesday, March 25

Dust Bowl Series Day Four (CO)

Wednesday, March 26

Dust Bowl Series Day Five (NM)

Friday, March 28

Badger Mountain Challenge 100m (WA)
Picked Feet 24h/100m (ID)

Saturday, March 29

Badger Mountain Challenge 50k (WA)
Beyond Limits 24h/100m/50m/50k (CA)
Circular Logic Marathon (IN)

Clinton Lake 30m (IL)

Croom Trail Fools Run 50m/50k (FL)
Eco Trail de Paris 80k/50k (FRA)
Fondren Urban Ultra 12h (MS)
Forrest Gump Challenge 50k/26.2 (MO)
Griffith Park Trail Marathon (CA)
HITS Ocala (FL)
I Ran Marathons Anniversary Event (TX)
Lake Martin 100m/50m/27m (AL)
Leatherwood Mountains 50m/50k (NC)
Operation Endurance 24h/12h/6h (GA)
Picked Feet 12h/6h (ID)
Prairie Spirit 100m/50m (site plays video) (KS)
Queen City Marathon for Active Water (MD)
Rainshadow Gorge Waterfalls 50k (OR)
Rockin Marathon Relay Solo (VA)
Sand Hollow Marathon (UT)
Tomoka Marathon (FL)
Twilight Ultra Challenge 16h (SGP)

Sunday, March 30

A2A Race for Mercy (OK)
Ann Arbor Marathon (MI)
B&A Trail Marathon (MD)
Fools 50k (OH)
Hogeye Marathon (AR)
Ironman Los Cabos (MEX)
Knoxville Marathon (TN)
Ocean Drive Marathon (NJ)
Rainshadow Gorge Waterfalls 100k (100K-OR)
Runners Marathon of Reston 26.2 - 13.1 (VA)
Running Dead Ultra 50m/50k (GA)
Virginia Creeper Marathon (VA)
White Mountains 100 (AK)
Zydeco Marathon (LA)

Friday, April 4

Potawatomi 150m (IL)
Zion 100m/100k (UT)

Saturday, April 5

American River 50 Mile Endurance Run (CA)
Aravaipa Crown King Scramble (AZ)
Charlottesville Marathon (VA)
Chicago Lakefront 50k George Cheung Memorial Race (IL)
Cottontail 12h/6h (WA)
Falling Waters Spring Fat Ass (MI)
Irving Marathon (TX)
Kal-Haven 33.5m (MI)
Potawatomi 100m/50m/30m (IL)
Tejas Trails Hells Hills 50m/50k (TX)
Trailbreaker Race (WI)
Umstead 100 Mile Endurance Run (NC)
VA Is For Dinosaurs 27m (VA)
Yakima River Canyon Marathon (WA)

Sunday, April 6

Big D Texas Marathon (TX)
Connemara International Marathon 39.3m/26.2 (IRL)
Go! St Louis Marathon (MO)
Greater Manchester Marathon (GBR)
Marathon de Paris (FRA)
Marathon Des Sables (MAR)
Maraton de Santiago (CHL)
Mountain Do Fin Do Mundo (ARG)
North Shore Marathon (HI)
ORRRR Marathon (OH)
Zurich Marathon (CHE)

Friday, April 11

Zumbro 100m/50m (MN)

New Maniacs in January 2014



Eric McMillen (#8423)
 Andrew Freeman (#8424)
 Christi Neese (#8425)
 Dave Jordan (#8426)
 Chris Bouchard (#8427)
 Crystal Gulley (#8428)
 Karl Northrup (#8429)
 Mitchel Johnson (#8430)
 Philip Mowery (#8431)
 Dagmar Alvis (#8432)
 B.J. Tucker (#8433)
 Samuel Lasseter (#8434)
 Jordan Baszner (#8435)
 Fredrick Akutsu (#8436)
 Jill Monroe (#8437)
 Terri Ulm (#8438)
 Crystal Greenwood (#8439)
 Twylla Bell (#8440)
 Remy Cotton (#8441)
 Jose *BiG Jay* Guzman (#8442)
 Ryan Moran (#8443)
 Melissa Lahna (#8444)
 Aaron Bishop (#8445)
 Cheryl Crossley (#8446)
 Don Muchow (#8447)
 Nicole Nguyen (#8448)
 Cara Furness (#8449)
 Patricia Shaffer (#8450)
 Suzanne Bedford (#8451)
 Jim Garcia (#8452)
 Tracy Wallace (#8453)
 Rufus Park (#8454)
 Laura Carver (#8455)
 Jim Hopkins (#8456)
 Huy Hoang (#8457)
 Maritza Adams (#8458)
 Bruce Mason (#8459)
 Nate Larson (#8460)
 Tony Keshtjella (#8461)
 Tyrone Everman (#8462)
 Judy Fishbaugh (#8463)
 Hayley Brown (#8464)
 Phil Bashaw (#8465)
 Andrew Hahn (#8466)
 Nicole Wong (#8467)
 Estelle Rutledge (#8468)
 Kelly DeJonge (#8469)
 Katherine Yu (#8470)
 Katie Zopf (#8471)
 Robin Truman (#8472)
 Wanda Goodson (#8473)

Callie Ullman (#8474)
 Clay McManaman (#8475)
 Jessica Hochman (#8476)
 TooTallFritz (#8477)
 Nancy Austin (#8478)
 Karen Brady (#8479)
 Joshua Ess (#8480)
 Michael Brass (#8481)
 Kyla McNeil Betton (#8482)
 Richard Gallegos (#8483)
 Phillip Kerlin (#8484)
 Michael Staffieri (#8485)
 Tomiaka Coker (#8486)
 Melissa Lonergan (#8487)
 Michelle Smith (#8488)
 Sara Guldi (#8489)
 Kristi Gerathy (#8490)
 Jennifer Fletcher (#8491)
 Kevin Albert (#8492)
 Andrew Mullen (#8493)
 Michelle Miller (#8494)
 Julie Molenaar (#8495)
 Kevin Dahlin (#8496)
 Christyna Beaty (#8497)
 Erin Michos (#8498)
 Benjamin Martin (#8499)
 Brian Vasquez (#8500)
 Kelley Bayne (#8501)
 Lucy Powell (#8502)
 Charisma Clarke (#8503)
 Rob Clarke (#8504)
 Janine Guerra (#8505)
 Tracy Phillips (#8506)
 Brian Phillips (#8507)
 Randell Hansen (#8508)
 Debbie Paulding (#8509)
 Sean Cronin (#8510)
 Claudia Muniz (#8511)
 Tina Harris (#8512)
 Jennifer Williams (#8513)
 Lindsay Parker (#8514)
 Jennifer Thompson (#8515)
 Michelle Richardson (#8516)
 Christine McInnes (#8517)
 Walter Clemence (#8518)
 Mary Lucas (#8519)
 Iginia Parish (#8520)
 Rebecca Bokun (#8521)
 Michelle Brooks (#8522)
 Dominic "Dommer" Boeta (#8523)
 Barney Cunningham (#8524)
 Greg Meins (#8525)
 LaChandra Richardson (#8526)
 Kathleen Haley (#8527)
 Damien McNeil (#8528)
 Lisa Howlett (#8529)
 Marci Holland (#8530)
 Sheri Colaluca (#8531)
 Cindy Lane (#8532)

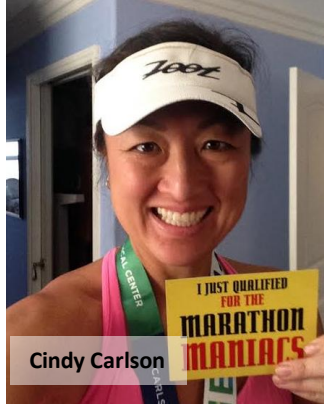
Rachel Fouladi (#8533)
 Michaela Koessler (#8534)
 Lee Ann Marchionna (#8535)
 Sharon De Sousa (#8536)
 Kristen De Sousa (#8537)
 Deb Dzurinko (#8538)
 Debra Zolan (#8539)
 Missy Ezel (#8540)
 Han Choo (#8541)
 Rich Minns (#8542)
 Diana Cohen (#8543)
 Rainer Lichtsinn (#8544)
 Bill Murray (#8545)
 Angie Mills (#8546)
 Kevin Mills (#8547)
 Shelia Johnson (#8548)
 Derek Eicholz (#8549)
 Karen Westerby (#8550)
 Greg Emery (#8551)
 Laura Bailey 2 (#8552)
 Megan Sullivan (#8553)
 Leanne Lusk (#8554)
 Alexandra Yarde (#8555)
 Cindy Carlson (#8556)
 Chuck Chittick (#8557)
 Jessica Scaffidi (#8558)
 J-man Lum (#8559)
 Charles Cangialosi (#8560)
 Keisha Dorsey (#8561)
 Mark Sikkila (#8562)
 Loan OBrien (#8563)
 Veronica Joyner (#8564)
 Evan Allie (#8565)
 Daniel Widdis (#8566)
 Kevin Doolin (#8567)
 Kristin Costelow (#8568)
 Marinus Waterberg (#8569)
 Jason Marques (#8570)
 Russell Teal (#8571)
 Roy Glass (#8572)
 Donielle Charles (#8573)
 Cassie (#8574)
 Phil Zolan (#8575)
 Danelle Del Rosario (#8576)
 Melanie Hynes (#8577)
 Gina Hadala (#8578)
 Robert Robertson (#8579)
 Jamila "Jammy Jam" Williams (#8580)
 Angela Sikkila (#8581)
 Haley Butler (#8582)
 Nicole White (#8583)
 Sheri Nicholls (#8584)
 Derick Anhalt (#8585)
 Dan Bucci (#8586)
 Jeremy Howes (#8587)
 Jim McConnell (#8588)
 Raghu Vikram (#8589)
 Jason Re (#8590)
 Jenn Garnand (#8591)

Barbara Neel (#8592)
 Chenda Long (#8593)
 Lauren Farkash (#8594)
 Dan Fabela (#8595)
 James Alexander (#8596)
 Maria Cacho (#8597)
 Sharon Linden (#8598)
 Christie Ruesink (#8599)
 Sam Blackard (#8600)
 Mary Jo Brinkman (#8601)
 Lorna Armstrong (#8602)
 Kenneth Utzinger (#8603)
 Andrew Cox (#8604)
 John Trahan (#8605)
 Eric Gomes (#8606)
 Natasha Packard (#8607)
 Patricia Vanderwest (#8608)
 Maritza Archila (#8609)
 Carol Corbin (#8610)
 Luis Capistran (#8611)
 Craig Turner (#8612)
 Jaqueline Widdis (#8613)
 Jessica Pittman (#8614)
 Sunny Yu (#8615)
 Lisa Petrarca (#8616)
 Tek Ung (#8617)
 Keith White (#8618)
 Susan Inderbitzin (#8619)
 Joel Neely (#8620)
 Mike Bell (#8621)
 Christy Wells (#8622)
 Trang Dawson (#8623)
 Michele Brown (#8624)
 Carrie Wilkinson (#8625)
 Kenneth Imler (#8626)
 Tammy Dawson (#8627)
 Jamison Jossis (#8628)
 Carl Bahr (#8629)
 Rebecca Henderson (#8630)
 MaryJean Kancel (#8631)
 Aaron Thomas (#8632)
 SunMi Carr (#8633)
 Johnathan Miller (#8634)
 Charles Kalmar (#8635)
 David Dunkowski (#8636)
 Chris Blumenthal (#8637)
 Anthony Robinson (#8638)
 John Senger (#8639)
 Maia "The Bird" Detmer (#8640)
 Rick Rikard (#8641)
 Marie Hebert (#8642)
 Molly Fleming (#8643)
 Shirley Grimm (#8644)
 Craig Anderson 2 (#8645)
 Shauna Anderson (#8646)
 Michele Norman (#8647)

NEW MANIACS



Debbie Paulding



Cindy Carlson



Megan Sullivan



Ralph Suarez



Marinus Waterberg



Jason Marques



Joel Neely



Michelle Corey



Tony Keshtjella



Kenneth Imler



Jennifer Fletcher



Sara Guldi



Keli Mullins



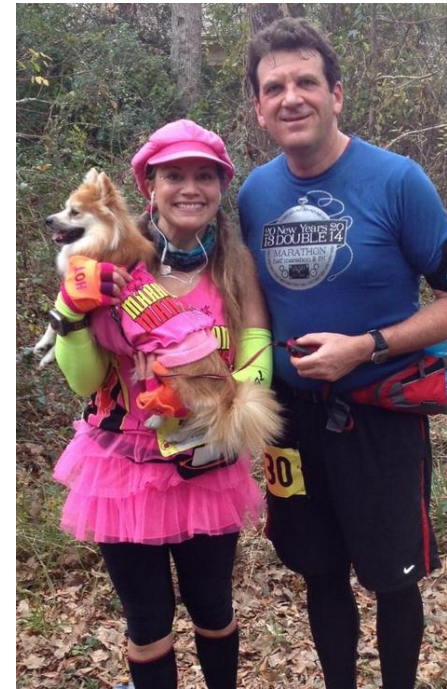
Chuck Chittick



Sheri Gewelke



Jeff Weber



Cathy Fowler and Vickey Baker with Steve Walters

FROM THE EDITOR...

2013 was a very eventful year. So far 2014 has been a busy month. We started the year off with the 2014 reunion in Louisiana. Maniacs Julia and Shane got married while completing their 50th state and we saw a record number of new Maniacs join the club.

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.runningskirts.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.

- Lower Potomac River Marathon (MD) 3/9/14: www.cbrcmd.org
- Tobacco Road Marathon (NC) 3/16/14: <http://tobaccoroadmarathon.com>
- ** Wrightsville Beach Marathon (NC) 3/16/14: www.wrightsvillebeachmarathon.com
- Tomoka Marathon (FL) 3/29/14: www.tomokamarathon.com
- Hogeve Marathon (AR) 3/30/14: www.hogeyemarathon.com
- Knoxville Marathon (TN) 3/30/14: www.knoxvillemarathon.com
- Irving Marathon (TX) 4/5/14: www.irvingmarathon.com
- Carmel Marathon (IN) 4/12/14: www.carmelmarathon.com
- Downtown River Run Marathon (NV) 4/13/14: www.downtownriverrun.com
- Riverboat Series (KY, TN, AR, MS, LA) 4/12-16/2013: <http://mainlymarathons.com/home/riverboat>
- Blue Ridge Marathon (VA) 4/26/14: <http://blueridgemarathon.com>
- Oz Marathon (KS) 4/26/14: www.olate.org/sports/Marathon
- Wisconsin Marathon 5/3/14: www.wisconsinmarathon.com
- **Cox Providence Marathon (RI) www.rhoderaces.com/marathon/index.html
- Tacoma City Marathon 5/4/14: www.tacomacitymarathon.com
- Fargo Marathon (ND) 5/10/14: www.fargomarathon.com
- **Pend Oreille Mother's Day Marathon (ID) 5/10/14: <http://newportwashingtonmarathon.com>
- Delaware Marathon 5/11/14: <http://delawaremarathon.org>
- The New England Challenge (ME, NH, RI, CT, MA) 5/12-16/2014: www.newenglandchallenge.org
- Shires of Vermont Marathon 5/18/14: <http://shiresofvermontmarathon.com>
- Vermont City Marathon 5/25/14: www.vermontcitymarathon.org
- **Wyoming Marathon 5/25/14: www.angelfire.com/wy2/marathon
- **Casper Marathon (WY) 6/1/14: www.runwyoming.com
- **Deadwood Mickelson Trail Marathon (SD) 6/1/14: www.deadwoodmickelsontrailmarathon.com
- Windermere Marathon (WA) 6/1/14: <http://windermeremarathon.com>
- Heartland Series (MI, IN, IL, IA, WI) 6/4-8/2014: <http://mainlymarathons.com/heartland>
- Utah Valley Marathon (UT) 6/14/14: www.utahvalleymarathon.com
- Foot Traffic Flat Marathon (OR) 7/4/14: www.foottraffic.us/flat
- Mad Marathon (VT) 7/6/14: www.madmarathon.com
- Blue Blazes Ultra (OH) 7/10-13/2104: www.blueblazesultra.com
- Eugene Marathon (OR) 7/27/14: <http://eugenemarathon.com>
- San Francisco Marathon 7/27/14: www.thesfmarathon.com
- Moose's Tooth Marathon (AK) 8/17/14: www.bigwildliferuns.org
- **Lookout Tower Trail Climb 50K (ID) 9/3/14: www.databarevents.com/lookouttowertrailclimb
- Boring Marathon (OR) 9/14/14: <http://boringmarathon.com>
- **Capital City River Run Marathon (MI) 9/21/14: www.ccriverrun.com
- **Priest Lake 50k/26.2 (ID) 9/27/14: www.databarevents.com/priestlakemarathon
- **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>
- **Newport Marathon (RI) 10/12/14: <http://uhcmarathon.com>
- **Kansas City Marathon (MO) 10/18/14: <http://waddellandreedkansascitymarathon.org>

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: Most of Prez's friends are abnormally fine runners, either fast, or with giddy-levels of endurance, or both, but Prez realizes that not his entire constituency is thusly gifted. And so, trying to stay in touch with all of his members, he needed to find someone from a few places further back in the pack than most of the smiling faces you just saw in the newsletter pictures. He picked me. Oddly, I think that's cool, but then again, I played ice hockey as a kid and hit my head on the ice a few times. Anyway, I write here for any who share my level of inability. This is Our time, because Lord knows, those other Maniacs don't understand the half of it.)

Hiya Prez,

You getting older, Prez? I'm getting older. But I'm not telling anyone. I'm not even telling me. Especially not telling my legs. You know why Prez? Because I want to run a lot more marathons this year, and if I tell them and listen to their reaction, well, they put up a fuss, and sure know how to holler! Especially the morning after a long run. Hoo boy. So I can't tell them.

Actually got through the last ten years by fooling them Prez. I'd say, "Hey, we're just going out for 4 miles", and then I'd do 7 miles. "HA HA!" I'd think, I tricked them again! But well, no, the next day they'd burn their revenge. Sometimes for days; sometimes, weeks.

So I got to thinking, and given the way I run, I've got the time...

There is a much bigger difference between marathons and shorter runs than is advertised, even in here. Especially in here. The difference deserves a whole lot more respect, even from me, which in turn might help my legs.

See, we've run 5ks, 10ks, and 15ks, and assorted other distances fine, and that length called "half-marathons". And then we toss around marathon stories like they are all the same sort of story.

No they're not.

Our sport has itself one particular misnomer (= not a very accurate name), which contributes to the problem: that "half-marathon" phrase.

Sure, 13.1 numerically is one-half of 26.2. But when you are digging a 26-foot trench on a hot day, or laying brick for a 26-foot wall, or climbing a 2,600-foot mountain, you're not quite as fresh-as-a-daisy when you get to the 13.2nd spot as you were when you started the day. Getting after that second 13.1 isn't quite the same thing as enjoying the first 13.1, you see what I mean? All sorts of body parts, ligaments, muscles, even micro-biological cellular organisms are plum tired, or at least tireder, begging for mercy, sending the brain memos labeled "Re: Alternative Destination Vacation Ideas."

Running the second 13.1 just isn't running "another half", like, say, having a second piece of chocolate cake. That CAN be as good as the first piece. I have done the research on both ideas. Not the same.

Observation: the balance between the real "halves" happens at about mile 20 because, well, there's that last 6.

At 20, my typical thought is "whew, that was fun, and it's been about just right, very nice, pleasant day, quite so." Then I think, "a nice hamburger and a Coke, and after, go for a nice walk."

But then I see people in tight clothes still running ahead of me. Glazed mind and all, I know what's coming: a whole new day, a whole new challenge, a whole stinkin' new movie, called "6". (I don't care then about the peanuts .2 then. Six looms as the world.) During the first 20 miles, I at least look like I'm jogging. But after 20? There are no English words to describe this. The closest ones fit better in National Geographic specials about weird beasts.

When people on the sidelines shout, "You're looking good!" I recall in Seminary we were taught to have the courage and humility to face the truth. These phrases are "Lies". "You're looking good." Sure. I walked over to one such cheerful spectator at one hot mile 23, sort of smiled, and said, "Ma'am, the only thing looking good around here right now... is that lawn chair, and you're sitting in it."

Besides Prez, if I was looking good, they wouldn't be saying it. They'd be taking my picture. That hasn't happened, except that one time when you thought, "hey, this would be a funny picture."

But it IS the last six miles of the glorious Marathon that keeps me coming back. Someday, some wonderful day, I want to enter a marathon, run strong and steady for 20 miles, and then... keep right on running through those last 6 miles, and not hear in my head that Australian narrator's voice attempting to describe the conflagration unfolding in front of him. This is the compelling challenge of the marathon, the grit and grizzle, the moment of disappointment and disaster, or of destiny, determination, and triumph, to finish those mesmerizing last 6 strong.

That's my goal, Mr. Yee: someday, at miles 20-26, I'm going to be "looking good."

(I know. Funniest letter I ever wrote to you. ...Now Steve, that's just not nice.)



Luvya,
Rev
dgkienz@yahoo.com