



# MARATHON MANIACS

## JULY 2015 NEWSLETTER

Volume 12, Number 7

### NEWSLETTER CONTENTS

Cook Park Marathon	3
Half Fanatics	3
Foot Traffic Flat Marathon	4
Stars and Stripes Marathon	5
Firecracker Triple	6
Maniac Poll	6
Marathon Maniac Pacing Team	7
Revel Rockies Marathon	8-9
Marathon Maniacs Book	9
Social Networking	11
Double Agents	12
San Francisco Marathon	13-14
2015 Reunion in Canada	14
White River 50 miler	15-16
Report from Insane Asylum	16
Maniac Levels	17
Promotions	18
Calendar	19
New Maniacs	20
Note from the Editor	21
Discounts	22
Rhetorical Revelations from "The Rev"	23





What's happens on the trails between the Prez and Monte stays on the trail.



Jim's got a watermelon!



Josh Holmes completed the Badwater Ultra.



Maniacs divided! Meat or no meat?!



Miranda and Bart



Paula



Jim



Heather

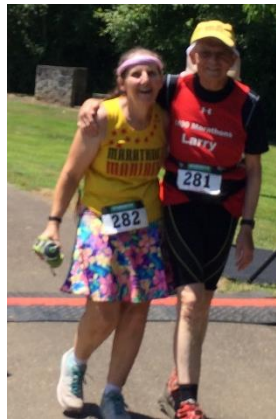


8157





## COOK PARK MARATHON



## HALF FANATICS

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

Tired of running marathons and ultras (HA!!)?  
Need to back down on that weekly mileage  
and concentrate on getting faster? Then join  
the Half Fanatics ([halffanatics.com](http://halffanatics.com)). There are  
currently over 10,000+ members in the  
Fanatic Asylum, and I'm sure you'll recognize  
a few names in the group. So jump on the  
bandwagon now, get your qualifying races in  
and join this new, zany group!

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





Jim



Ed and Sarah



## Foot Traffic Flat PORTLAND, OREGON Marathon



Glen and Sharon



Monte and Sabrina



Melissa



David, Kristy and Tom



Cyndie

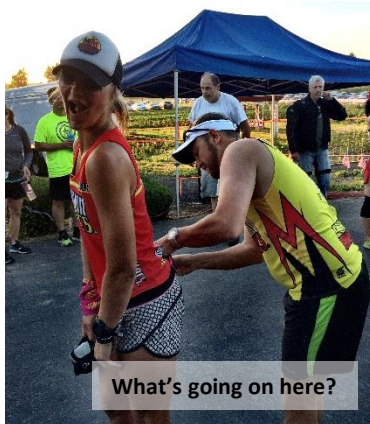


Steve



Shane and Julia

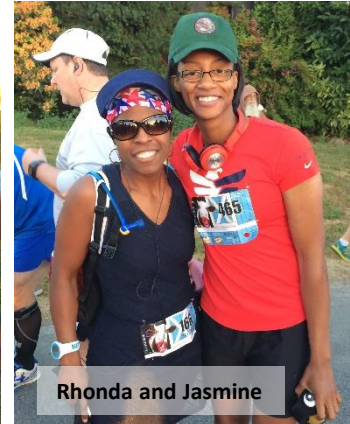
**Foot Traffic Flat Marathon (7/4):** Sharon Berger, Jim "O! Jimbo" Boyd, Edward Broadnax, Amy Cook, William Coumbe, Tom "Drag-on" Craven, Alexis Racewalker Davidson, Jeffrey Dorko, Becky Eidson, Eliot Ephraim, Ken "Calix's Dad" Fattmann, Marc Gill, David Holmen, Kristy Jones, Julia Khvasechko, Mel Kistler, Sheila "kyndanutz" Lawless-Burke, Glen Marumoto, Ryan Matherne, Cyndie Merten, Janice Northrup, Kimberley Overturf, Monte Pascual, Jessica Placek, Paula Eyvonne Steinbach, Stacey Varner, Steve "Marathon Freak" Walters, Libby Wilson, SparkleRunR



What's going on here?



Janis and Monte



Rhonda and Jasmine



# Stars & Stripes Marathon

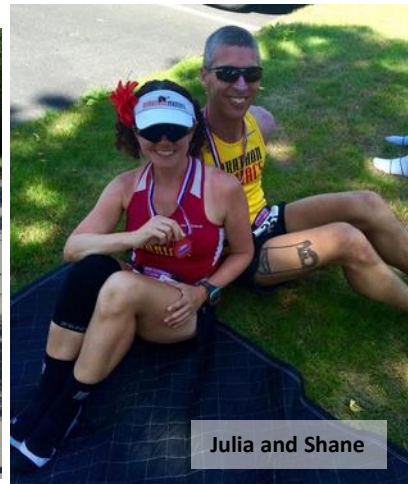
BEAVERTON OREGON



Kristy



Tom



Julia and Shane



Janis



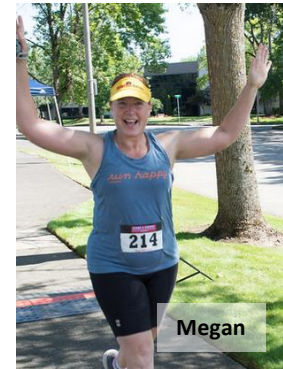
Ed



Alexis



Dane



Megan



Tom



Vincent



Cyndie



David



Sarah



Cyndie



Sarah



Ed

## Firecracker Triple

Cook Park Marathon July 3 Tigard Oregon  
 Foot Traffic Flat Marathon July 4 Portland Oregon  
 Stars & Stripes Marathon July 5 Beaverton Oregon



Triple female winner  
 Kristy Jones



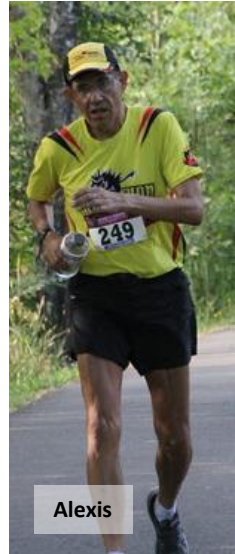
Triple male winner  
 Vincent Ma



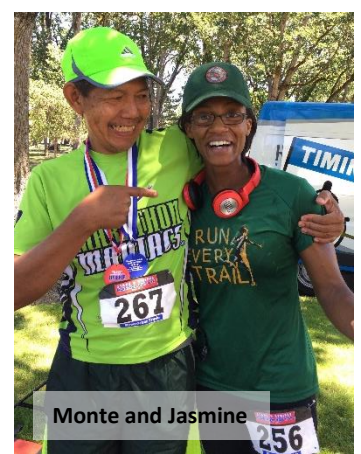
David



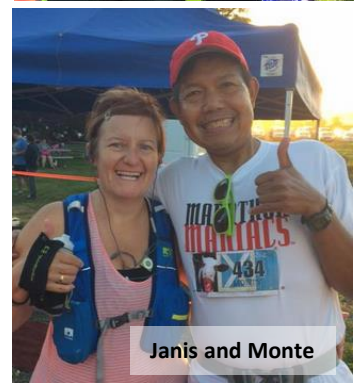
Tom



Alexis



Monte and Jasmine



Janis and Monte

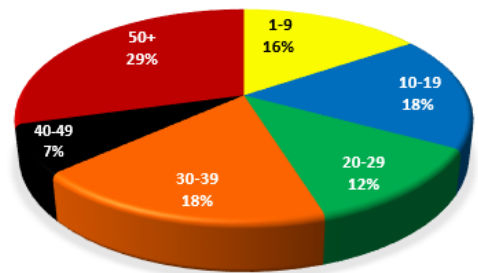


## MANIAC POLL

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.

**How many marathons did you run in the first calendar year you ran marathons?**

Please vote online between now and October 10: <http://tinyurl.com/MMpoll2015f>



Last month's question:

**What's the most marathons/ultras you have run in one year?**

Maniacs have a wide range of personal highs in marathons in one year.

Thanks for voting!

## MARATHON MANIACS PACE TEAM

The Official Marathon Maniac Pace Teams



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

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



### Requirements to be a Pacer

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

### Pacer Perks

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

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

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

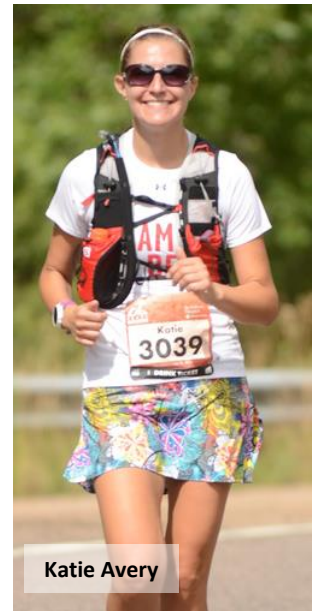
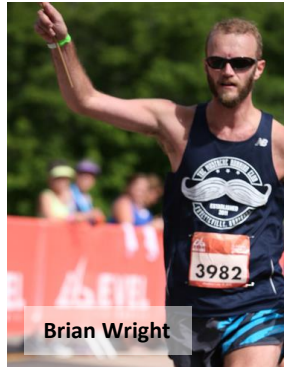
<http://www.marathonmaniacs.com/marathon-maniacs/pacer-team>

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



# Revel Rockies MARATHON

DENVER, COLORADO



Ralph Suarez

Brian Wright

Laura Godfrey

Katie Avery

**Revel Rockies Marathon (7/19):** Andrew Aguirre, Keith Almeida, Erin Alwon, Fran Austero-Macavinta, Kate Avery, Bill Beardall, Joseph "OSO" Bears, Dave Bell, Vicki "The Breeze" Bentley-Condit, Stacy Allen Bolyard, @XLRrunner, Chavet Breslin, Edward Broadnax, Glenn Bugay, Caroline Burnet, Will Butler, Laura "Runs with Scissors" Ceraolo, Mike Chewar, Ken Christie, Tabatha Collins, Charles Cook, Carol Corbin, Tom "Drag-on" Craven, Shalisa Davis, Othman Doubiany, Christelle "Smiley" Douillet, Natalie Jo, Jennifer Eloge, Kevin Ely, Jim Evans, Ken "Calix's Dad" Fattmann, Keith Feuz, Michael Forest, Shane Garling, Laura Godfrey, Georges Gonzalez, Sarah Greene, Andy Hagan, Matt Heacock, David Holmen, Francis Hoover, Nicholas Huzieff, David Iacono, Charles Johnson, Shelia Johnson, Julia Khvasechko, Kiran Kumari, Paul Laviska, Bill Laws, Terance Lee, Karl Leitz, Mike Lemaire, Shannon Leonetti, Owen Lillywhite, Bego Lopez, Ray "Luv 2 Eat N Run" Macavinta, Lia Mayfield, Barb Meinecke, Terri Menghini, Patrick Morrison, James Morton, Julie Ostroga, Jenn "CrazyRunner" Pellegrino, Lynda Petri, Leah Piper, Nicky Piquero, Alaina Pixley, "Downhill Dave" Poglitsch, Cheri Pompeo, Brian Post, Kathy "Rad Queen" Pryor, Muhit Rahman, Cade Remsburg, Hector Reyes Pinon, Scott Richardson, Dan Ruiz, Jonathan Rushnak, California Kim, Erica D. Sanders-Hurst (E-Boogie), Jc "The Saint" Santa Teresa, Hoa "Flower" Schober, Emma Schuering, Nikki 4000, Greg Seeger, Lisa Seidel, Gilberto "Big Daddy" Sosa, vemana sotala, Jan Stennick, Mark Stodghill, Ralph Suarez, Jo Ann Sutton, Jodi Swita, Gregg Walchli, Matthew Weathers, Jamila "Jammy Jam" Williams, Joyce Wise, Brian Wright, Ryan Wrigley, Jennifer "Hot Mess" Zuelch



Dave Poglitsch

Jenn Pellegrino

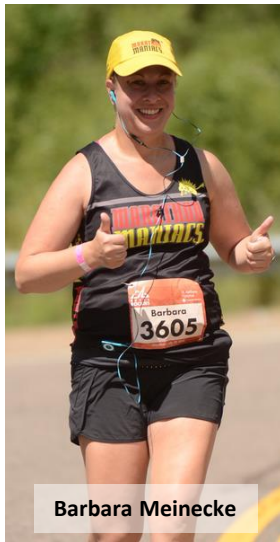
Chuck Engle

Gregg Walchli





Ken Fattman



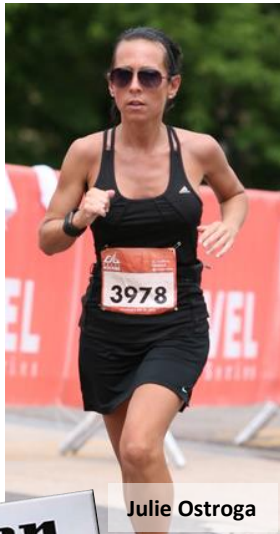
Barbara Meinecke



Jennifer Zuelch



Dave Bell



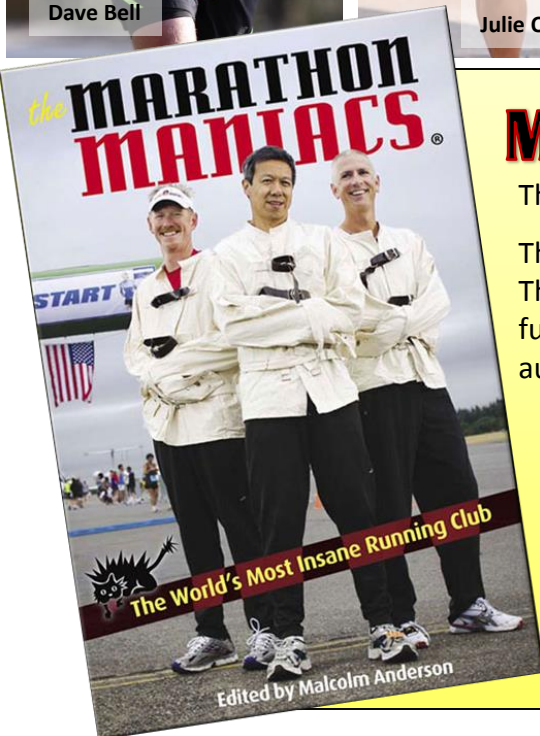
Julie Ostroga



Erica Sanders-Hurst



David Holmen



## MARATHON MANIACS: THE BOOK

The Marathon Maniacs have released a book!

This book is collection of stories by members of the Marathon Maniacs. These stories are sure to be encouraging and motivation to current and future members. The book was edited by Maniac Malcolm Anderson author of the book "The Messengers".

Be sure to get your copy of the book and enjoy the stories of the World's Most Insane Running Club!

<http://www.databarevents.com/store/product/101/Marathon-Maniacs-Book>

Autographed Copy:

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



Leslie Mueca celebrates with her 10 year old daughter who completed her first marathon!





Frank and Steve



## Join the Maniacs on Social Networking!



### FACEBOOK:

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

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

### INSTAGRAM:

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

### TWITTER:

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

### MY SPACE:

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

### LINKED IN:

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

### DAILY MILE:

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

Across all social networks use the hash tag:

## #marathonmaniacs

# DOUBLE AGENTS

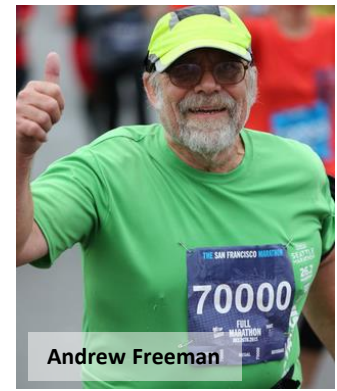
Since the formation of the Half Fanatics in 2009, a runner who is a member of both clubs is called a Double Agent.

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

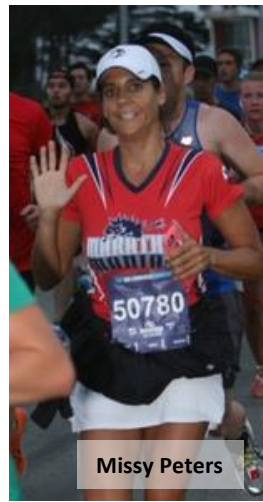
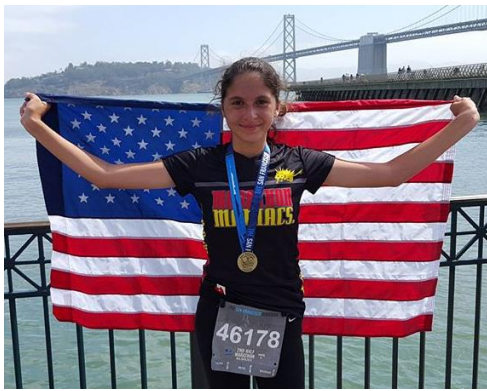
New gear is available for Double Agents as well as a whole new set of challenges as you climb peaks.

For more information visit the Maniacs web site.





Andrew Freeman



Missy Peters

# San Francisco Marathon

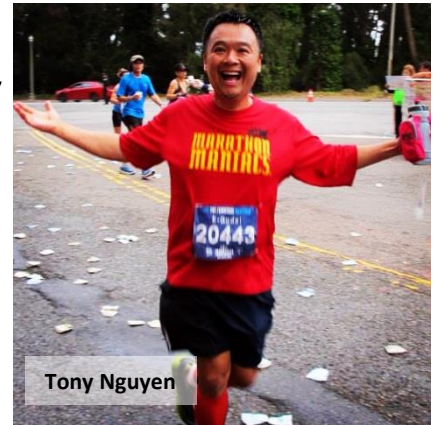
SAN FRANCISCO, CALIFORNIA



Wendy Roy



Jeanne Corey



Tony Nguyen



Keenan Haga

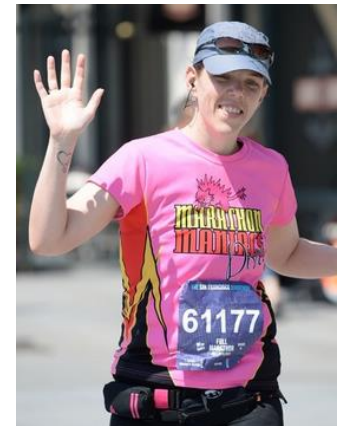


The Rev in SF

**San Francisco Marathon (7/26):** Tracy Abrom, Sabrina Aguilar, Glenn Anadeo, Dennis Arriaga, Scuba, Andy "Tambourine Man" Bowden, Geb Brown, Marika Cackett, Suzanne Cardenas, Min Chae, Pony Express, Lucy Cheng, Mike Chewar, Maniac May, Scott Coe, Carol Corbin, Jeanne Corey, Andrew Cox, Matthew Cox, Susan De Frees, Ezequiel De La Rosa, Satiro de Oliveira, Stephanie Dewald, Tania Diener, Will Dong, Dexter Emoto, Richard Ervais, Michael Fitzgerald, Andrew Freeman, Michael Fry, Bravo Foxtrot, Lil Mango, Saul Gerardo Hernandez, Annette Geringer, Keenan Haga, Jennifer Hinton, Marc Hirschfield, Steve Holland, Francis Hoover, Luis Jimenez, Eric King, Peter Lantin, John Laputz, John 'Oksie' Lazaro, Trey Lominack., Mike Longo, Lisa Lopez, Tricia Lund, Ray "Luv 2 Eat N Run" Macavinta, Kim Marchand, Vickie McDonald, Debbie McFarland, Eric "Seamus" McMillen, Don Morgan, Kevin Morris, Maggie Mount, Ken Pearce, Missy Peters, Mike La Pilla, Richard, Yvette "Holiday Runner" Powell, Lynn Presnal, Sonya Price, George Rehmet, Joe Reilly, Larry Rich, Silver Rivas, Syed Rizvi, Jarrett Roberts, Sten Rognes, Wendy Roy, Dan Ruiz, James Schumacher, Sophia Shi, Clara Alonzo, Stacy Simmons, Barry Spital, Jan H. Steenkamp, Sakura Suzuki, Jack Warren, Elisabeth Whitney, Steve Wisner, kristine wong, Heather Zeigler



Tania Diener and Jan Steenkamp



## Maniacs Reunite In Canada

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

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

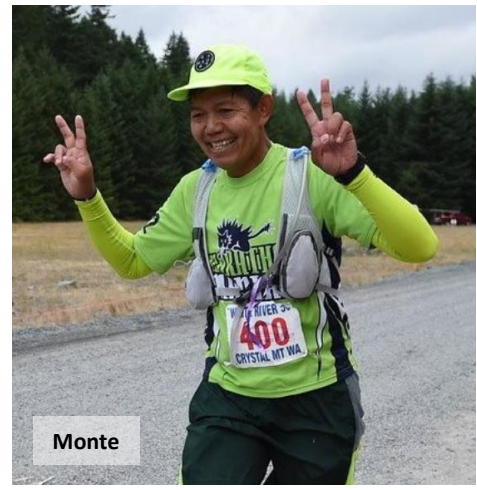
Make plans to join other Maniacs in beautiful Victoria British Columbia on October 10-11 for the second reunion of 2015.

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





Prez



Monte

# White River 50miler

CASCADE MOUNTAINS, WASHINGTON



Brad



David



Leslie



Roger



Patti



Shawn



Christine



Sabrina



**White River 50 Mile Endurance Run (7/25):** Shawn Aebi, Garrett Anderson, Mark Cliggett, Ross Comer, Paul David, Lisa Eagle, Steph Eldore, Scott Flett, Mr. Pat, Brad "ZappoMan" Hefta-Gaub, Christy Hammond, Danielle Joyce, Maniac Krez, Sonny LaForm, King Arthur Martineau, Mary Ann Mason, Little Leslie, Lisa Morin, Hideko Opperman, Monte Pascual, Charlie Quinn, Terri Rashid, Jean-Gael Reboul, Joe Schrum, Sabrina, Karen Wang, Rita White, Lisa "Mama Lisa" Wood



Lisa



Sarah

Sabrina



Steph



Bill



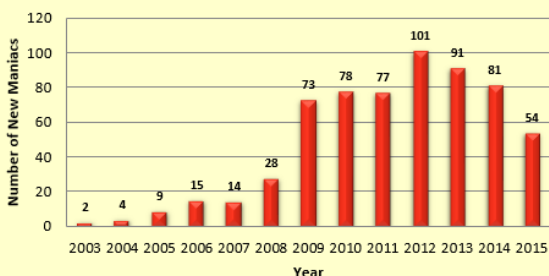
## REPORT FROM THE INSANE ASYLUM

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

### Monthly Growth

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Yearly
Averages	84.3	61.9	75.1	63.2	100.3	75.8	47.8	28.5	35.4	101.3	118.8	109.1	765.6
Record	225	177	189	138	249	175	101	56	73	257	334	241	2,110
2014	225	177	189	137	249	175	81	52	70	257	257	241	2,110
2015	214	129	180	141	178	124	<b>54</b>	-	-	-	-	-	1,020

### New Maniacs for July



New Maniacs in July 2015	54
New Maniacs in 2015	1,020
Total Maniacs	11,552

State	MM	Pct%
Washington	1254	10.86%
California	849	7.35%
Texas	790	6.84%
Florida	435	3.77%
Illinois	415	3.59%
New York	374	3.24%
Oklahoma	352	3.05%
Virginia	311	2.69%
Georgia	272	2.35%
Ohio	245	2.12%

### Maniac Gender Breakdown:

Male	5744	49.72%
Female	5747	49.75%
Undisclosed	61	0.53%



## MARATHON MANIAC CRITERIA



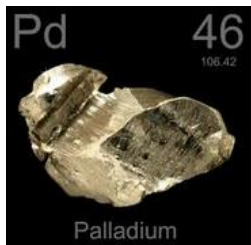
### TITANIUM - ①②③④⑤⑥⑦⑧⑩

52 Marathons or more within 365 days.

30 Marathons in 30 different US states, Countries, or Canadian Provinces (any combination) within 365 days.

20 Countries within 365 days.

### PALLADIUM - ①②③④⑤⑥⑦⑧⑩

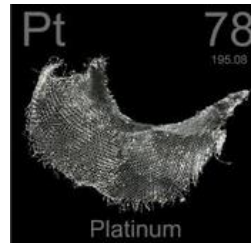


38 - 44 Marathons within 365 days.

20 Marathons in 20 different US states, Countries, or Canadian Provinces (any combination) within 365 days

13 Marathons within 79 days.

### PLATINUM - ①②③④⑤⑥⑦⑧⑩

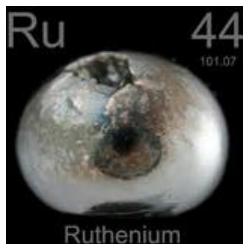


45 - 51 Marathons within 365 days.

23 Marathons in 23 different US states, Countries, or Canadian Provinces (any combination) within 365 days.

28 Marathons within 183 days.

### RUTHENIUM - ①②③④⑤⑥⑦⑧⑩



3 Marathons within 3 days.

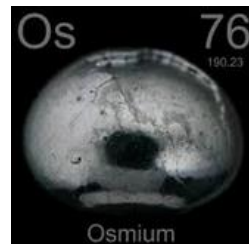
26 - 30 Marathons within 365 days.

4 Marathons within a 9 day window.

3 Mar. in 3 separate US states, Countries, or Canadian Provinces (any combo) within a 10-day time span.

13 Mar. in 13 different US states, Countries, or Canadian Provinces (any combo) within 365 days.

### OSMIUM - ①②③④⑤⑥⑦⑧⑩



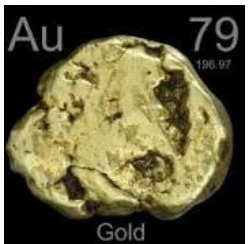
31 - 37 Marathons within 365 days.

16 Marathons in 16 different US states, Countries, or Canadian Prov. (any combo) within 365 days.

6 Marathons within 16 days.

4 Marathons in 4 days = QUADZILLA.

### GOLD - ①②③④⑤⑥⑦⑧⑩

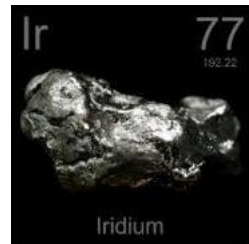


4 Marathons within 37 days.

12 - 18 Marathons within 365 days.

4 Marathons in 4 different US states, Countries or Canadian Provinces (any combination) 51 days

### IRIDIUM - ①②③④⑤⑥⑦⑧⑩



4 Marathons in 23 days.

19 - 25 Marathons within 365 days.

2 Marathons in 2 days (or 48 hours)

9 Marathons in 9 different US states, Countries, or Canadian Provinces (any combo) within 365 days.

### BRONZE - ①②③④⑤⑥⑦⑧⑩



2 Marathons within a 16 day time frame.

3 Marathons within a 90 day time frame.

### SILVER - ①②③④⑤⑥⑦⑧⑩



3 Marathons within a 16 day time frame.

6 Marathons in 6 consecutive calendar months.

8 - 11 Marathons within 365 days.

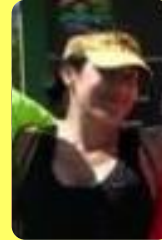
<http://www.marathonmaniacs.com/are-you-a-marathon-maniac/maniac-criteria>

## 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:** Lara Michelle, Cheryl Symons
  - **Platinum (8 star) Maniac:** Glen Marumoto
  - **Palladium (7 star) Maniac:** Paul Spooner
  - **Osmium (6 star) Maniac:** Barb Meinecke, Eddy Angkawibawa, Michelle Payne
  - **Ruthenium (5 star) Maniac:** Susan Spence
  - **Iridium (4 star) Maniac:** Nicholas Huzieff, Alan Swankie
  - **Gold (3 star) Maniac:** Tammy Hellings
  - **Silver (2 star) Maniac:** Stephanie Cowan, Nadia Guimont
- 
- **50 States Finish:** Kathy Pryor
  - **100 Marathons:** Paul Spooner
  - **200 Marathons:** JC Santa Teresa
  - **1500 Marathons:** Larry Macon

### New Titanium Maniacs!!



Lara Michelle



Cheryl Symons



Larry Macon become the first person in North America to complete 1,500 marathons when he finished the Madison Marathon in Montana!



Kathy Pryor completed her 50th state



JC Santa Teresa reached the double century mark in marathons when he completed his 200<sup>th</sup> marathon/ultra at Revel Rockies



Rhoda



Paul Spooner joins the 100 marathon club by completing his 100th marathon

## Upcoming Races!

### Marathon/Ultra Calendar between September 2-27

Wednesday, September 2, 2015  
Burning Man 50k (Black Rock City 50k) (NV)

Friday, September 4, 2015  
9/11 American Heroes Run 24h (CO)  
Erie Canal World Marathon Tour (10 day event, not all days count) (NY)  
Race for the Ages (TN)

Saturday, September 5, 2015  
9/11 American Heroes Run 9h11m/26.2 (CO)  
Badgerland FX 24h/12h/6h (WI)  
Canadian Evening Run (ON)  
First Call Labor Day 50k/26.2 (WA)  
Freakin Fast Marathon (ID)  
Iron Mountain 50m/30m (VA)  
Jackson Hole Marathon (WY)  
Kazbegi Marathon (GEO)  
Little Grand Canyon Marathon (UT)  
Marquette Marathon (MI)  
Mt Nebo Marathon (UT)  
Okie Trail Shuffle (3 day event) (OK)  
Pocatello Marathon (ID)  
Volcanic 50 (WA)  
Wildcat 100m/100k (FL)

Sunday, September 6, 2015  
Carver Wolverhampton City Marathon (GBR)  
Flatlanders 12h/6h (MO)  
Heartland Marathon (NE)  
Kauai Marathon (HI)  
Labor Pain 12 Hour Endurance Trail Run (PA)  
Lake Michigan Trail Marathon (WI)  
Leave No Trace Marathon (note date change) (OH)  
Logan View Raider Run (NE)  
Maratón Internacional de Punta del Este (URY)  
Minocqua No Frills Marathon (WI)  
Mt Nittany Marathon (PA)  
River Jungle Marathon (MYS)  
Rocky Mountain High-est Leadville Road Marathon (CO)  
Sunriver Marathon for a Cause (OR)  
Tupelo Marathon (MS)

Monday, September 7, 2015  
American Discovery Trail Marathon (CO)  
Heart of America Marathon (MO)

Thursday, September 10, 2015  
Steep Canyon 50k (NC)

Friday, September 11, 2015  
Lost Soul 100m/100k (BC)  
Patriots Run 9h11/26.2 (KS)  
Run Woodstock Hallucination 100m and LSD 100k (MI)  
Superior 100m (MN)  
Wasatch Front 100 Mile Endurance Run (UT)

Saturday, September 12, 2015  
Abebe Bikila Day International Peace Marathon (DC)  
Beat the Blerch Washington Day One (WA)  
Dick Beardsley Marathon (MN)  
Elroy Apple Dumping Day Races (Tunnel Trails Big Apple Full Marathon) (WI)  
Fat Glass 50k (WA)  
First National Bank of Wakefield Marathon (MI)  
Hawk 100m/50m/26.2 (KS)  
Helsingborg Marathon (SWE)  
Hennepin Hundred 100m/50m (IL)  
Holland Haven Marathon (MI)  
Lake Chelan Shore to Shore Marathon (WA)  
Last Chance BQ.2 Marathon Chicagoland (IL)  
Lost Soul 50k (AB)  
Marathon du Medoc (FRA)  
Maritime Marathon (NS)  
McKenzie River Trail Run (OR)  
Mid Mountain Marathon (UT)  
Mountain Man 6h solo category (GA)  
Paatuwaqatsi Run - Water Is Life (AZ)  
PCTR Headlands 100m/75m/50m/26.2 (CA)  
Pine to Palm 100 Mile Endurance Run (OR)  
REVEL Big Cottonwood Marathon (UT)  
Rockin Marathon Relay - Metro Detroit (solo division) (MI)

Run Woodstock 50m/50k/26.2 (MI)  
Salmon Marathon (ID)  
Superior 50m/26.2 (MN)  
TARC Fall Classic 50m/50k (MA)  
Tommyknocker 100k/50k (CO)  
Wabash Trace Marathon (IA)

Sunday, September 13, 2015  
Altis Stanky Creek 50k (TN)  
Beat the Blerch Washington Day Two (WA)  
Boring 50k/26.2 (OR)  
Bozeman Marathon (MT)  
Bromo Marathon (IDN)  
Erie Marathon at Presque Isle (PA)  
Hull Marathon (GBR)  
Ironman Wisconsin (WI)  
Lehigh Valley Via Marathon (PA)  
Loveland Fall Classic Marathon (CO)  
Maratón de Las Flores Medellín (COL)  
MEC Toronto Marathon (ON)  
Moscow Mountain Madness (ID)  
New Forest Marathon (GBR)  
Queen City Marathon (SK)  
Rock Cut Hobo 50k (IL)  
Sioux Falls Marathon (SD)  
Skagit Flats Marathon (WA)  
Suffolk County Marathon (NY)  
Tallinn Marathon (EST)  
Tunnel Lite Marathon (WA)  
Ventura Marathon (CA)

Monday, September 14, 2015  
Mainly Marathons Center of the Nation Day One (MT)

Tuesday, September 15, 2015  
Mainly Marathons Center of the Nation Day Two (ND)

Wednesday, September 16, 2015  
Mainly Marathons Center of the Nation Day Three (SD)

Thursday, September 17, 2015  
Mainly Marathons Center of the Nation Day Four (WY)

Friday, September 18, 2015  
Mainly Marathons Center of the Nation Day Five (NE)  
Run Rabbit Run 100m (CO)  
Shawangunk Ridge Trail 74m (NY)

Saturday, September 19, 2015  
12 Hour Adventure Trail Run (VA)  
Air Force Marathon (OH)  
Barkley Fall Classic (TN)  
Beckley Marathon (WV)  
Bismarck Marathon (ND)  
Boulder Backroads Marathon (CO)  
Breckenridge Road Marathon (CO)  
Equinox Marathon and Ultramarathon (AK)  
Flagstaff Marathon (AZ)  
Flat Rock Ranch Marathon (TX)  
Free to Run 50m/26.2 (MA)  
GOAT Run (WA)  
Lapham Peak Trail Race (WI)  
Lighthouse Hill Ranch 50k (TX)  
Mainly Marathons Center of the Nation Day Six (CO)  
North Coast 24 Hour Endurance Run (OH)  
Oslo Maraton (NOR)  
Rough Creek 40m/26.2 (TX)  
Run Rabbit Run 50m (CO)  
Shawangunk Ridge Trail 50m/32m (NY)  
That Dam Hill 12h/6h (ON)  
Top of Utah Marathon (UT)  
Walker North Country Marathon (MN)  
Yellowstone-Teton 100m/50m (MT)  
Youngstown Ultra Trail Classic (OH)

Sunday, September 20, 2015  
Cape Town Marathon (ZAF)  
Capital City River Run (MI)  
Caribou Marathon (NU)  
Fox Cities Marathon (WI)  
Fox Valley Marathon (IL)

Honest Abe Trail Run (IN)  
Ironman Lake Tahoe (CA)  
Maui Marathon (HI)  
Montana Marathon (MT)  
Morgantown Marathon (WV)  
Omaha Marathon (NE)  
Rochester Marathon (NY)  
Rock N Roll Montreal (QC)  
Rogue Run (OR)  
Sydney Running Festival Marathon (AUS)

Wednesday, September 23, 2015  
Altis Brush Tunnel Marathon (MD)

Thursday, September 24, 2015  
Altis GAP Trestles Marathon (PA)

Friday, September 25, 2015  
Altis GAP Marathon (MD)  
Bear 100, The (UT)  
Kodiak 100m/50m (CA)  
Spartathlon Ultra Race 246k (GR)

Saturday, September 26, 2015  
Adams County Marathon (OH)  
Akron Marathon (OH)  
Altis Barnum Rail Trail Marathon (WV)  
Bear Chase 100k/50m/50k (CO)  
Beat the Blerch New Jersey Day One (NJ)  
Belmead Trail Fest 50m/50k/26.2 (VA)  
Big Sur Trail Marathon (CA)  
Bobcat Trail Races 50k (CO)  
Cle Elum Ridge 50k (WA)  
Dances With Dirt IN HELL 50m/50k (MI)  
Driftless Trail Marathon (WI)  
Ely Marathon (MN)  
Evergreen Tehaleh Marathon (WA)  
Fallfest Marathon (CO)  
Flagstaff to Grand Canyon Stagecoach Line 100m/55k (AZ)  
Georgia Jewel 100m/50m/35m (GA)  
Grand Lake Marathon (OH)  
Hamptons Marathon (NY)  
Hinson Lake 24 Hour Ultra Classic (NC)  
Hungerford 50m/26.2 (MI)  
Huntsville Marathon (UT)  
Joe English Twilight Challenge 6h/26.2 (NH)  
Maratona Mauricio de Nassau - Recife - Pernambuco (BRA)  
Mill Race (IN)  
Monument Marathon (NE)  
Mountain Lakes 100 (OR)  
North Face Endurance Challenge Utah 50m/50k/26.2 (UT)  
Penang 100k (MYS)  
Priest Lake 50k/26.2 (ID)  
Run Around the World (many options) (TN)  
Saddleback Mountain Goat Marathon (CA)  
Table Rock 50m/50k (NC)  
Tick Tock Ultra 12h (FL)  
Ultra Race of Champions UROC 100k and Uber Rock 50k (CA)  
Vietnam Mountain Marathon 70k (VNM)

Sunday, September 27, 2015  
Adirondack Marathon (NY)  
Altis Cumberland C&O Canal Towpath Marathon (MD)  
Beat the Blerch New Jersey Day Two (NJ)  
Bellingham Bay Marathon (WA)  
Berlin Marathon (DEU)  
Clarence DeMar Marathon (NH)  
Flora Lake Marathon (BC)  
Huffin Puffin Marathon (NF)  
Ironman Chattanooga (TN)  
Kenai River Marathon (AK)  
Lake Country Marathon (WI)  
Loch Ness Marathon (GBR)  
Madison Garden Marathon (WI)  
MEC Vancouver Race Six: The Tape Breaker (BC)  
Penang 50k (MYS)  
Quad Cities Marathon (IL)  
Thunder Bay Marathon (ON)  
Vermont 50 50m/50k (VT)  
Winthrop Marathon (WA)

## New Maniacs in July 2015



Torill Nelson (#11499)  
Margaret Boujaoude (#11500)  
Tracey Outlaw (#11501)  
Janna Johnson (#11502)  
Jessika Oxford (#11503)  
Katherine Cutrer (#11504)  
Andrew Wetterer (#11505)  
Deanna "Dee" Renn (#11506)  
Ralph Peterson (#11507)  
Lindi Seifert (#11508)  
Jeral Matthews (#11509)  
Carina Kool (#11510)  
Lindy Kurtz (#11511)  
Dormentria Allen (#11512)  
Meghan Vaccaro (#11513)

Betsy Press (#11514)  
Dougin Walker (#11515)  
Wendy Torri (#11516)  
Jess T (#11517)  
William Chisholm (#11518)  
Kelly Pablonia (#11519)  
Matt Mills (#11520)  
Andres Springborn (#11521)  
Elizabeth McHugh (#11522)  
Charles Dolish (#11523)  
Jodi St. Aubin (#11524)  
Scott Dukowitz (#11525)  
Tricia Hiers (#11526)  
Hector Reyes Pinon (#11527)  
Ernest L Gibson III (#11528)  
Dan Savage (#11529)  
Lucia Alzaga (#11530)  
Leon Almeida (#11531)  
Brent Bell (#11532)  
William Parker (#11533)

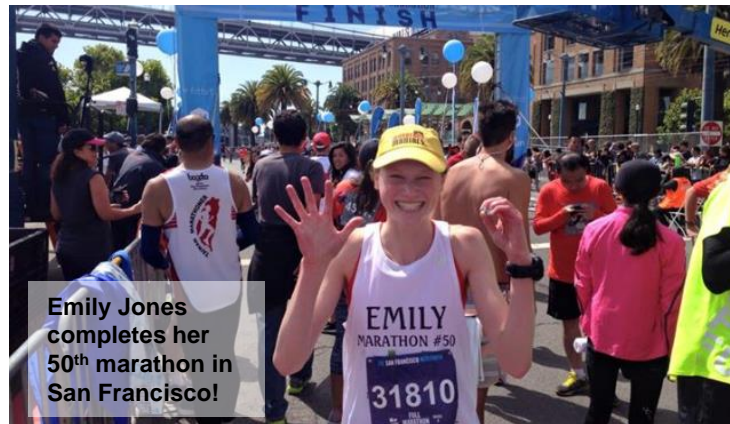
Cindy Perez (#11534)  
Lisa Strom (#11535)  
mary parker (#11536)  
Jennifer Moree (#11537)  
Robb Hunter (#11538)  
Kara Santa Teresa (#11539)  
Judy Ramsey (#11540)  
Natalya Stratton (#11541)  
Pamela McGowan (#11542)  
Eileen Bjornstrom (#11543)  
Jim Kalina (#11544)  
Dennis Hausmann (#11545)  
Mohan Iyer (#11546)  
Michael Forest (#11547)  
Valerie Schave (#11548)  
Kayla Crouse (#11549)  
Karen Anderson (#11550)  
Randy Lee (#11551)  
Sukhpal Dulay (#11552)



Leon



Jacque



Emily Jones completes her 50<sup>th</sup> marathon in San Francisco!





Steve Walters and Brian Post

## FROM THE EDITOR...

July was a slow month in most of the country, but there were a few big events in Portland Oregon, Cascade Mountains in Washington, San Francisco California and Denver Colorado. August is also a slow month. So stay cool and get geared up for Fall marathon season!

Happy Running!

- Steve "Marathon Freak" Walters MM#338

## MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



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

- Freakin Fast Marathon (ID) 9/5/15: [www.freakinfastmarathon.com](http://www.freakinfastmarathon.com)
- Pocatello Marathon (ID) 9/5/15: [www.pocatellomarathon.com](http://www.pocatellomarathon.com)
- Lake Chelon Shore to Shore Marathon (WA) 9/12/15: [www.lakechelonmarathon.com](http://www.lakechelonmarathon.com)
- Rockin Marathon Relay (Detroit, MI) 9/12/15: <http://triviumracing.com/events/>
- Tommyknocker 50K/100K (CO) 9/12/15: <http://humanpotentialrunning.com>
- Boring Marathon (OR) 9/13/15: <http://boringmarathon.com>
- Queen City Marathon (SK) 9/13/15: [www.runqcm.com](http://www.runqcm.com)
- Stanky Creek 50K (TN) 9/13/15: <https://altisendurance.com>
- Center of the Nation Series 9/14-9/19/15: <http://mainlymarathons.com>
- That Damn Hill 3, 6 & 12 Hour (ON) 9/19/15: <http://ultrasignup.com/register.aspx?did=24452>
- \*\*HITS Omaha Marathon 9/20/15: <http://omahamarathon.com>
- Maui Marathon (HI) 9/20/15: [www.mauimarathonhawaii.com](http://www.mauimarathonhawaii.com)
- Brush Tunnel Marathon (MD) 9/23/15: <https://altisendurance.com>
- GAP Trestles Marathon (PA) 9/24/15: <https://altisendurance.com>
- GAP Marathon (MD) 9/25/15: <https://altisendurance.com>
- Barnum Rail Trail Marathon (WV) 9/26/15: <https://altisendurance.com>
- Bellingham Bay Marathon (WA) 9/27/15: [www.bellinghambaymarathon.org](http://www.bellinghambaymarathon.org)
- Cumberland C&O Trail Towpath Marathon (MD) 9/27/15: <https://altisendurance.com>
- New Hampshire Marathon 10/3/15: [www.nhmarathon.com](http://www.nhmarathon.com)
- Appalachian Series 10/11-10/19/15: <http://mainlymarathons.com>
- Long Beach Marathon 10/11/15: <http://runlongbeach.com>
- Victoria Marathon 10/11/15: [www.runvictoriamarathon.com](http://www.runvictoriamarathon.com)
- Indian Creek Fifties 10/17/15: <http://humanpotentialrunning.com>
- Kansas City Marathon 10/17/15: <http://waddellandreedkansascitymarathon.org>
- Atlantic City Marathon (NJ) 10/18/15: [www.acraceseries.com/AC\\_Marathon.htm](http://www.acraceseries.com/AC_Marathon.htm)
- Des Moines Marathon (IA) 10/18/15: [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com)
- \*\*HITS Oklahoma City Marathon 10/18/15: [www.hitsrunning.com/oklahoma-city-ok](http://www.hitsrunning.com/oklahoma-city-ok)
- Day of the Dead Series (NM) 10/31-11/6/15: <http://mainlymarathons.com>
- C&O Canal Towpath Marathon (DC) 11/8/15: <https://altisendurance.com>
- Gobbler Grind Marathon (KS) 11/8/15: <http://gobblergrindmarathon.com>
- Cross Country Trail Marathon (MD) 11/11/15: <https://altisendurance.com>
- Surfers Point Marathon (CA) 11/15/15: [www.surferspointmarathon.com](http://www.surferspointmarathon.com)
- \*\*Magnolia Marathon (MS) 11/21/15: [www.magnoliamarathon.com](http://www.magnoliamarathon.com)
- Phoenix Rising Marathon (AZ) 11/29/15: [www.phxrunning.com](http://www.phxrunning.com)
- Space Coast Marathon (FL) 11/29/15: [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)
- First Day of Winter Marathon & 50K (OH) 12/20/15: <https://ultrasignup.com/register.aspx?did=31397>
- \*\*HITS Austin Marathon 12/20/15: [www.hitsrunning.com/austin-tx](http://www.hitsrunning.com/austin-tx)
- Camarillo Marathon (CA) 1/3/16: [www.camarillomarathon.com](http://www.camarillomarathon.com)
- Mississippi Blues Marathon 1/9/16: [www.msbluesmarathon.com](http://www.msbluesmarathon.com)
- First Light Marathon (AL) 1/10/16: [www.firstlightmarathon.com](http://www.firstlightmarathon.com)
- \*\*Louisiana Marathon 1/17/16: [www.thelouisianamarathon.com](http://www.thelouisianamarathon.com)
- Miracle Match Marathon (TX) 1/31/16: <http://miraclematchmarathon.org>
- Town of Celebration Marathon (FL) 1/31/16: [www.celebrationmarathon.com](http://www.celebrationmarathon.com)
- Mississippi River Marathon (AR & MS) 2/13/16: [www.msrivermarathon.com](http://www.msrivermarathon.com)
- \*\*Cowtown Marathon (TX) 2/28/16: [www.cowtownmarathon.org](http://www.cowtownmarathon.org)
- New Mexico State Park Series 3/5-3/6/16: <http://mainlymarathons.com>
- Raccoon Mountain Marathon (TN) 3/19/16: <http://runchattanooga.org/rmm/>
- Dust Bowl Series 3/23-3/27/16: <http://mainlymarathons.com>

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

Hi Mr. Prez!

Man, we've been lapped again, Mr. Yee. And in *style*, by one who low-keys the accomplishment, too: our buddy, Mr. Phillippi. Yeah, Tony. Maniac #3.

Prez, the guy did another Ironman Triathlon. Aw geez, an Ironman? I thought we were normal guys. And then he does an...an...an Ironman? I know, I'm stammering.

Seriously, Prez, what do most Maniacs do when they are not running marathons? They sign up for other marathons, run training runs, talk about marathons, think about running, search for secrets about running, and eat vegetables. Of course we do: we chose to be maniacs. We already set ourselves aside.

Tony, busy enough with work and all the rest, was what, bored perhaps? Nah. He just "loves the challenge", eh? Loves the numbers. Loves stretching his workouts. Loves to see what the old tendons can do. But an Ironman?

An Ironman Triathlon is crazy hard. Aunt Goodness Gracious, it STARTS with a ridiculous event: dash into some usually very cold water surrounded by way-too-many other racing people who are a-flailing and a-kicking with a "can't-no-never-mind anyone else" approach, for the water is dark and the goal is pure: to get to *there*, propelling oneself through the water for two cold clammy MILES as fast as one can. Think 150 or so laps of a pool, but in the wild, no rest-break walls, no Gu's, no pretty trees to look at, no pronation-connecting Asics, and no water aid stations, which I suppose would be a bit redundant.

Two miles swimming? Beyond being exhausted and chilled, how in the world does one emerge from such effort in any condition other than *done for the day*?

Yet emerge he did, presumably towed off, and changed his clothes to? Bicycle wear. Bicycle wear...? For? A ride. A long ride, biking. Well isn't that nice. To a favorite restaurant perhaps? To a park to relax? No, past the restaurant, and through plural parks, for 112 miles. (That's 56, but twice. Yup.)

What is this, the Tour de France? And isn't one just a teensy bit tired from the hour-plus human fish frenzy a few moments ago?

112 butt-challenging miles on a bike that bends one's back into a contortion no human being ought ever to voluntarily sign up for. Five, six hours in a row? Really, CAN one ever stand up straight again after such curve-the-spine molding madness?

I'm tired now. Tony completed this whirring of bicycle tires piece, then ditched the perfectly usable vehicle to cover the blessed event's remaining 26.2 miles On Foot.

Prez, I don't know about you, but I try to find a parking spot close to the beginning of my marathons for a REASON. But Tony has taken up the sport that requires a parking spot 114 miles from the marathon start, miles which you may traverse at the outset only by swimming across the two-mile moat and then hopping on your bike. Oh. Sure. Got it. Sounds like fun. Probably save \$15 on parking too. Sign me up.

Ironman. Try it? I would inspire a different title, Prez. Toast Man, perhaps. In-a-heap Man, more likely. Spaghetti-Ligament Man indeed. "Look, Mama, there goes Gumby!"

Most of the world I meet marvels at the idea of Marathon Maniacs, and insists they'd "never", as if "never" was a verb. And we love to try to talk them all into trying! Sigh. Oh, some will catch the bug, sure, and it is great to inspire them. But not everybody will, and that's finally understandable. I get it now. I am no Ironman material. (Hey! I know. You've seen me run, and you're still surprised I'm in here at all. Ha ha ha, Yee. I'm still coming after you.)

Tony re-calibrated the table for me, Prez, doing this Ironman thing. Visor off to him, with heartiest admiration and congratulations. And then, after posting just a brief celebratory announcement and a couple of pictures, he didn't go on and on about it, answering my questions with, "I'm just a small fish in that pond, Rev", or something like that. Tony! You jumped into that pond??? Holy cow. Know this, Mr. Number Three: you just exceeded "normal Maniac" in my book. Yup. Elevated all the way to reallllly nuts...I mean amazing.

But honestly, there's something simultaneously inspiring and peaceful going on here you have to love, eh Prez?

Luvya,  
Rev  
[dgkienz@yahoo.com](mailto:dgkienz@yahoo.com)



**#1, 2, 3, 31, and 48 at the 2005 New York City Marathon**  
**Steve Yee, Chris Warren, Tony Phillippi, Steve Barrick, and Don Kienz**