



MARATHON MANIACS

JULY 2013 NEWSLETTER

★ ★ ★ ★ ★ Volume 10, Number 7 ★ ★ ★ ★ ★

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

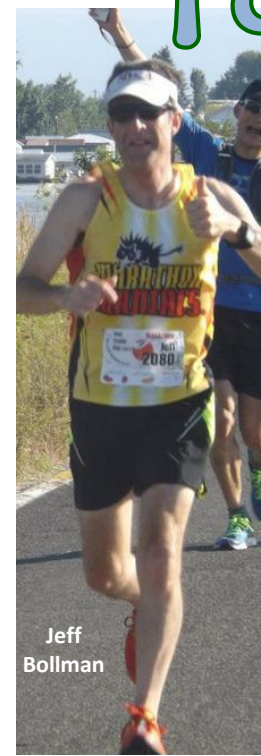
NEWSLETTER CONTENTS

- Foot Traffic Flay Marathon 2-4
- Half Fanatics 4
- Summerlake Loopy Marathon 5-6
- Freedom Marathon 7-8
- Social Networking 8
- Stars and Stripes Marathon 9-10
- Firecracker Quadzilla 11
- 10 years: Half Fanatics 12-13
- Mad Marathon 14-15
- Maniac Poll 15
- Missoula Marathon 16-18
- Maniac Book 18
- Great Cranberry Island Ultra 19-20
- Report from the InSane AlyLum 20
- Promotions 21
- Calendar 22
- New Maniacs 23
- Note from the Editor 24
- Discounts 25
- Rhetorical Revelations from "The Rev" 26

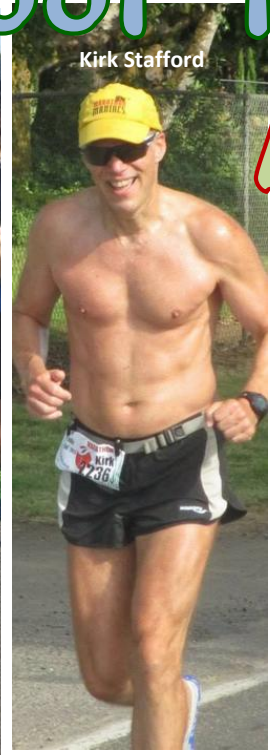




Foot Traffic Flat Marathon



Jeff
Bollman



Kirk Stafford



Daniel
Ek



My-Angela
Buescher



Michelle
Walker



Beth
Knox





Julia and Shane



Pete Nicholson



Tom Craven



Randen Richards



Honey Badgers Katherine and Brianna

Foot Traffic Flat Marathon (7/4): Barbara Alston, Margaret Barrett, Tomer Benyair, Rikki "Bobbie" Bogue, Jeff "Boneman" Bollman, My-Angela Buescher, Cormac Burke, Michael "Tank" Caldwell, Lynne "Harper" Caulkins, Sue Colgan-Borrer, Tom "Drag-on" Craven, LizNoel Duncan, Technicolor Daniel, Eric Eller, Ken Fattmann, Will "CAK7" Flint, Rick Franks, Marc Frommer, Shane Garling, Mr. Pat, Bob Hearn, David Holmen, Angie Huggins, Claude Kansaku, Dean Kayler, Julia Khvasechko, Joan Kim, Beth Knox, Jessica "Durti" Kurti, Megan Lacey, Michael "Endorphin Nephew" Lam, Rose Logan-Surgeon, Tamara MacLaren, Letty Marino, Pete Nicholson, Jim O'Donnell, Brianna Oke, Kat, Monte Pascual, Jessica Placek, Kendel Prescott, Pascal Radley, Kathy Rafish, Megan Reuther, Randen Richards, har, Mark Ruter, Eva Sanmartini, Kirk Stafford, Tom Stanfill, Angelika Steinberg, Michelle "Mom o' 6" Walker, Becci Walking, Ruth "Wildcat" Walsh, Janet Willard, IronMel, Jeff Yamada



Jessica Placek



Tom Stanfill



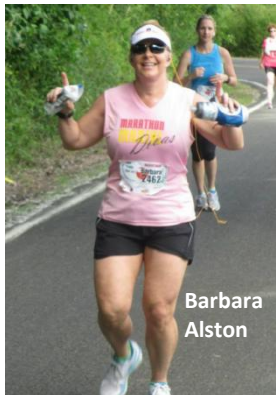
Patrick Grengs



Julia, Pascal and Michael



Kathleen Rafish



Barbara Alston



Hi Katherine!



Dean Kaylor



Howard Fan



Rikki Bogue



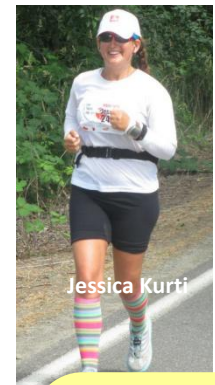
Jay and Joan



Marc Frommer



Jon Dotson



Jessica Kurti



Melissa Williams



Stephanie Duncan



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

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

www.halffanatics.com



Half Fanatics at the Firecracker Quadzilli



Summerlake Loopy Marathon



Jim Oliver



Christine Olson



Ila Brandli



Elaine Green



Katherine Murphy



Ron Frederick





Tom Craven



Cyndie Merten

Summerlake Loopy Marathon (7/5): Jeff "Boneman" Bollman, Ila Brandli, Michael "Tank" Caldwell, Mary Coffelt, Tom "Drag-on" Craven, Ken Fattmann, Will 'CAK7' Flint, Ron Frederick, Shane Garling, Eric "& Carlos PartyMonkey" Glass, Elaine Green, Mr. Pat, Bob Hearn, David Holmen, Dean Kayler, Julia Khvasechko, Joan Kim, Megan Lacey, Michael "Endorphin Nephew" Lam, Rose Logan-Surgeon, Tamara MacLaren, Brianna Oke, Kat, Pascal Radley, Kathy Rafish, har, Tom Stanfill, Angelika Steinberg



Megan Lacey



Michael Lam



Stephanie Duncan



Patrick Grengs



Dean Kayler



Jeff Bollman



Julie Canady



Michael Lecompte



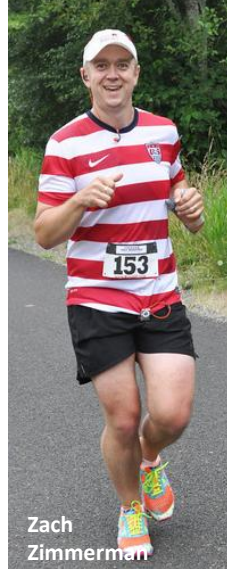
FREEDOM MARATHON



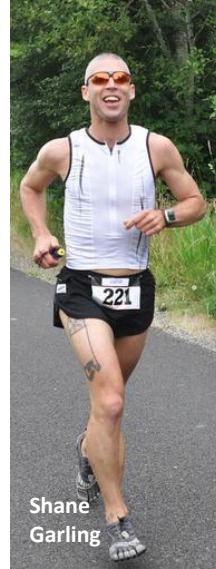
Pascal Radley



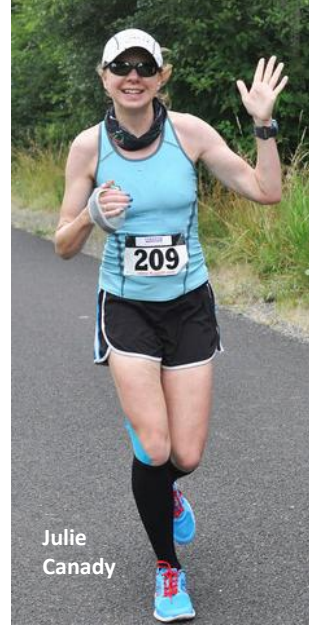
Ginny Turner



Zach Zimmerman



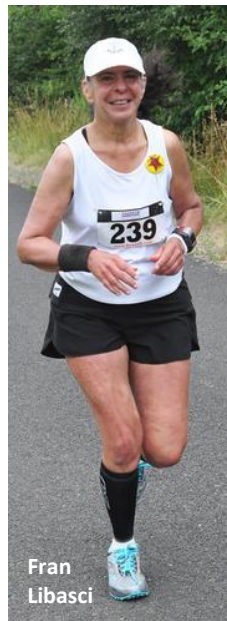
Shane Garling



Julie Canady



Jay, Jim and Joan



Fran Libasci



Tom Brand



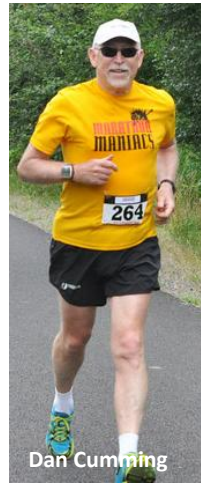
Stephanie Duncan



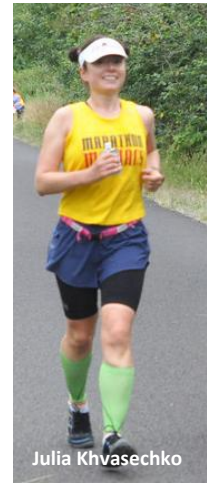
Ken Fattmann



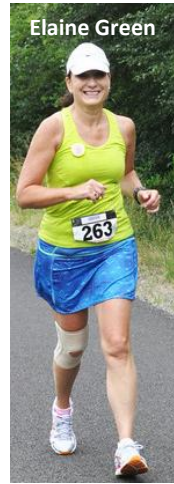
Jill Hudson



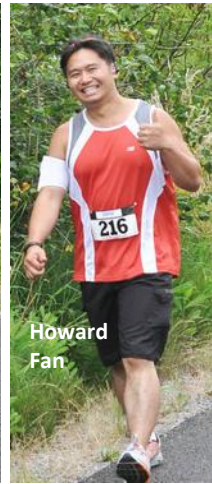
Dan Cumming



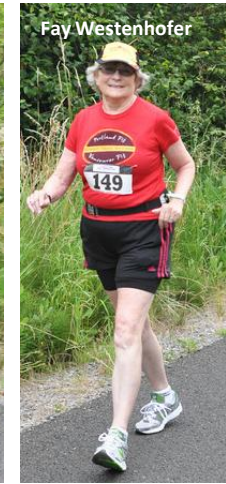
Julia Khvasechko



Elaine Green



Howard Fan



Fay Westenhofer



Henry Rueden

Freedom Marathon (7/6): Jeff "Boneman" Bollman, Ila Brandli, Michael "Tank" Caldwell, Mary Coffelt, Tom "Drag-on" Craven, Dan Cumming, Ken Fattmann, Will 'CAK7' Flint, Ron Frederick, Shane Garling, Elaine Green, Mr. Pat, Bob Hearn, David Holmen, Jill Hudson, Dean Kayler, Julia Khvasechko, Megan Lacey, Rose Logan-Surgeon, Tamara MacLaren, Brianna Oke, Kat, Pascal Radley, Joe Reilly, har, Tom Stanfill, Angelika Steinberg



Jeff Bollman



David Holmen



Ron Frederick



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>



Stars & Stripes Marathon



Jeff Bollman



Rose Logan Surgeon



Jodi Cullen



Katherine Murphy



Jill Hudson



Peter Corduan



Maria Poranski



Tom Hallee



Katherine and Julia



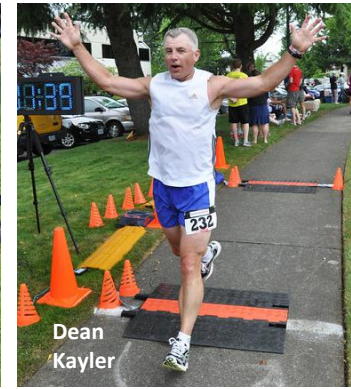
Jim Oliver



Jon Dotson



Ron Frederick



Dean Kayler



Patrick Grengs



Cyndie Merten



Stars and Stripes Marathon (7/7): Jeff "Boneman" Bollman, Ila Brandli, Michael "Tank" Caldwell, Mary Coffelt, Tom "Drag-on" Craven, Ken Fattmann, Will "CAK7" Flint, Ron Frederick, Shane Garling, Eric "& Carlos PartyMonkey" Glass, Elaine Green, Mr. Pat, Bob Hearn, David Holmen, Jill Hudson, Peter Hulbert, Dean Kayler, Julia Khvasechko, Megan Lacey, Laurie Lindstrom, Rose Logan-Surgeon, Tamara MacLaren, Brianna Oke, Kat, Maria "Tiara Chick" Poranski, Pascal Radley, har, Tom Stanfill, Angelika Steinberg



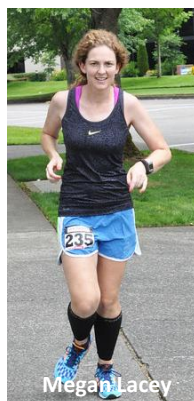
Pascal Radley



Zach Zimmerman



Joan finishes the Quadzilla on her birthday!



Megan Lacey



Howard Fan



Henry and Jim



Shane Garling and Julia Khvasechko



Rose Logan-Surgeon

Firecracker Quadzilla AND Quadzuki PORTLAND OREGON July 4-7 2013



Ila Brandli



Katherine Murphy



Julie Canady

Over 4th of July weekend, dozens of Maniacs came to Portland Oregon and ran four marathons in four days. Each race featured a different area of the Portland metropolitan area. It started at Sauvie Island in Portland with the **Foot Traffic Flat Marathon** on the 4th of July. Then runners ran the **Summerlake Loopy Marathon** in Tigard. The third day took runners to Gresham to run along the beautiful Springwater Trail in the **Freedom Marathon**. Finally runners finished off by running the **Stars and Stripes Marathon** in Beaverton along the Fanno Creek Trail.



Jim Oliver



Bob Frost



Patrick Grengs



Tom Craven



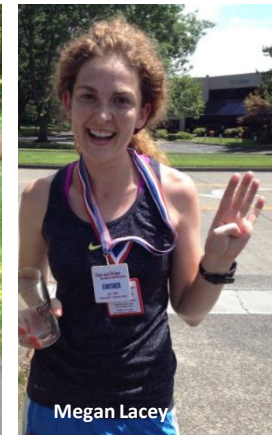
Tom Brand



Pascal Radley



David Holman



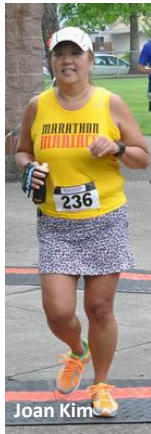
Megan Lacey



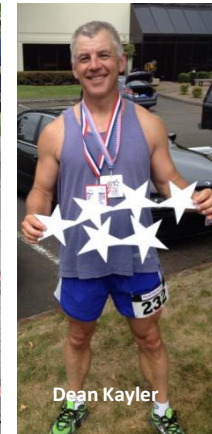
Fran Libasci



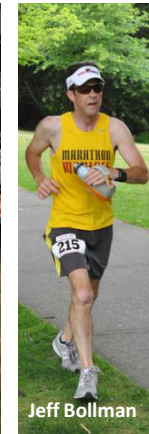
Ken Fattmann



Joan Kim



Dean Kayler



Jeff Bollman



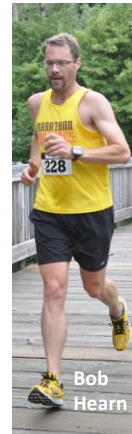
Cyndie Merten



Henry Rueden



Christine Rockey



Bob Hearn

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013



Kevin Gonzalez and Louie Soriano

HALF FANATICS

In 2009, the Main Maniacs came up with the idea of creating a club (much like the Maniacs) for those that prefer half marathons. On July 4, 2009 the Half Fanatics were born.

Instead of stars, Fanatics earn moons working their way to the "Sun".



Mohan Dutt



"Rhode Hazard"
Andrea Herrmann



Calix Fattmann



Maureen Bowen



Elizabeth Gmerek



Gerda Kalb

In the first four years of the Half Fanatics, the club has 4,693 members. There are Fanatics in 14 countries and all 50 states.

Only 31 Fanatics have reached the top level (10 moons) and while the majority (55%) have one moon, 17.4% have four moons.



Fanatic Newsletter Editor, Suzanne Potts

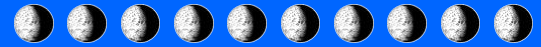


2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013



HALF FANATICS CRITERIA:

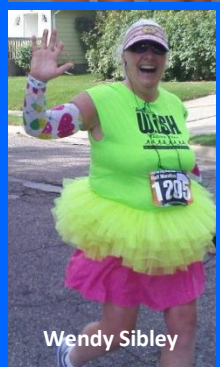
- 10 SUN**
52 half marathons or more in 365 days
30 half marathons in 30 States/Provinces/Countries
20 half marathons in 20 countries within 365 days
- 9 VULCAN**
Unattainable
- 8 MERCURY**
45-51 half marathons or more in 365 days
23 half marathons in 23 States/Provinces/Countries
28 half marathons within 183 days
- 7 VENUS**
38-44 half marathons or more in 365 days
20 half marathons in 20 States/Provinces/Countries
13 half marathons within 79 days
- 6 EARTH**
4 half marathons in 4 days
31-37 half marathons or more in 365 days
16 half marathons in 16 States/Provinces/Countries
6 half marathons within 16 days
- 5 MARS**
3 half marathons in 3 days
26-30 half marathons or more in 365 days
13 half marathons in 13 States/Provinces/Countries
3 half marathons in 3 States/Provinces/Countries in 10 days
4 half marathons within 9 days
- 4 JUPITER**
19-25 half marathons or more in 365 days
9 half marathons in 9 States/Provinces/Countries
4 half marathons within 23 days
2 half marathons in 2 days (48 hours)
- 3 SATURN**
12-18 half marathons or more in 365 days
4 half marathons in 4 States/Provinces/Countries
4 half marathons within 37 days
- 2 URANUS**
8-11 half marathons or more in 365 days
3 half marathons within 16 days
6 half marathons in 6 consecutive calendar months
- 1 NEPTUNE**
2 half marathons in 16 days
3 half marathons in 90 days



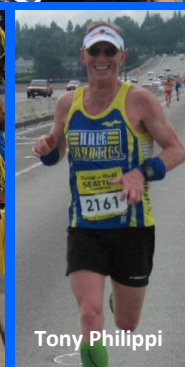
Robin Canell



Keith Collingwood



Wendy Sibley



Tony Philippi

Double Agents

A double agent is someone who is a member of both the Marathon Maniacs and the Half Fanatics. Earlier in 2013, Brian Pendleton "the Programmer" ran query and found that there were over 900 double agents. Since then I'm sure the number is over 1,000!

Five Double Agents have reached the highest level in both clubs. They are: Chester Kalb, Tamara Mackey, Steve Walters, Tony Nguyen and Diana Robinson.

Titanium Sun Double Agents! (10 stars and 10 moons)



Chester Kalb



Tamara Mackey



Steve Walters



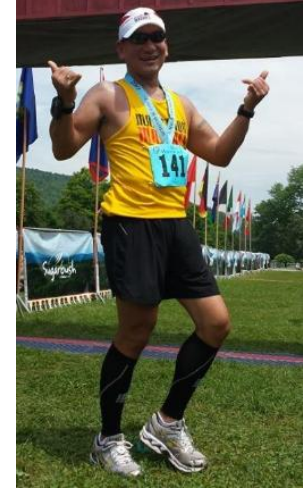
Tony Nguyen



Diana Robinson



MAD MARATHON



Nilda Sergio Birch

Vincent Ma

Marina White

Mark Parrotte



Eddie Vega

Edward Broadnax



Mad Marathon (7/7): Paul "Bronx Boy" Arroyo, Jan Atchison, Suzanne Bansley, Nilda Birch, Sally "me and my dad" Boles, Edward Broadnax, Norma Charest, Jason Couture, Amie Durden, Benji Durden, Rachel Edney, Natalie Jo, Bob Gahol, Flower Lady Carol Goslin, Bill Gross, Suzanne Gruending, Maggie "Maggatron" Guterl, Dan Hausser, Lien James, Dave Jones, Duane Kroeger, Allie Lassoe, Karl Leitz, Shannon Lorbiecki, Vincent Ma, Brian Mann, Ethan Matyas, Laura Milak, William Milak, Kevin Moore, Joanne Moss, Mark Parrotte, Speedy Sue Parrotte, Jody "wooden shoes" Reed, Sherry Ricker, Bob Schluben, Laura Schneider, Sophia Shi, Michael Sortito, Helen Soto, Scott "Running to Honor a Hero" Sunday, Eddie "Barefoot Bandito" Vega, Jacqueline Wilkins, Carole Williams, Tom "Tater" Williams



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.

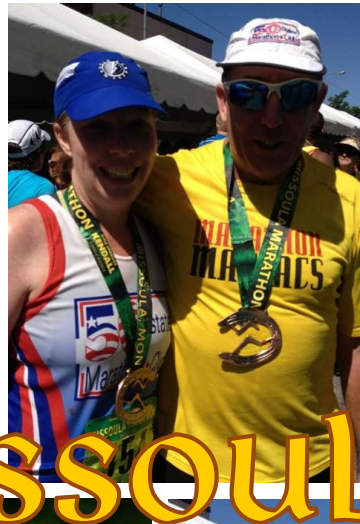
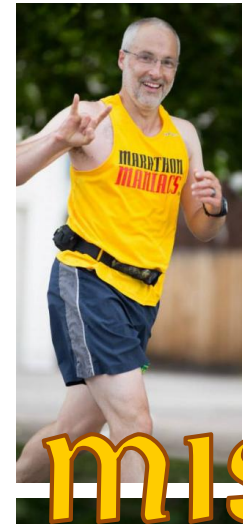
This month's question: **Have you ever run a trail marathon?**

Please vote online between now and Sep 9: <http://tinyurl.com/MMPollAugust2013>

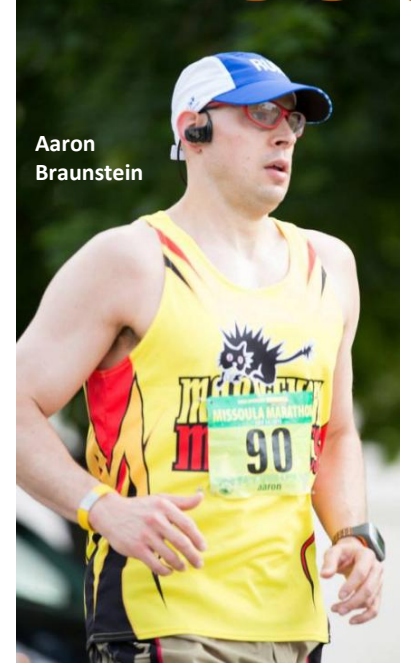


Last month's question: **Do you get nervous before a marathon**

Most Maniacs get a littler nervus before marathons (57.5%).
Thanks for voting!



missoula marathon



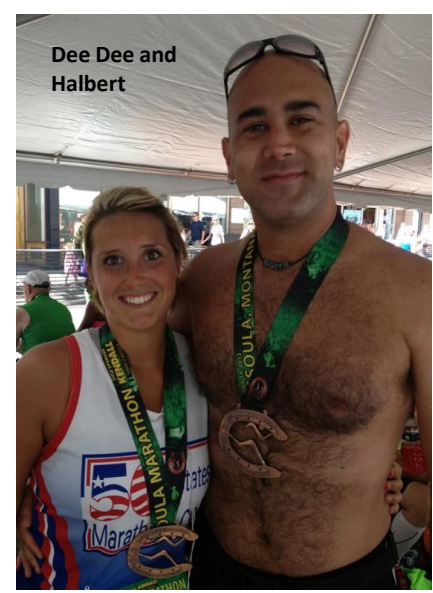
Aaron Braunstein



Edward Broadnax, Elaine Green and Carol Earles



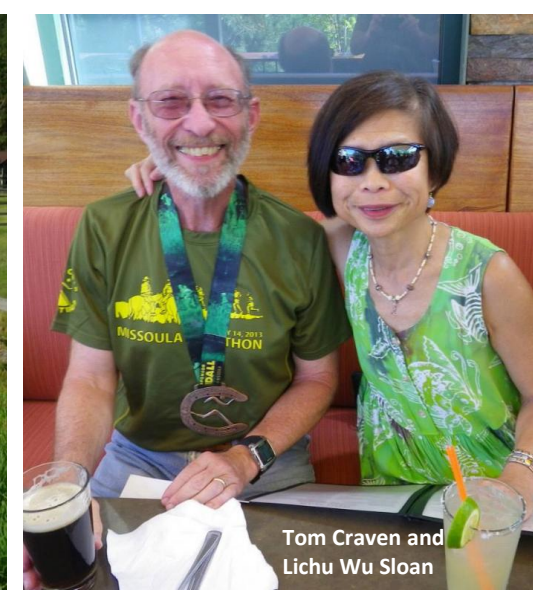
Angie Whitworth Pace



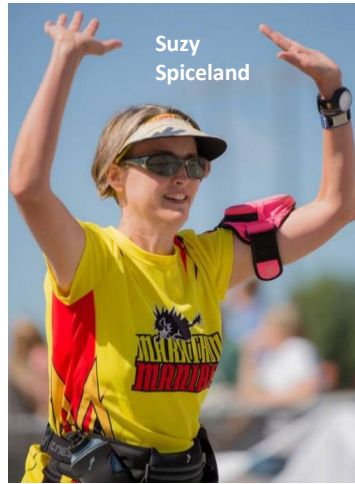
Dee Dee and Halbert



Abbi Florence



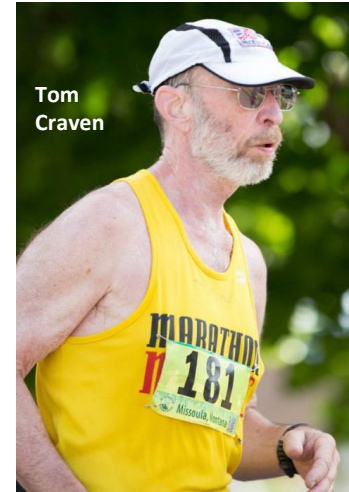
Tom Craven and Lichu Wu Sloan



Suzy Spiceland



Murray Honick

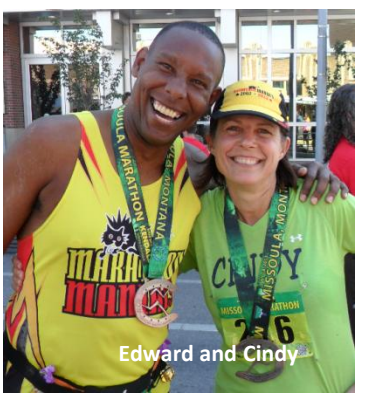


Tom Craven

Missoula Marathon (7/14): Kristin Allen, Andrea Amend, Karen Andersen, Craig Anderson, Stacy "Struggle" Anderson, Dave Bell, Todd Bellamy, Kristen Bieling, Jeff "Boneman" Bollman, Chris Boundy, Aaron Braunstein, Edward Broadnax, Anne Broussard, Paul Edward Brown, John Burke, Kara Campbell, John Carboni, Jacob Case, Emily Casola, Teal Clark, Stephanie Cowen, Tom "Drag-on" Craven, Michelle Day, Lynn Delgado, Cindy DeSirant, Aprelle Deuell, Doug Dominey, Carol "Ponytail" Earles, DeeDee "Double Dee" Earles, Natalie Jo, Technicolor Daniel, Steph Eldore, Kate Engster, Michael Fitzgerald, Abbi-Normal, Edward Ganley, Linda Garbo, Galen Garrison, Reed Glesne, Susan Glesne, Marcia Godwin, Kathleen Gorman, Kim Gray, "MM Diva #5", Elaine Green, Sarah Greene, Tim Gundek, Tom Halverson, Chuck Harvey, Kerri Haskins, Mike Herrin, Ted Hobart, Barb Hoffman, Marie Hoffman, Murray "Birder" Honick, Sherri Hotzler, Nicole Howe, Kelly Hudick, Mike Huvaere, Cary Inderbitzin, Lori Jensen, Bob "Birdman" Kennedy, James Klarich, Gary Kobold, Gordon Kratz, Jessica "Durti" Kurti, John Lafayette, Laurie Lindstrom, Charli Long, Laird Malamed, Suzanne Marchesano, Denis McCarthy, Robert McElroy, Adriana Mckenzie, Michele Miller, Maureen "Machine" Miner, Tom Minichiello, Alison Mosqueda, Nemo, Kat, Sarah Parrish, Mark Parrotte, Speedy Sue Parrotte, Mark Pitts, Cheri Pompeo, Terri Rashid, Joe Reilly, Bob Schluben, Vicki Schumacher, McGyver, Lori Sherwood, Amy Shields, Ryan "Rye" Snyder, Gary Sparr, Suzy Spiceland, Chad Spilman, John Stamler, Chuck Struckness, Gunhild Swanson, Shana "Rustynail" Tolean, Annette Tomal, Ginny Turner, Joni "why rush?" Van Arsdale, Michael Wakabayashi, Gregg Walchli, Halbert, Larry Wasson, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Nancy Wentink, Kat White, Marsha "BookladyWalker" White, Angie Whitworth Pace, Julie Williamson, Lichu Wu Sloan, Mark Zaremba



Jacob Case



Edward and Cindy



Susana Reyes



Elaine and Carol



Reed and Susan Glesne



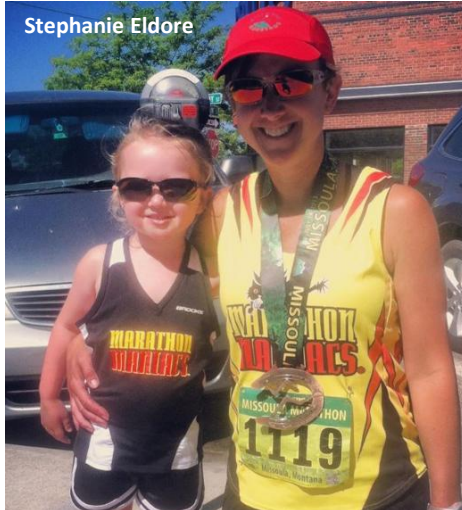
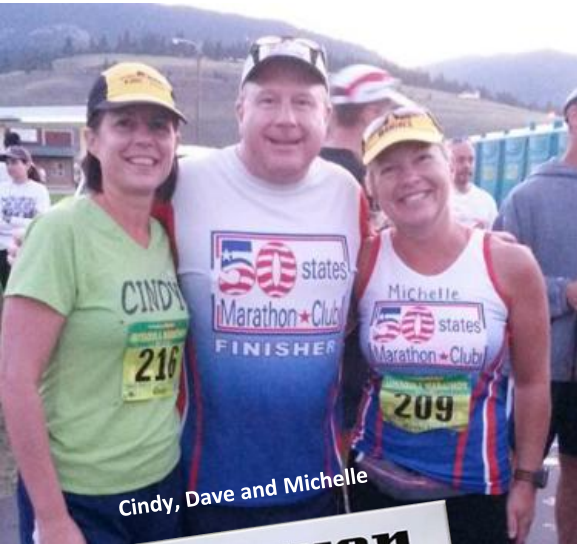
Jim Scheer

Charli Long

"Expo Guy" Ray Shaw

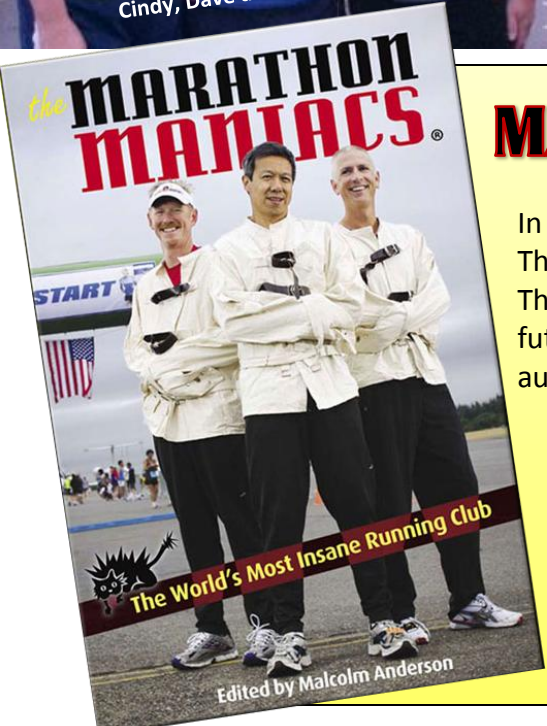
Mark Parrotte

Kate English and Galen Garrison



Cindy, Dave and Michelle

Stephanie Eldore



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>



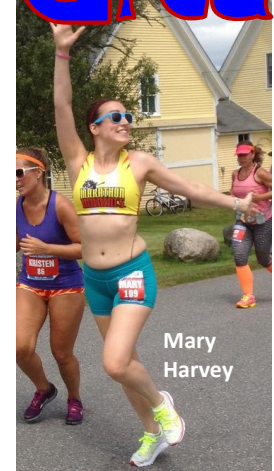
Wayne Sherman



Liznoel Duncan



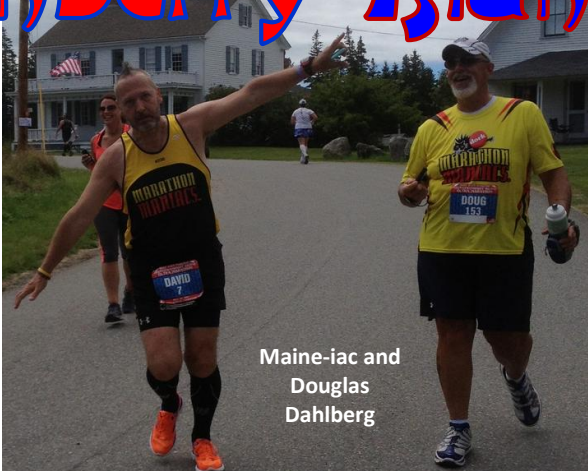
Great Cranberry Island Ultra



Mary Harvey



John Hord



Maine-iac and Douglas Dahlberg



Jackie Gulino and Allison Levy



Dave Mari



Bob Kennedy



Jim Roche



Julia Khvasechko

Great Cranberry Island 50k Ultramarathon (7/27): Ali A Diva #4, Karen Andersen, Mike Brooks, Sky Canaves, Lisa Cao, Bert D'Amico, Christina D'Amico, Douglas (Run the Earth) Dahlberg, Alexis Racewalker Davidson, Jungle Juli "MM Diva #2 ", "MAINE-iac", Jackie Gulino, Mary Harvey, Danielle "T-Rex Runner" Hastings, Jennifer Hinton, Chris Hill, Lecia Holley, John Hord, Kathy Kass, Bob "Birdman" Kennedy, Julia Khvasechko, Hideki "Kino" Kinoshita, Michael LeCompte, Allie Levy, Roxana Lewis, Sheila Lewis, Julius, Ethan Matyas, James Moloney Jr., Dave Nevitt, Nicholas L. Norfolk, Kristen Pedersen, Missy Peters, George Rehmet, Cade Remsburg, Jim "Dr. Evil" Roche, Jc "The Saint" Santa Teresa, Jessie Sentivan, Sophia Shi, Susan Snead, Joanne Sodano, Eddie "Barefoot Bandito" Vega, Ruth "Wildcat" Walsh, Jessica Willis



Michael Brokaw



Eddie Vega





Joanne Sodano



Douglas Dahlberg



Bert D'Amico



Nancy Goodnight



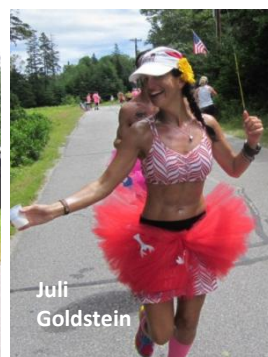
Danielle Hastings



JC Santa Teresa



Kino



Juli Goldstein



Sophia Shi

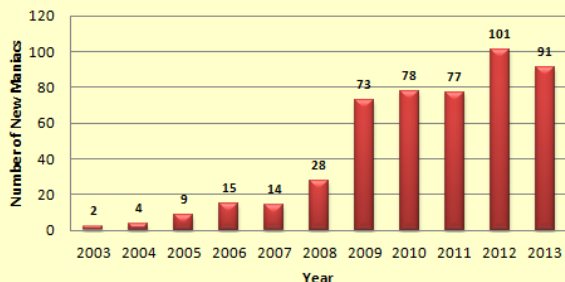
REPORT FROM THE INSANE ASYLUM

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

Monthly Growth

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Yearly
Averages	54.4	45.4	51.9	46.7	74.2	60.1	40.1	23.4	28.2	70.2	83.5	84.5	584.4
2012	154	95	126	132	160	147	101	56	71	174	194	182	1592
2013	212	95	170	138	212	133	91						1051

New Maniacs for July



New Maniacs in July 2013: 91
New Maniacs in 2013: 1051

Total Maniacs: 7479

State	MM	Pct%
Washington	974	13.0%
California	589	7.9%
Texas	460	6.2%
Illinois	271	3.6%
Florida	236	3.2%
New York	206	2.8%
Virginia	192	2.6%
Oklahoma	186	2.5%
Oregon	173	2.3%
Georgia	150	2.0%

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:** Lisa Hewitt, Douglas Dahlberg, Bob Schluben, Natalie Jo
- **Platinum (8 star) Maniac:** Murray Honick
- **Palladium (7 star) Maniac:** Laura Gorycki
- **Osmium (6 star) Maniac:** Dean Kayler, Laird Malamed, Katherine Murphy, Rose Logan-Surgeon, Megan Lacey, Jeff Bollman, Joan Kim, Jim Oliver, Shane Garling, Christine Rockey
- **Ruthenium (5 star) Maniac:** Gloria Hinton, Erika Van Flein, Christine Olson
- **Iridium (4 star) Maniac:** Michael Lam, Beth Knox, Eliot Ephraim, Kathryn Ivey , Brianna Oke, Simon Kwok
- **Gold (3 star) Maniac:** Kevin Croninger, Dave Jones, Jeffrey Hollington
- **Silver (2 star) Maniac:** Mabel Fong, Jane Lanford, Alex Kahng
- **100 Marathons:** Cindy DeSirant
- **300 Marathons:** Monte Pascual

New Titanium Maniacs!!

Lisa Hewitt

Douglas Dahlberg

Bob Schluben

Natalie Jo



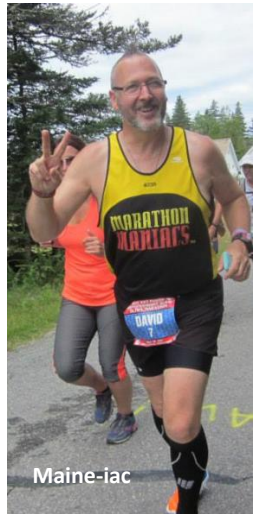
Amanda Runnion and Jen Luegers



Juergen Englerth and Scott Richardson



Traviss Willcox & David "Foxy" Bayley



Maine-iac



Chase the Goose Marathon in Regina, SK



Jon Mahoney

What's Coming Up In July/August

Marathon/Ultra Calendar between July 15-August 11

Saturday, August 17

Beast of Burden Summer 100m/50m (NY)
 Forest Park Trail Marathon (OR)
 Hamster Endurance Runs 24h/12h (WA)
 Helsinki City Marathon (FIN)
 Iron Legs 50m (AB)
 Leadville 100 (CO)
 Old Farts Marathon (MI)
 Park City Marathon (UT)
 Run with the Horses Marathon (WY)
 Run-de-Vous 100m/50m/50k (CA)
 Running with the Bears (CA)
 Skyline Mountain Marathon (UT)
 Sweltering Summer Six Hour (MA)
 TARC Summer Classic 50m/50k (MA)
 Ultra Trail Mt Rinjani (IDN)
 Waldo 100k (OR)

Sunday, August 18

Alice Springs 60k/26.2 (AUS)
 Big Wildlife Runs (AK)
 Calico ET Full Moon Midnight 51k/26.2 (NV)
 Chasing the Unicorn (PA)
 CTR Cinderella 50k/26.2 (CA)
 Drake Well Marathon (PA)
 ENDURrun International Marathon (ON)
 Ironman Mont-Tremblant (QC)
 Leading Ladies Marathon (SD)
 Overlander Sports Marathon (NT)
 Pikes Peak Marathon (CO)
 River Valley Marathon (WA)
 Steamboat Stinger Marathon (CO)
 Turkey Swamp 50k/26.2 (NJ)

Friday, August 23

Self-Transcendence Marathon (NY)

Saturday, August 24

Bulldog 50k (CA)
 Cascade Crest 100 (WA)
 Cove Island 8h/26.2 (CT)
 Green Lakes Endurance Runs 100k/50k (NY)
 Homestead 10x5k (SC)
 Last Chance for Beantown at Summerhouse (NC)
 Lean Horse 100m/50m/50k (SD)
 Mesa Falls Marathon (ID)
 Moose Mountain Trail Marathon (AB)
 North Country Run 50m/26.2 (MI)
 NWTR Summer Blast (WA)
 Parsippany 12h (NJ)
 Reykjavik Marathon (ISL)
 Sapper Joe Trail Race (UT)
 Silverton Alpine 50k/26.2 (CO)
 St Paul Urban Trail Marathon (MN)
 Tamalpa Headlands 50k (CA)
 Tejas Trails Capt'n Karls Reveille Ranch 60k (TX)
 Thames Meander Marathon (GBR)
 Wausau Marathon (WI)

Sunday, August 25

Bean There Ran That Yarmouth Marathon (NS)
 Bohol International Marathon (PHL)
 Borneo International Marathon (MYS)

Edmonton Marathon (AB)

Ironman Canada (BC)
 Ironman Louisville (KY)
 Maraton de la Ciudad de Mexico (MEX)
 Quebec City Marathon (QC)
 Run the Rock (BC)
 Santa Rosa Marathon (CA)

Friday, August 30

AA 50k (NM)
 Courmayeur Champex Chamonix (FRA)

Saturday, August 31

Badgerland Striders FX 24h/12h/6h (WI)
 Grand Teton 50m/50k/26.2 (WY)
 I Ran Triple Crown Challenge (3 day event) (TX)
 Iron Mountain 50m/30m (VA)
 Layton Syracuse Marathon (UT)
 Marquette Marathon (MI)
 Pocatello Marathon (ID)
 Rock Run 44m (MA)
 Tantalus Triple Trek (HI)
 Women Rock Minnesota Marathon (MN)

Sunday, September 1

Bromo Marathon (IDN)
 Da Nang International Marathon (VNM)
 Flatlanders 12h/6h (MO)
 Kauai Marathon (HI)
 La Chute du Diable (QC)
 Labor Pain 12h (PA)
 Logan View Raider Run (NE)
 Minocqua No Frills Marathon (WI)
 Mt Nittany Marathon (PA)
 River Jungle Marathon (MYS)
 Snake Bite 50m/50k (GA)
 Sunriver Marathon for a Cause (OR)
 Tupelo Marathon (MS)
 Walk in the Park 54k (BC)

Monday, September 2

American Discovery Trail Marathon (CO)
 Heart of America Marathon (MO)
 Sporty Divas Bad Azz Back 2 Back 50k/26.2 Day Two (WA)
 Turtle Marathon (NM)

Friday, September 6

Lost Soul 100m/100k (AB)
 Run Woodstock Hallucination 100m/100k (MI)
 Superior Fall Trail Race (MN)
 Wasatch Front 100 Mile Endurance Run (UT)

Saturday, September 7

American Heroes Run 24h (CO)
 Dingle Marathon (IRL)
 Do-Wacka-Do 50m/50k (OK)
 Elroy Apple Dumpling Day Big Apple Marathon (WI)
 Haliburton Forest 100m/50m/50k (ON)
 Kesugi Ridge Traverse 28m (AK)
 Lake Chelan Shore to Shore Marathon (WA)
 Lapham Peak Trail Marathon (WI)
 Lost Soul 50k (AB)
 Marathon du Medoc (FRA)

McKenzie River Trail Run (OR)

Mid Mountain Marathon (UT)
 Mt Nebo Marathon (UT)
 Odyssey Trail Running Rampage 40m/26.2 (VA)
 Run Woodstock 50m/50k/26.2 (MI)
 Salmon Marathon (ID)
 Superior Fall Trail Race 50m/26.2 (MN)
 Susquehanna Super Hike and Ultra Trail Run 28.4m (PA)
 Volcanic 50 (WA)

Sunday, September 8

American Heroes Run 9h11m/26.2 (CO)
 Bozeman Marathon (MT)
 Hall of Fame City Challenge (OH)
 Ironman Wisconsin (WI)
 Lehigh Valley Health Network Marathon for Via (PA)
 Maraton de las Flores Medellin (COL)
 Moscow Mountain Madness (ID)
 Queen City Marathon (SK)
 Sioux Falls Marathon (SD)
 Skagit Flats Marathon (WA)
 Ston Wall Marathon (HRV)
 Tor des Geants (ITA)
 Ventura Marathon Beach Party (CA)
 Victory Trail Marathon (CO)

Friday, September 13

Jungfrau Marathon Day One (CHE)
 Run Rabbit Run 100m (CO)

Saturday, September 14

Abebe Bikila Day International Peace Marathon (DC)
 Aravaipa Flagstaff 50m/50k (AZ)
 Bartlett Park Ultras 50m/40m/50k (TN)
 Big Cottonwood Marathon (UT)
 Calico Sympathy for the Devil 50m/26.2 (NV)
 Hagg Lake Hybrid Marathon (OR)
 Hawk 100m/50m/26.2 (KS)
 Jungfrau Marathon Day Two (CHE)
 Lydiard Legend Marathon (NZL)
 Maritime Race Weekend (NS)
 Mark Twain 100 (MO)
 Most Beautiful Thing 100k/50k (MYS)
 North Face Wisconsin 50m/50k/26.2 (WI)
 PCTR Headlands Hundred 100m/50m/26.2 (CA)
 Pine to Palm 100 (OR)
 Plain 100 (WA)
 Run Rabbit Run 50m (CO)
 Sundown Ultramarathon 100k (SGP)
 Wabash Trace Nature Trail Marathon (IA)
 Youngstown Ultra Trail Classic (OH)

Sunday, September 15

Andy Payne Marathon (OK)
 CTR Diablo 50k/26.2 (CA)
 Erie Marathon at Presque Isle (PA)
 Montana Marathon (MT)
 Rock Cut Hobo Run (IL)
 Tunnel Lite (WA)
 Two Bear Marathon (MT)
 Vilnius Marathon (LTU)

New Maniacs in July 2013

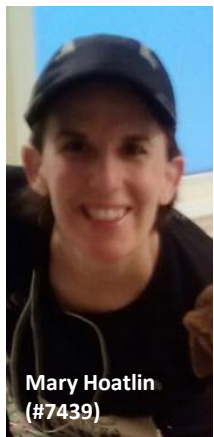


Walter Kwan (#7389)
 James Whipple (#7390)
 Ginna Podge (#7391)
 Melissa Graham (#7392)
 Wendy Beck (#7393)
 Mitch Thormodson (#7394)
 Mark Pitts (#7395)
 Elaine Gimblet (#7396)
 Mary Bettelli (#7397)
 Chris Wilbers (#7398)
 Kim Howard (#7399)
 Bailey "Finchmeister" Amicucci (#7400)
 Katie Kerber (#7401)
 Bob Richter (#7402)
 Tyler Pederson (#7403)
 Doreen Lau (#7404)

Joel Konze (#7405)
 Christine Anyetei (#7406)
 Jason Couture (#7407)
 Erin Olson (#7408)
 Alan GUMP Higgins (#7409)
 Paul Piper (#7410)
 Leah Piper (#7411)
 Tonya Koopman (#7412)
 Tracey Czar (#7413)
 Jane Trumper (#7414)
 Kenneth van Schooten (#7415)
 Julie Canady (#7416)
 Lee Newbill (#7417)
 Donna Richards (#7418)
 Kristen Pedersen (#7419)
 Erica Silbiger (#7420)
 Bob Strauss (#7421)
 Bob Frost (#7422)
 Doug Hile (#7423)
 Orhun Sezer (#7424)
 Dean Rosenlof (#7425)
 Kim Rosenlof (#7426)
 William Bachicha (#7427)
 Tee Everett (#7428)
 Joye McElory (#7429)

Heidi Cardoza (#7430)
 Marion Childress (#7431)
 Dennis Hafford (#7432)
 Laurie James (#7433)
 Todd Early (#7434)
 Gail Johnson (#7435)
 Amy May (#7436)
 Lori Gleichenhaus (#7437)
 Jennifer Ross (#7438)
 Mary Hoatlin (#7439)
 Cheri Becker (#7440)
 Ben Herron (#7441)
 Mary Thacker (#7442)
 James Prescott (#7443)
 Tony Bruce (#7444)
 Tyler Brown (#7445)
 Bill Carpenter (#7446)
 Brad Bell (#7447)
 Krista Shull (#7448)
 Louis Scalfari (#7449)
 Cari Markewich (#7450)
 Brett Kinggard (#7451)
 Mark Lackey (#7452)
 William Moeller (#7453)
 Susan De Frees (#7454)

Karen Braswell (#7455)
 Kerry Vohnoutka (#7456)
 Mark Ogletree (#7457)
 John Merson (#7458)
 Brie (#7459)
 Suzanne Davis (#7460)
 Jayme Mayo (#7461)
 JJ Mayo (#7462)
 Marnie Winters (#7463)
 Deb Jenkins (#7464)
 Lauralyn Taylor (#7465)
 Karin Evans (#7466)
 Jeff Necessary (#7467)
 Gina Green (#7468)
 David Baca (#7469)
 Teri Hubbs (#7470)
 Ken North (#7471)
 Annie Littlewood (#7472)
 Anthony Lloyd (#7473)
 Naomi Newton-Fisher (#7474)
 Misty White (#7475)
 Phil Bean (#7476)
 Nick Morlan (#7477)
 Heather McWhorter (#7478)
 David Anthes (#7479)



Mary Hoatlin (#7439)



Tyler Pederson (#7403)



Bob Frost (#7422)



Christine Anyetei (#7406)



Lee Newbill (#7417)



Erin Olson (#7408)



Julie Canady (#7416)





Ethel Marie Kitching



Juergen Englerth and Becky Tsai



Steve Walters and Claudia Hansen

FROM THE EDITOR...

July was a busy month for me. I started it off by race directing three races that made up the Firecracker Quadzilla. After which I ran the Light at the End of the Tunnel Marathon and PR'd! Two weeks later I ran a trail marathon PR at the Wildwood Trail Marathon.

I hope everyone else is having a great summer!

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.

- Moose's Tooth Marathon (AK) 8/18/13: www.bigwildliferuns.org
- Sunriver Marathon for a Cause (OR) 9/1/13: <http://sunrivermarathon.com>
- **Lake Chelan Shore to Shore Marathon (WA) 9/7/13: www.lakechelanmarathon.com
- Sioux Falls Marathon (SD) 9/8/13: www.siouxfallsmarathonhalfmarathon.com
- Center of Nation Series (SD, ND, MT, WY, NE) 9/16-20/13: http://mainlymarathons.com/center_series
- **Columbia River Power Marathon (OR) 9/21/13: www.columbiarivermarathon.com
- Priest Lake 50k/26.2 (ID) 9/21/13: www.priestlakerace.com
- Fox Cities Marathon (WI) 9/22/13: www.foxcitiesmarathon.org
- Omaha Marathon 9/22/13: <http://omahamarathon.com>
- Platte Valley Companies Monument Marathon (NE) 9/28/13: www.monumentmarathon.com
- **4MPH Challenge (OH) 10/5/13: www.ohioultrarunnersracing.com/4-mph-challenge.html
- New Hampshire Marathon 10/5/13: www.nhmarathon.com
- Triple Lakes Trail Marathon (NC) 10/5/13: <http://triplelakesrace.com>
- Hartford ING Marathon (CT) 10/12/13: www.hartfordmarathon.com
- Poulsbo Marathon (WA) 10/13/13: www.poulsbomarathon.com
- UnitedHealthcare Newport Marathon (RI) 10/13/13: <http://uhcmarathon.com>
- Indianapolis Marathon 10/19/13: www.indianapolismarathon.com
- 7 Bridges Marathon (TN) 10/20/13: <http://sevenbridgesmarathon.com>
- Des Moines Marathon (IA) 10/20/13: www.desmoinesmarathon.com
- **Greensboro Marathon (NC) 10/26/13: www.greensboromarathon.com
- Fort Myers Beach Marathon (FL) 11/10/13: www.fortmyersmarathon.com
- Space Coast Marathon (FL) 12/1/13: www.spacecoastmarathon.com
- Mississippi Blues Marathon 1/11/14: www.msbluesmarathon.com
- First Light Marathon (AL) 1/12/14: www.firstlightmarathon.com
- **Louisiana Marathon 1/19/14: <http://thelouisianamarathon.com>
- Celebration Marathon (FL) 1/26/14: www.celebrationmarathon.com
- Miracle Match Marathon (TX) 1/26/14: <http://miraclematchmarathon.org>
- **Irving Marathon (TX) 4/5/14: www.irvingmarathon.com
- **Carmel Marathon (IN) 4/12/14: www.carmelmarathon.com

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



PLEASE RENEW YOUR ANNUAL MANIAC DUES (ON YOUR MANIAC BIRTHDAY)
YOUR DUES HELP MAINTAIN THE CLUB AND KEEP THE COVETED MANIAC GEAR IN STOCK!!
A REMINDER IS SENT WITH THE MONTHLY E-FLASH
AND SOME OF YOU ARE OVERDUE!!

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

{To: Rookies and other newer Maniacs, Rev writes a letter from the east coast to the west coast once a month to his buddy Prez (maniac #1). You see, Rev wasn't ever any good at running marathons, but sure does like the things, and is endlessly amazed at those who run them either very, very often, and/or very, very quickly. Mostly, Rev can do neither well, but likes the fun of it all. Particularly, he admires that "the fun of it all" was the why behind the fellows put the club together in the first place. So, if it is running tips you need, Rev is not your man.)



Hiya Prez,

Another year has past now of reading about your followers doing more marathons than ever before, and expanding the repertoire dramatically: 50ks, 100 milers, and quadzillas were always with us, and though never routine to be sure, they have grown in number like grown-ups wearing team t-shirts at baseball games. And so it seems that Marathonmaniacs have as a whole gone outside the marathon box, and if you have been reading what's going on in the running world, in much of which Maniacs are participating, you may be thrilled, and may be one of those taking part, or you may be feeling a little disenfranchised.

This is a note to you who are, well, still kind of, sort of, like me: Marathons: quite a few, but less than a hundred. Ultras? Zero. Why? Mostly because I'm preeetty much dead at mile 24.7, or at least that's what my legs say. So what EVER does a maniac slacker like this think about? Aim for? Dream about?

Autumn's coming, Prez. Fortunately, the height of it is still 10 weeks or so away...plenty of time to prepare.

Prepare? Hasn't every Maniac worthy of the name been running seven marathons a week lately? Up from the two-a-days last year? With a Hoka on one foot, and bare foot on the other? You know, with tapering by resting for, oh, fifteen minutes during the 48-hour event. All in preparation for the three 100-mile runs, held seventy miles and seven minutes apart (if you schedule your flight right and use Hertz express lanes, this is doable.) All just a work-up plan for the 150-miler in east Ecuador. In costume. Pink, preferably.

Well, no Prez, I missed that boat this year. My apologies.

But autumn in the east is coming. Marathon season. Multi-colored leaves. Rippling brooks. Deep blue skies and a comfortable chill in the air. 46 degrees at the start. 54 degree temperatures at mile 13. 60 degrees when you cross the finish line. 75 degrees when I cross the finish line. (OK, I admit it: It would be nice to be you after all.)

A year of eating fruits, vegetables, and nuts is behind me. A season of protein lean muscle diet almond milk shakes, shaken, not stirred. A half-year of physical therapy, massage therapy, the dreaded stretching, rubber bands the size of conveyor belts, scores of walk-runs, and exercising prudently at the gym. New Adidas, new compression socks, new shorts, old visor. Endurolites by Hammer for the salt replacement, gel blocks for the energy, a dish of oatmeal, maybe a half a bagel with a touch of butter. Put me in coach, I'm ready to play.

Might be pretty slow. Might not be very often. But hero Bill Rogers thinks more than two or three a year is nuts. I asked him. He said the next good time to run a marathon is when you've forgotten the last one. Of course, that fellow was *flying*, so I imagine he would hurt in ways I have never approached. Then again, come to think of it, I'll bet I've hurt in ways in which he never approached. Not a proud admission I'm making there, I'll tell you. But I digress.

I like this. It is fun. Let's go run another.

Luvya,
Rev
dgkienz@yahoo.com