



MARATHON MANIACS

JUNE 2013 NEWSLETTER

★ ★ ★ ★ ★ Volume 10, Number 6 ★ ★ ★ ★ ★

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

NEWSLETTER CONTENTS

Green River Marathon	2-3
Half Fanatics	3
Casper Marathon	4-5
Social Networking	5
Lake Youngs Ultra	6
Hatfield & McCoy Marathon	7-10
Marathon Maniac Book	9
2014 Maniac Reunion	10
10 years: 2003-2008	12-15
Mayor's Marathon	16-17
Report from the InSane AlyLum	17
RNR Seattle Marathon	18-19
Maniac Poll	19
Promotions	21
Calendar	22
New Maniacs	23
Note from the Editor	24
Discounts	25
Rhetorical Revelations from "The Rev"	26



Green River Marathon



Megan Reuther



Scott Sebelsky



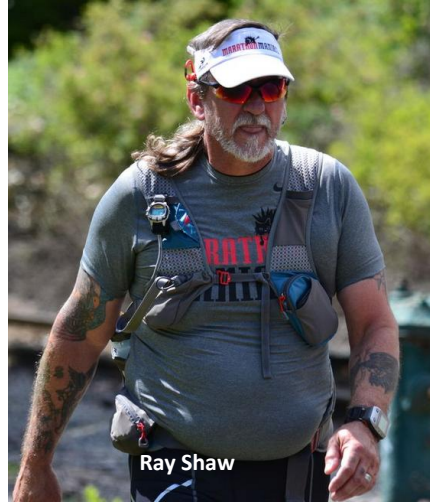
Adrian Call



Race Director Steve Barrick



Paul David



Ray Shaw



Hideko Opperman



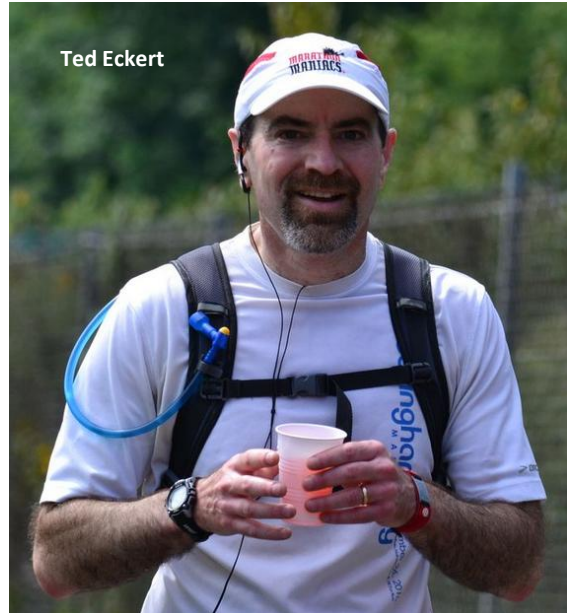
Maureen Miner



Peter Corduan



Tory Klements



Ted Eckert



Megan Burger



Gary and Laura

Green River Marathon (6/1): Maniac #200, Steve Barrick, Amy Begnal, Rikki "Bobbie" Bogue, Megan Burger, Sara Campbell, Mark "Thor" Casey, Pedro Max, Paul David, Ted Eckert, BJ Farish, Steven Ferry, Ron Frederick, Andy Fritz, Angela Frye, Steve Geertgens, Hannah Glenn, Greg Glockner, Yvonne Gogolen, Margaret Gorog, Lindy Hafner, Christy Hammond, Paul Hoffmann, Micaela Jensen, Steve Jensen, Laura Johnson, Barefoot Jon, Gary "The Snail" Jones, Sarah Lynch, Mike Mahanay, Jules Mann, Tracy Marshall, Little Leslie, Maureen "Machine" Miner, Hideko Opperman, Gary Otheim, Monte Pascual, David Pearson, Marilou "Dovenator" Russell, Jason Preszler, Megan Reuther, Mary "mph" Hanna Richards, Katie Robinson, Danielle Ross, Scott Sebelsky, McGyver, Brian Starkey, Steve White



Mel Preedy



Steven Ferry and Christy Hammond



Monte Pascual



Ted Eckert



Keith Collingwood and Bill Barmore



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 Rock N Roll San Diego Half Marathon



Aaron Braunstein

Casper Marathon



Bob Kennedy



Gary Krugger



Gregg Walchli



Darwin and the Divas

Casper Marathon (6/2): Kristin Allen, Karen Andersen, Jan Atchison, Bill, Cowboy Jeff Bishton, Aaron Braunstein, Edward Broadnax, Anne Broussard, Bijou Chacko, Carol "Ponytail" Earles, DeeDee "Double Dee" Earles, Natalie Jo, Technicolor Daniel, Al Emma, Paul Grinvalds, Matthew Hamidullah, Murray "Birder" Honick, Kelly Hudick, Margaret Hvatum, Adam Irvin, Bob "Birdman" Kennedy, John Kern, Duane Kroeger, Gary "Cougar Bait" Krugger, Jessica "Durti" Kurti, Vincent Ma, Julius, Al " on to sub 4/50 states McGowan, Laura Milak, William Milak, Kent Moore, Julie Musselman, Sonja Normann, Colin O'Donnell, Cheri Pompeo, Kathy "Rad Queen" Pryor, Cade Remsburg, Scott Richardson, Allison Richter, "Lyle, Lyle Crocodile" Robertson, John Sabatine, Jc "The Saint" Santa Teresa, Steve Sodergren, Eddie "Barefoot Bandito" Vega, Trish Wakeham, Gregg Walchli, Michelle "Mom o' 6" Walker, Steve "Marathon Freak" Walters, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Brian Wright



Kristin Allen



Alison Richter



Kelly Hudick



Steve Sodergren



Kathy Pryor



Vincent Ma and Larry Macon



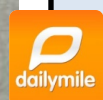
Al Emma



Brian Wright and JC Santa Teresa



Alicia Eno



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>



Ron Frederick

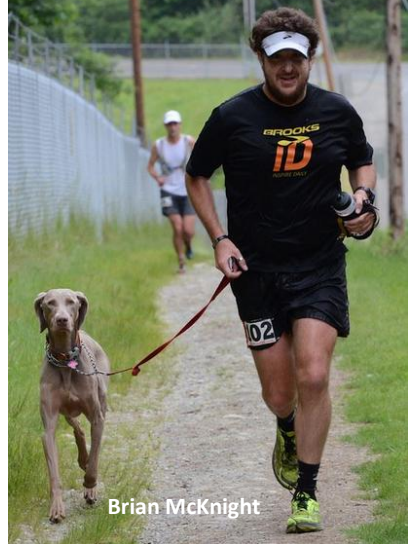


Arthur Martineau

LAKE YOUNGS ULTRA



Lisa Switzer



Brian McKnight



Guy Yogi



Barb Blumenthal



Rich Nelly



Shawn Aebi



Andy Lin

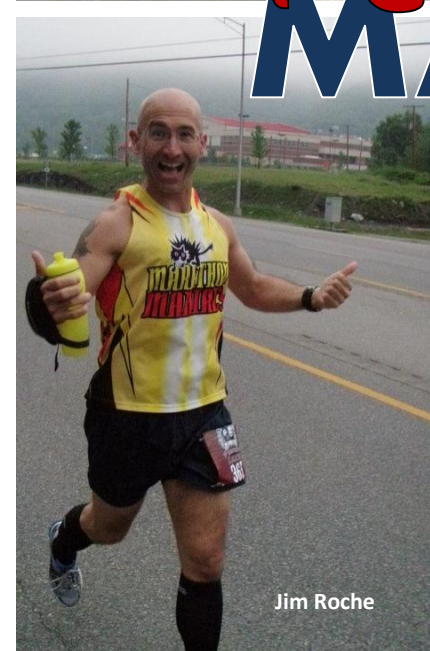


Christel Elliott

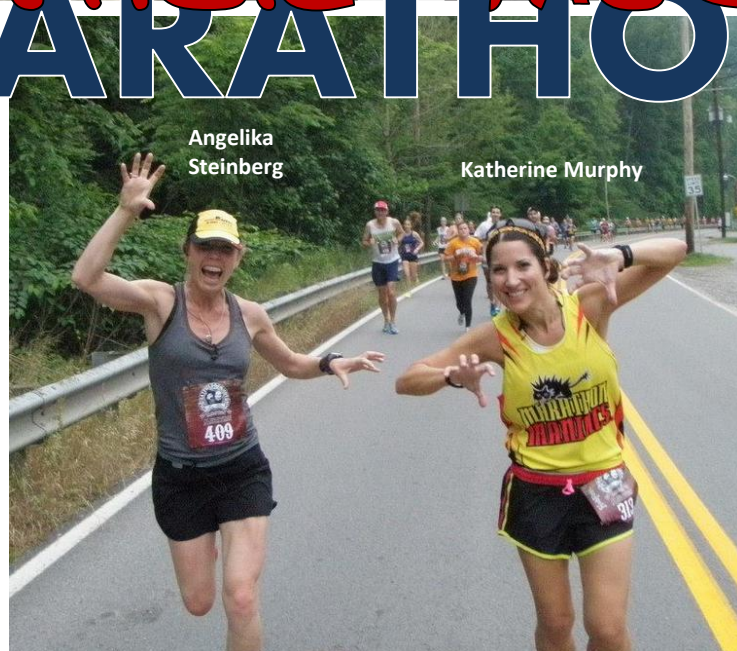
Lake Youngs Ultra 28.8m (6/8): Shawn Aebi, Sporty Diva Coates, Ron Frederick, Rick "Roadkill" Haase, King Arthur Martineau, Little Leslie, Monte Pascual, The Programmer, Stephanie Puckett, Danielle Ross, Bob Satko, Lisa Switzer, Guy Yogi



Hatfield & McCoy MARATHON

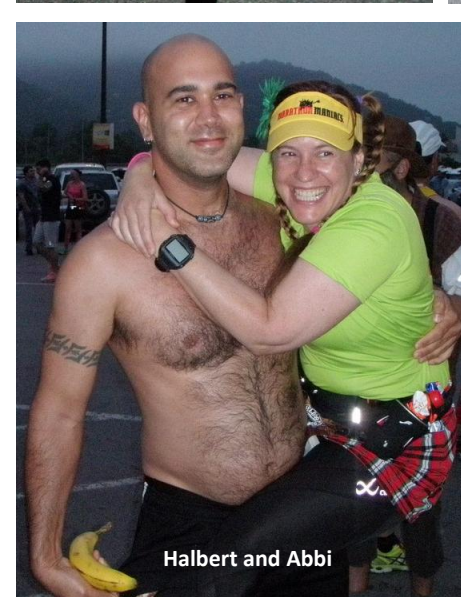


Jim Roche



Angelika Steinberg

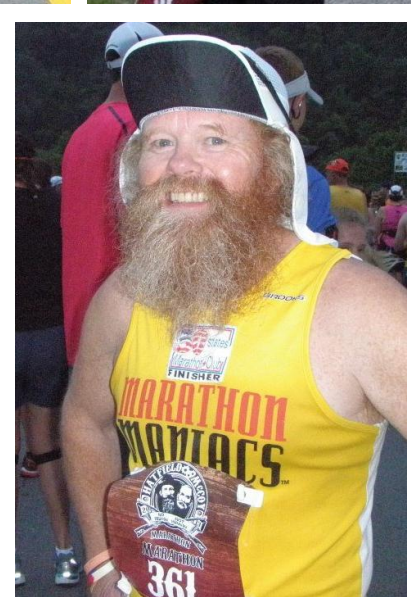
Katherine Murphy



Halbert and Abbi



Maureen Reagan and Larry Wasson





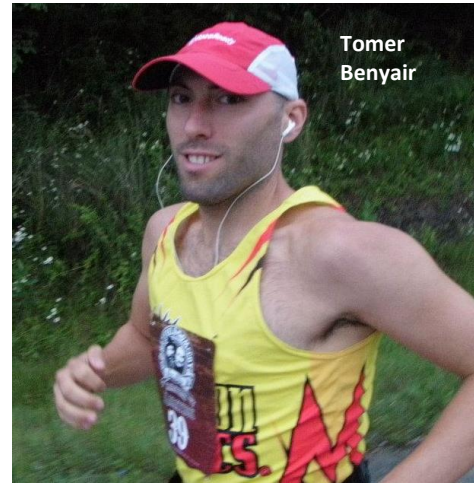
Haley Larson



Cathie and Troy Johnson



Sue



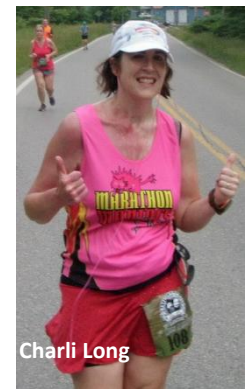
Tomer Benyair



Maddog



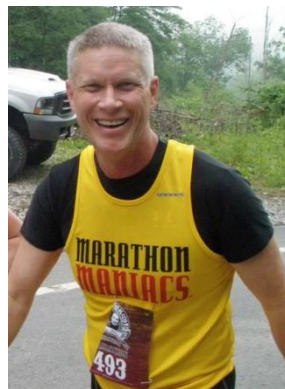
Denis McCarthy



Charli Long



Shannon and Jen

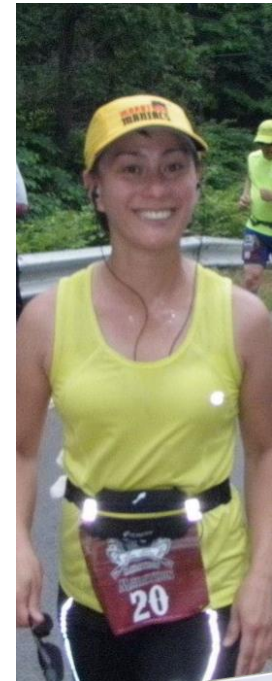




Jillian Harrington, Tim Burns and Kerri Haskins



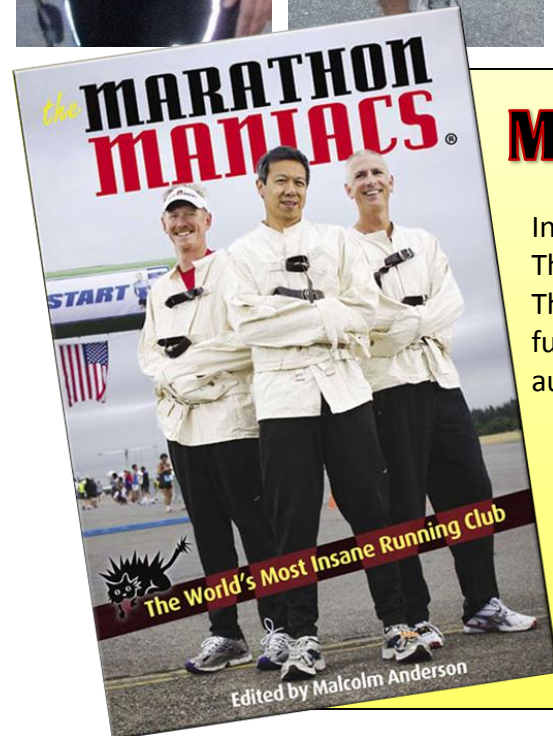
Hatfield-McCoy Marathon (6/8): Lori Alderman, Stephanie "MM Diva #1" Arango, Paul "Bronx Boy" Arroyo, Fran Austero-Macavinta, Crazy Linda Bachand, Jim Ballard, Linda Ballard, John Bennett, Rhonda Blackford-Noonan, Ila Brandli, Mike Brooks, Tim Burns, John Carboni, Don Carpenter, Emily Casola, Jeff Chaney, Ronald Clay, Jim Clouse, Mary Coffelt, Sherry Coffield, Andy Coldiron, Sue Colgan-Borrow, Tim Conger, Bert D'Amico, Christina D'Amico, Miranda Deaton, Zach Deaton, Adamy Diaz-Carpenter, Rand Donaldson, Michael Dunn, Karen Faber, Dave Feinstein, Stuart Ferguson, Abbi-Normal, Marcia Godwin, Caroline Green, Lianne Griffin, Maggie "Maggatron" Guterl, AJ Hacker, Matthew Hamidullah, Jillian Harrington, Stephen Harris, Mary Harvey, Kerri Haskins, Danielle "T-Rex Runner" Hastings, Craig Haugaard, Lora Haugaard, Gloria Hinton, John Hord, Michael Hoyt, madDOG, Cathie "TuTu" Johnson, Shawn Johnson, Troy "On The Run" Johnson, Elizabeth Johnston, Cody Jones, Dave Jones, KC Kleinman, Beth Knox, Bill Landers, John Kent Leighton, Mary Lenari, Jen Leugers, Owen Lillywhite, Crystal Limehouse, Laurie Lindstrom, George Lockhart, Milagros Lockhart, Charli Long, Ed Loy, MM Diva #7, Tessa Lucero, Ray Macavinta, Nancy Marino, Howard Mayes, Karen Mayes, Denis McCarthy, Kathleen McElhannon, Becki Middlebrooks, "Phoolish" Phil Min, Suzette, Wendy "Turtle Diva" Mitchell, Diane Montgomery, Brian Mount, Michael Nusblat, Jamie O'Connor, Andrea Odrzywolski, Kat, Debra Pasquale, Jill Pollock, Pascal Radley, "Jenster", Von Reagan, Jim "Dr. Evil" Roche, Eva Sanmartini, Bob Schluben, Laura Schneider, Lori Schwartz, Mike Schwartz, Bill "I only run 26.2" Sherman, Haley Siggers, Justin Smith, Joanne Sodano, George" from Georgia" Southgate, Angelika Steinberg, Scott "Running to Honor a Hero" Sunday, Ben Tam, Rhonda Taylor, Ginny Turner, Cathlin Upton, Stacey Varner, Halbert, Larry Wasson, Michael Weaver, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Billy Williams, Julie Williamson, Lichu Wu Sloan, Unsteady Eddie



Michael Hoyt



Becki Middlebrooks



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!

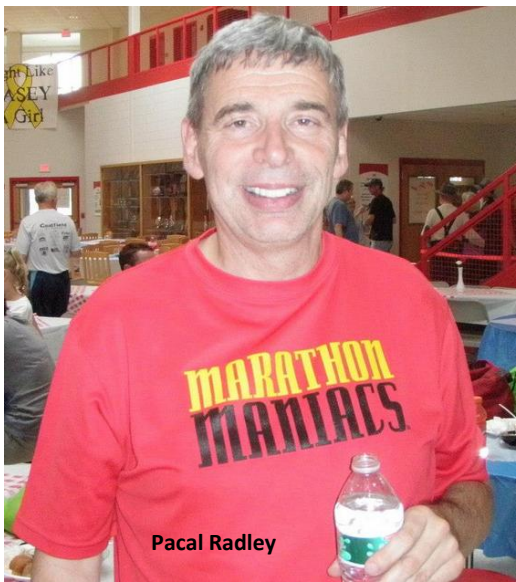
<http://www.databarevents.com/shopproductdetail.asp?prodID=105&catID=14>



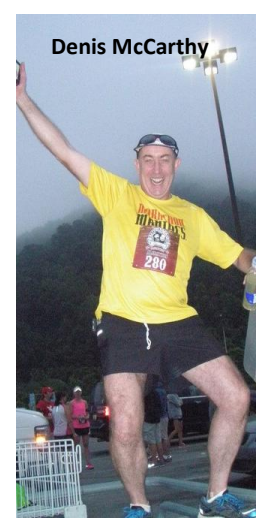
Maureen Reagan



Wes Waters



Pacal Radley

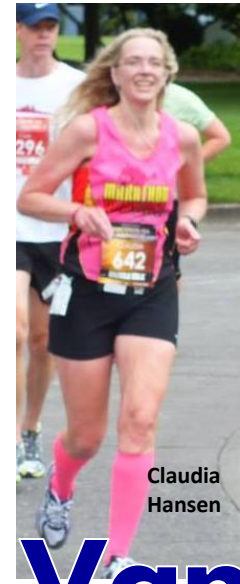


Denis McCarthy



John Leighton





Claudia Hansen

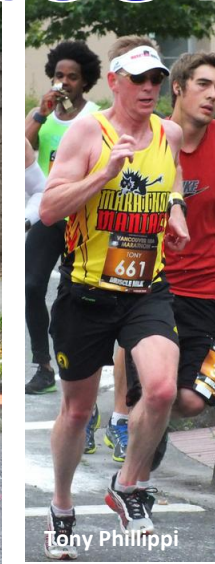


Jeffrey Yamada

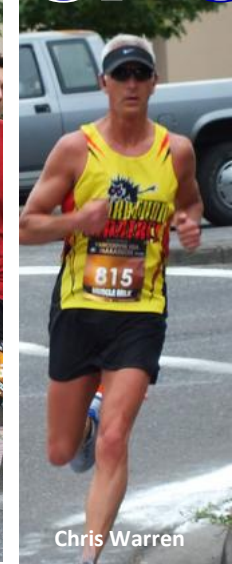
Vancouver USA Marathon



Marc Frommer



Tony Phillippi



Chris Warren



Kristin Mauss and Marc Frommer



Christy Hammond



Mark Kramer



Jim Kondek runs #100!

Vancouver USA Marathon (6/16): Todd Bellamy, Dan Bowman, Cormac Burke, "Runner Lis" Cooper, George Cornett, Kathy Davidson, Jennifer Everett, Steven Ferry, Will 'CAK7' Flint, Yvonne Gogolen, Flower Lady Carol Goslin, Christy Hammond, Claudia Hansen, Annie Hernandez, Ted Hobart, Amanda Hoskins, Kelsey Hubbard, Angie Huggins, John Jester, James Klarich, Gary Kobold, Mark Kramer, Pete Nicholson, Kay Pee, David Pearson, tony (tp!) phillippi, Tom Scott, Doug Shanks, McGyver, Michael Shilling, Peter Stackpole, Kirk Stafford, Rita White, Steve Wisner



Melissa Fryback



Peter Stackpole

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013

THE FIRST FIVE YEARS: 2003-2008



The Rev and Rick Korecki



Jen and Guy Yogi



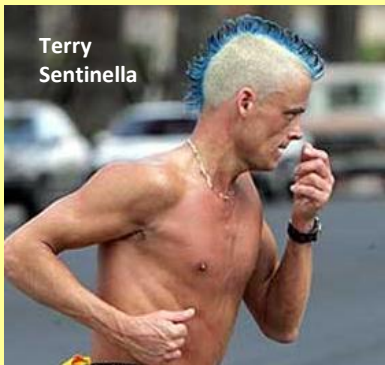
Cynthia Witman



Tom Neuman



Sam Thompson



Terry Sentinella



Gregg Walchli and Tony Philippi



Diana Robinson and Stacy Otter



Jeff Perry



Barefoot Rick Roeber

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013

THE FIRST FIVE YEARS: 2003-2008



Cartwheels, the sLuG and Tiptoes



Chris Warren



Sam and Tony



Sean Meissner



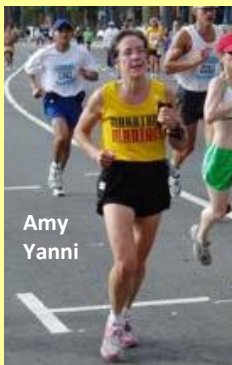
Robert Lopez



Bill Barmore



Patch Dahl



Amy Yanni



Russ Johnson



Andy Smith



Tim Lawson



Beth Berndt

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013

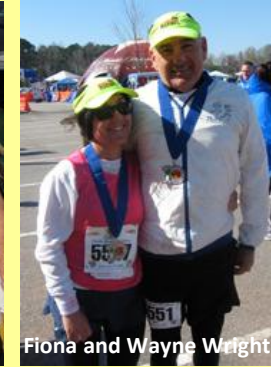
THE FIRST FIVE YEARS: 2003-2008



Rick Smith



Team Dolphin



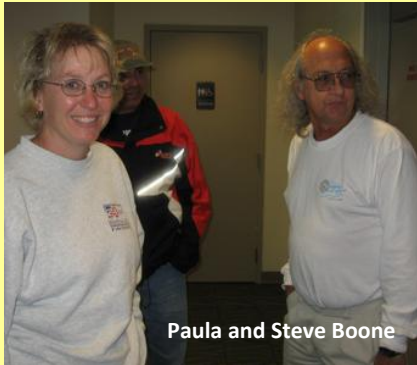
Fiona and Wayne Wright



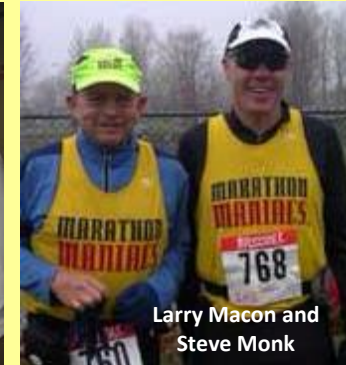
Peggy Shashy



Mel Preedy



Paula and Steve Boone



Larry Macon and Steve Monk



Doug MacLean



Rodolfo Lucena



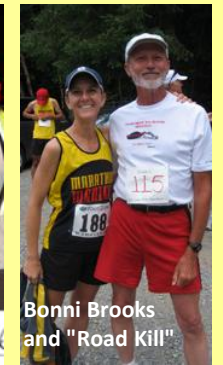
Billie Medders, Mike Dooley and Paula Bacon



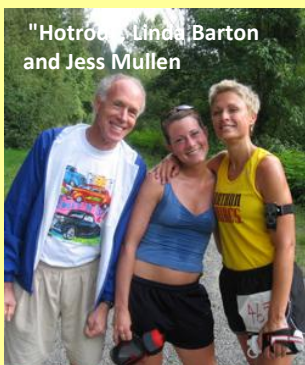
Chester Kalb



Lisa Bliss crossing the finish line at Badwater



Bonni Brooks and "Road Kill"



"Hotrod", Linda Barton and Jess Mullen



Bruce Quan, Dave Conger and Jon Mahoney



Shaun Hamill

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

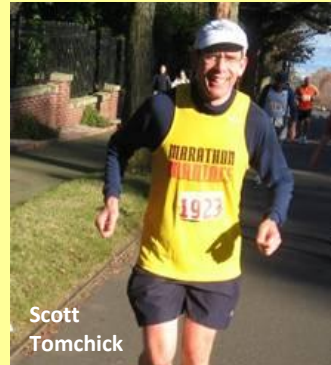
2013

THE FIRST FIVE YEARS: 2003-2008



Cliff Richards and Annie Thiessen

Robert Lopez and Brian Pendleton



Carol Dellinger

Rob Klein

Ashley Kuhlmann and Andy Fritz

Scott Tomchick

Stu Jackson



Tiffany Phelps

Jack Swanson

Angela Ivory



Troy Windsor

Sue Fauerbach

1970



Janet Burgess



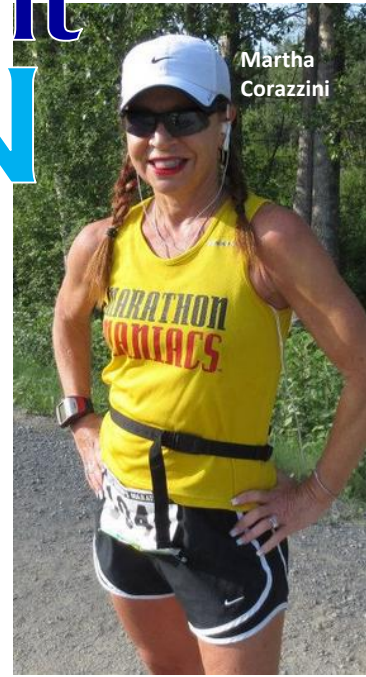
Mayor's Midnight MARATHON



Nilda Birch



Michael Sortito



Martha Corazzini

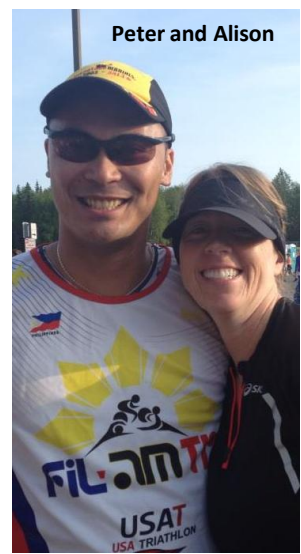


JC and Eddie run their 50th state!



Sue and Darwin

Mayor's Marathon (6/22): Kristin Allen, Barco, Nilda Birch, Sally "me and my dad" Boles, Edward Broadnax, Janet Burgess, Chris Calimano, Sue Colgan-Borrer, Tony C, Kathleen Di Rosato, Natalie Jo, Jennifer Eloge, Al Emma, Mark Gautier, Lenora Hagerman, Danielle "T-Rex Runner" Hastings, "Shamrock Sandy" Hugill, Cary Inderbitzin, Lisa Kosto, Gary 'Cougar Bait' Krugger, Jessica "Durti" Kurti, Peter 'Elite Pete' Lantin, TMaz, Al " on to sub 4/50 states McGowan, Shawn McTaggart, Terri Menghini, Cathy Morgan, Alison Mosqueda, Maria "Tiara Chick" Poranski, Kathy "Rad Queen" Pryor, Don Raake, Larry Rubenstein, Jc "The Saint" Santa Teresa, Bob Satko, Steve Sodergren, Michael Sortito, Chip Southern, Jane Sturzaker, Sakura Suzuki, Craig "Indiana" Thompson, Eddie "Barefoot Bandito" Vega, Steve "Marathon Freak" Walters, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Brandon Wood, Tom Wozencraft



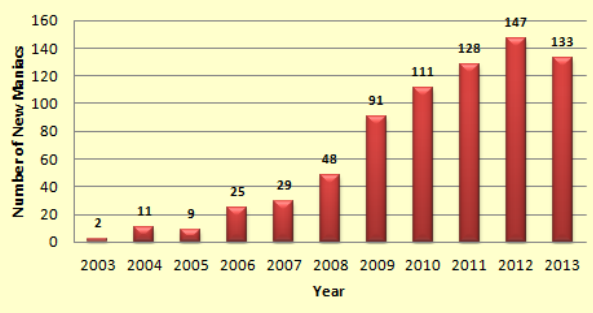
REPORT FROM THE INSANE ASYLUM

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

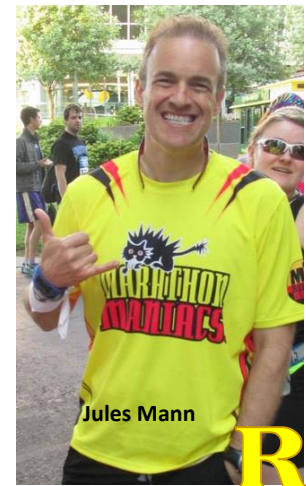
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Yearly
Averages	54.4	45.4	51.9	46.7	74.2	60.1	40.1	23.4	28.2	70.2	83.5	84.5	584.4
2012	154	95	126	132	160	147	101	56	71	174	194	182	1592
2013	212	95	170	138	212	133							960

New Maniacs for June



New Maniacs in June 2013	133
New Maniacs in 2013	960
Total Maniacs	7388

State	MM	Pct%
Washington	970	13.1%
California	588	8.0%
Texas	459	6.2%
Illinois	270	3.7%
Florida	235	3.2%
New York	202	2.7%
Virginia	190	2.6%
Oklahoma	185	2.5%
Oregon	170	2.3%
Georgia	150	2.0%



Jules Mann



Emil Cheng



Rock'n'Roll Seattle MARATHON



Monte and Patti



Joe Taricani



David Appleby



Edward Mayeda



Shirley Shaw



Michael lam



Thanh Nguyen



Sabrina



Paul Gentry



25370

30081

27023



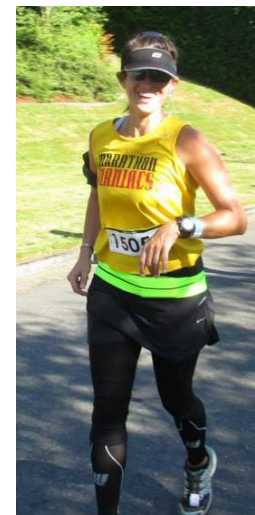
Michael Rice



Deb Evdemon



Tony Nguyen



Michael Shiach

Rock N Roll Seattle (6/22): Deanna Alvarez, ReindeerMom, Turbojet, Azadeh smeltzer Azad, Cheryl Baumann, Leon Bromley, Pony Express, Deidre "Turtle fast" Connor, Ruben Contreras, Susan Cooley, Gary (The Slug) Cote', Jack Curtis, Gabrielle de Encio, Satrio de Oliveira, Duane Dow, Andy Dunn, Anthony Epps, Jerilee Erickson, Omar Evans, Deb Evdemon, Steven Ferry, Will 'CAK7' Flint, Mabel Fong, Cathy Fowler, Andy Fritz, Linda Garbo, Eric "& Carlos PartyMonkey" Glass, Yvonne Gogolen, Ginger Gruber, Tracey Guice, Lorinda Hagstrom, Diane Hanson, Annie Hernandez, Marie Hoffman, Paul Hoffmann, Amy Holt, The Shoe, Mike Huvaere, Hunter Jamerson, Narongdej "Jay" Jaroensabphayanont, Steve Jensen, Cathie "TuTu" Johnson, Laura Johnson, Troy "On The Run" Johnson, Anne Johnston, Maharanie Joseph, Jeff Klancke, Charles Klarr, Tory "Teechur" Klements, PK, Michael "Endorphin Nephew" Lam, SRL, Samuel Louie, Jon "Coconutboy" Mahoney, Sherry "Coconutgirl" Mahoney, Jules Mann, Tracy Marshall, Larissa "Nordic Moxie" MM Diva #8, Kenneth Massett, David Mocio, Tracy Murillo, Brad Nelson, Tawni Nessel, Thanh Nguyen, Lisa Oswald-Coates, Monte Pascual, Nancy Patrick, David Pearson, Cheri Pompeo, Bruce Quam, Mike Quirin, Bill Ralph, Carolyn Reeves, Joe Reilly, Michael Rice, Tyler Rich, Sherry Ricker, Sylvia Janet Rivera CSP, Tom Rogers, Linda "Girlie" Rowe-O'Neal, Bob Rutledge, Cesar Sangalang, Terry Sentinella, Michael Shiach, Helen Soto, Joseph "The Marathon Show" Taricani, Shana "Rustynail" Tolean, Robert Towne, Jeannie Tsai, Michelle Vojir, Gregg Walchli, Debby Wilson, Bob Winandy, Lisa "Mama Lisa" Wood, Kimberley Worthen, Melody Wright, Chrissy Yamada, Prez Steven Yee, Rossana Zemek, Don Zeth



Lisa Wood



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 get nervous before a marathon?

Please vote online between now and Aug 10: <http://tinyurl.com/MMpollJuly2013>



Last month's question: How do you primarily buy your running shoes?

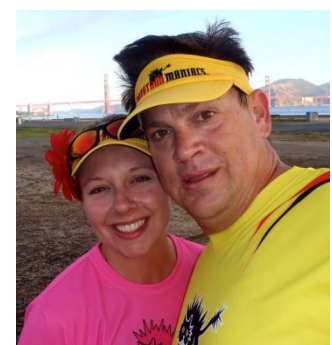
Most Maniacs support the local running stores when buying new shoes (56%) followed by Online (36%). Thanks for voting!



Samuel Louie



Tracey Newnhouse runs her 100th marathon!



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:** Karen Vollan, Marina White
- **Platinum (8 star) Maniac:** Sandy Hugill
- **Palladium (7 star) Maniac:** None
- **Osmium (6 star) Maniac:** Jean Neely, Ethan Matyas
- **Ruthenium (5 star) Maniac:** So Mei Chan, Darren Raiguel, Sheila Beermann
- **Iridium (4 star) Maniac:** Dave Buchner, Peter King, Jenna O'Horan, Jessica Willis, Patrick Scoco, Angela Frye, Ruby Viryanthara, Hunter Jamerson, Kim Gudenkauf, Maria Taveras, Andrew Flor, Diane Montgomery
- **Gold (3 star) Maniac:** Lennie Groenewegen, Christy Hammond, Melissa Fryback, Nina Reich, Peter King, Jennifer Lawrence
- **Silver (2 star) Maniac:** Richard Valles, Lisa Morin
- **100 Marathons:** Tracey Newenhouse, Jim Kondek

New Titanium Maniacs!!



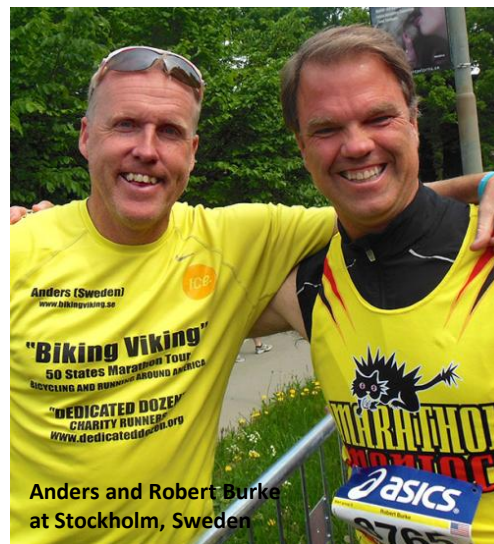
Karen Vollan



Marina White



Yvonne Kitchingman from Auckland NZ and Susie Ro from Sprokane Washington



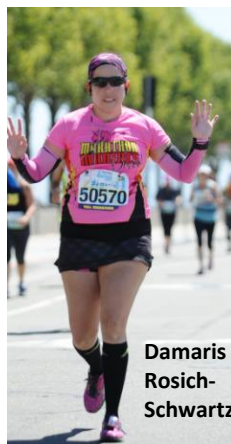
Anders and Robert Burke at Stockholm, Sweden



Nancy Wentink



Cathy Bradford



Damaris Rosich-Schwartz



The Running Assassins - Amy Jean Farlee and Keith Schlottman

What's Coming Up In July/August

Marathon/Ultra Calendar between July 15-August 11

Monday, July 15

Badwater Ultramarathon (Ultra-CA)

Tuesday, July 16

I Ran Badwater Challenge (26.2-CA)

Saturday, July 20

Aspen Valley Marathon (26.2-CO)

Lone Ranger Ultra Marathon 24h (Ultra-PA)

Chase the Goose (26.2-SK)

Cremator 50m (50mi-SC)

Dirty Burg (50K-MI)

Full mOOn 50k (50K-AR)

Killarney Marathon (26.2-IRL)

Loonies Midnight Marathon (26.2-TN)

Running With the Devil 12h/6h (Ultra-NJ)

Tahoe Rim Trail 100m/50m/50k (Ultra-NV)

Totem to Totem Marathon (26.2-BC)

University of Okoboji Marathon (26.2-IA)

Vermont 100m/100k (Ultra-VT)

Wild Woman Trail Marathon (26.2-WA)

Sunday, July 21

Cacapon 12 Hour Challenge (Ultra-WV)

El Scorcho Sie7e (50K-TX)

Fairlands Valley Challenge 50k/26.2 (Ultra-GBR)

Massey Marathon (26.2-ON)

Pattaya Marathon (26.2-THA)

Rosaryville Trail Run (50K-MD)

Tracy's Superhero Costume Run (26.2-CA)

Wild Thing Summer Fling (26.2-WA)

Wednesday, July 24

Deseret News Marathon (26.2-UT)

Friday, July 26

24 Hour Ultra Around the Lake 24h/12h/26.2 (Ultra-MA)

Lakeland 100 (100mi-GBR)

Saturday, July 27

Aravaipa Vertigo Night Run 63k (Ultra-AZ)

Bear Brook Trail Marathon (26.2-NH)

Big Butts 100k/50k (Ultra-MS)

Burning River 100 Mile Endurance Run (100mi-OH)

Catoctin 50k (50K-MD)

Christmas in July 24h/12h/6h (Ultra-IL)

CTR Wildwood Trail Run (26.2-OR)

Endless Summer 6h (Ultra-MD)

Frank Maier Marathon (26.2-AK)

Grand Island Trail Run (26.2-MI)

Grand Mesa Ultra Marathon 100m/50m/60k (Ultra-CO)

Great Cranberry Island 50k Ultramarathon (50K-ME)

Kanawha Trace 50k (50K-WV)

King Salmon Marathon (26.2-AK)

Lakeland 50 (50mi-GBR)

Landsford Canal 50k (50K-SC)

MAD Marathon (Idaho) (26.2-ID)

Morgan Valley Marathon (26.2-UT)

Sogonapmit Marathon (26.2-UT)

Speedgoat 50k (50K-UT)

Swiss Alpine Ultra (Ultra-CHE)

Vineman (26.2-CA)

White River 50 Mile Endurance Run (50mi-WA)

Sunday, July 28

Kamloops Marathon (26.2-BC)

Madison Marathon (Montana) (26.2-MT)

Maraton de Tijuana (26.2-MEX)

Nova Scotia Marathon (26.2-NS)

PA Grand Canyon Marathon (26.2-PA)

Saturday, August 3

Canadian Death Race (Ultra-AB)

Cool Moon 100m/12h/6h (Ultra-CA)

Dahlgren Heritage Rail Trail 50k (50K-VA)

Eagle Creek Trail Marathon (26.2-IN)

Evergreen Grand Ridge 50k/26.2 (Ultra-WA)

First Call Summer 50k/26.2 (Ultra-WA)

GUTS Hot to Trot 8h (Ultra-GA)

HURL Elkhorn 50m/50k (Ultra-MT)

I Ran Majestic August Double Day One (Ultra-TX)

Moosalamoo 36m (Ultra-VT)

Moses Lake Marathon (26.2-WA)

Pacific Crest Trail 50k (50K-WA)

Tejas Trails Capt'n Karls Colorado Bend 60k (Ultra-TX)

Sunday, August 4

Blister in the Sun Marathon (26.2-TN)

I Ran Majestic August Double Day Two (Ultra-TX)

Port Gamble Marathon (26.2-WA)

Racing the Planet Iceland (stage race - counts as one) (Ultra-ISL)

Stockholm Ultra 100k/50k (Ultra-SWE)

Thorp Mountain 50k (50K-WA)

Yukon River Trail Marathon (26.2-YT)

Friday, August 9

Dirty Girls 48h (Ultra-ON)

Resurrection Pass 100m (100mi-AK)

Saturday, August 10

Aravaipa Hypnosis Night Run 62k (Ultra-AZ)

CAR Victorious Summit (member discount) (26.2-CA)

Crater Lake Marathon (26.2-OR)

Crystal Lake Marathon (26.2-MI)

Dirty Girls 24h/12h (Ultra-ON)

Howl at the Moon 8h (Ultra-IL)

Kat'cina Mosa 100k Mountain Challenge Run (100K-UT)

Mt Sneffels Marathon (26.2-CO)

Paavo Nurmi Marathon (26.2-WI)

Resurrection Pass 50m (50mi-AK)

Squamish 50 50m/50k (Ultra-BC)

Wildcat Ridge Romp 100k/50m/50k (Ultra-NJ)

Sunday, August 11

Guerilla Running Transcendence 12h (Ultra-WA)

Haulin Aspen Trail Marathon (26.2-OR)

Marathon By the Sea (26.2-NB)

Rainshadow Angels Staircase 60k (Ultra-WA)

Skyline 50k (50K-CA)



New Maniacs in June 2013



Lisa Trapasso (#7256)
 Ovella Jessee (#7257)
 Mark Swenson (#7258)
 Mary Leicht (#7259)
 Allison Martin (#7260)
 Elizabeth Mammina-Dincher (#7261)
 Katlyn Phillips (#7262)
 Donald Kemper (#7263)
 Kirk Buckley (#7264)
 Brian Nelson (#7265)
 Kathryn Ivey (#7266)
 Sean Celli (#7267)
 Bob Winandy (#7268)
 Theresa Strawn (#7269)
 Brian Ko (#7270)
 David Souleles (#7271)
 Ken Jessee (#7272)
 Buddy Dale (#7273)
 Matthew Kennard (#7274)
 Scott VerValin (#7275)
 Jack Cumming (#7276)
 James Hoppe (#7277)
 Cory Redifer (#7278)
 Nancy Hebert (#7279)
 Rachel Noah (#7280)
 Griffin Geisler (#7281)
 Shane Hipsag (#7282)

Rachel Crocker (#7283)
 Sporty Spice (#7284)
 Clara "ClaireBear" Alonzo (#7285)
 Jennifer Raczka (#7286)
 Alayna Pelfresne (#7287)
 Crystal Salierno (#7288)
 John MacKenzie (#7289)
 Thomas Gouard (#7290)
 Boris Tannenbaum (#7291)
 Frank Urrea (#7292)
 Kim Soap (#7293)
 Andrew Rohlfis (#7294)
 Jessica "Durti" Kurti (#7295)
 Steve Johnson 2 (#7296)
 Jennifer Hartley (#7297)
 Daniel Goh (#7298)
 Alexis Batausa (#7299)
 Diana Khaksar (#7300)
 Pamela Plyler (#7301)
 Tina Hauser (#7302)
 Eric Engel (#7303)
 Kimberly Gudenkauf (#7304)
 Tom Halverson (#7305)
 Sue Torf (#7306)
 Christine Quinn (#7307)
 Tim Panebianco (#7308)
 Alan Swankie (#7309)
 Alex Portwine (#7310)
 Scott Shiba (#7311)
 Lucy Ledezma (#7312)
 BJ Cobb (#7313)
 Shauna Veazey (#7314)
 Joe O'Connor (#7315)
 Donna England (#7316)
 Chris McDaniel (#7317)
 Sahar Hendabadi (#7318)

Danny Baker (#7319)
 John Vinson (#7320)
 Steven Thompson (#7321)
 Melissa Sprague-Brenteson (#7322)
 Andrew Raleigh (#7323)
 Shawn Countryman (#7324)
 Michele Countryman (#7325)
 Sharon Wojnaroski (#7326)
 John Wojnaroski (#7327)
 Paula Meyer (#7328)
 Veronica Ghoghos (#7329)
 Christina Jalali (#7330)
 Jo Nall (#7331)
 Tim Post (#7332)
 Nova Kayne (#7333)
 Jeannie Tsai (#7334)
 Steve Holland (#7335)
 Eddie Schneider (#7336)
 Keather Kehoe (#7337)
 Darrin Morrill (#7338)
 LaVerne Woods (#7339)
 Jennifer Wood (#7340)
 Nels Bentson (#7341)
 Jan Woodside (#7342)
 Charles Seligman (#7343)
 Ray Rios (#7344)
 Tamara Merriam (#7345)
 Jacqueline Smith (#7346)
 Fan Ny (#7347)
 Budi Januar (#7348)
 Syrilann Cooper (#7349)
 Bob Sommerville (#7350)
 Duane Dow (#7351)
 Kimberly Spalsbury (#7352)
 Christine Hall (#7353)
 Alfred Fordan (#7354)

Jeff Snell (#7355)
 Jackie Helfgott (#7356)
 Cesar Sangalang (#7357)
 Rachel Spatz (#7358)
 Michelle Vojir (#7359)
 Nikhil Simha (#7360)
 Mindy San Jule (#7361)
 Robin Wendlandt (#7362)
 Darlene Rompogren (#7363)
 Michael Rompogren (#7364)
 Russell Scott (#7365)
 Jon Bell (#7366)
 Luis Leon (#7367)
 Mark Eelnurme (#7368)
 Ria Steffins (#7369)
 Ryan Philip (#7370)
 Brad Batke (#7371)
 Jessica Placek (#7372)
 Deidra DeJacommo (#7373)
 Paul Kentor (#7374)
 Riley Qualley (#7375)
 Eileen Pontaoe (#7376)
 Adam Foley (#7377)
 Joanne Moss (#7378)
 DaleMcCashew (#7379)
 Kip Eldridge (#7380)
 Curt Canter (#7381)
 Trevor Myers (#7382)
 Daniel Petty (#7383)
 Jeri Howey (#7384)
 Jennifer Ford (#7385)
 Andrew Gorohoff (#7386)
 Shawn Szoke (#7387)
 Shawna Hobson (#7388)



Shauna Veazey (#7314)



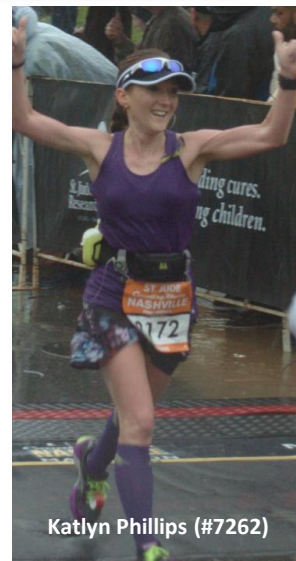
Paula Meyer (#7328)



Jennifer Ford (#7385)



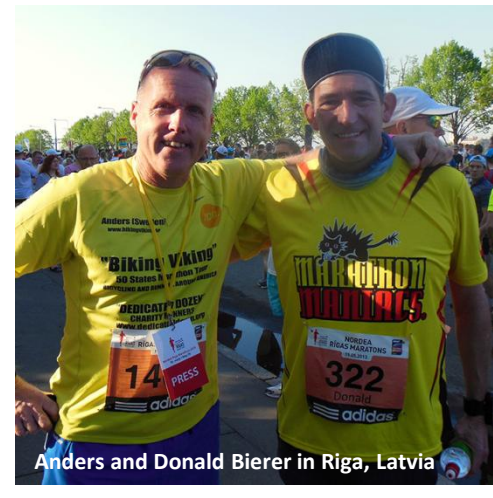
Ria Steffins (#7369)



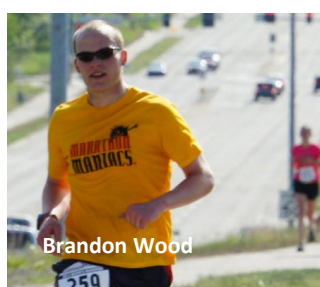
Katlyn Phillips (#7262)



John Leighton and Sandy Stiner



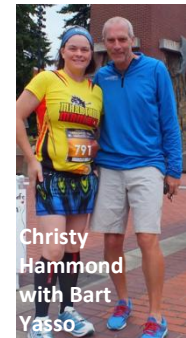
Anders and Donald Bierer in Riga, Latvia



Brandon Wood



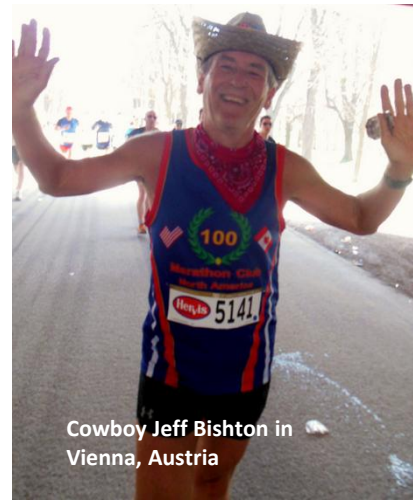
Kathleen and Richard Holmes in Stockholm, Sweden



Christy Hammond with Bart Yasso



Debra Jacobs-Robinson



Cowboy Jeff Bishton in Vienna, Austria



Steve Walters and Bob Kennedy

FROM THE EDITOR...

Summer is here! June is always a transition month in the marathon world as the weather gets warmer the races become fewer. I hope everyone has a great summer and gets geared up for a great Fall marathon season!

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.

- Blue Blazes Ultra (OH) 7/12-14/2013: www.blueblazesultra.com
- Make It By Midnight (GA) 7/13/13: <http://racerpal.com/races/MIBM.html>
- Light at the End of the Tunnel Marathon (WA) 7/14/13:
www.brianpen.com/LittleMarathon/Tunnel/default.asp
- Morgan Valley Marathon (UT) 7/27/13: www.morganmarathon.com
- Moose's Tooth Marathon (AK) 8/18/13: www.bigwildliferuns.org
- Sunriver Marathon for a Cause (OR) 9/1/13: <http://sunrivermarathon.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
- **Priest Lake 50k/26.2 (ID): 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
- 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
- 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
- Celebration Marathon (FL) 1/26/14: www.celebrationmarathon.com
- Miracle Match Marathon (TX) 1/26/14: <http://miraclematchmarathon.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



Dear Prez,

I've created a new poetry form, Prez. It's an evolutionary form, mixing hints of haiku with ironic pentameter. Picture the setting: Carnegie Hall, a murmuring, packed audience comes to a hushed silence; the poet walks to center stage, pauses, his eyes sweep the room, and then he reads, *Adagio*:

*"Superman, Batman, Ironman, Hulk; Supergirl, Batgirl, Spiderman, Thor.
Dopey, Sleepy, Sneazy, Doc; Happy, Bashful, Grumpy.
Goofy, Mickey, Minnie, Duck; Minnie, Cinderella, Cricket.
Charlie Brown, Lucy, Linus, Sally; Schroeder, Peppermint Patty, Snoopy.
MarathonJunkie, Pigtails, Hollywood, Yee; Phillippi, Macon, Dolphin, Slug, WalkingDiva, Kino, Birdman."*

The hall, breath-taken and silent, grows in the realization of history happening in their very midst. As one, they rise to their feet, filling the air with a roar of applause and ovation! The imperfectly perfect artistic merging of the balanced and imbalanced of life in its variegated breadth and depth! *Bravo! BRAVO!!!*

No? Sigh. A guy can dream.

How are you Prez? I was thinking about the evolution of a marathoner's life, how many phases we experience, and it did remind me a bit of Snow White's rag-tag fellows, as though over the course of time, we become a little bit of every one of them.

When my Irish golfing buddy suggested that we try a marathon, I laughed out loud. He was cheerfully serious about it though, and so I was cornered. Uncertain I could ever finish one, I rather Bashfully said I would think about it. A day later, I went for a jog.

Well, one year later, as I crossed the finish line (at Disney, come to think of it), a new feeling instantly washed over me. I suppose like landing on the moon, until you do it yourself, there is no good metaphor to relate to someone else the feeling exactly. But Happy? Sure!

Of course, that night I had no difficulty being Sleepy, all through the night.

By Friday, despite a week of stiffness, full-blown Dopey set in, signing up for multiple marathons in contiguous week-ends. With each new one added, I got, well, Goofier. But Yee made me do it.

Schroeder-like discipline for practicing commenced. Daily runs at the track were the ticket from Jiminy Cricket. Springtime made Sneazy ingest Allerst so to make panting possible, but the music of John Williams' Superman score inspired additional laps that would not have occurred otherwise.

I needed more information, and retreated to my Batcave to read about Phillippi's and others' Ironman exploits on the Maniac web-page. Amazed, their stories were just the potion that made this Peter Parker think he could swing from mile-post to mile-post at the mere flick of a wrist. Emboldened, I joined the gym and imagined myself like the Hulks there, replenishing my own muscles of mediocrity.

Races two and three rolled around, but, in reality, with my more Snoopy-like than Schroeder-like levels of practice, by mile 24 in both races, odd twinges in my knee raised a bit of the Grumpy in me. Not to be defeated though, I sought solutions via a new career as an amateur Doc.

It's all there, Prez. While I keep thinking I am going to be the Wizard of Roads, as yet my races reflect something of the confusion of the Tinman (does he or does he not have a heart? *perhaps...*) and the Lion (really, is it courageous to limp through the last four miles? *perhaps...*), though most clearly I surely resemble the Scarecrow, for we have the most in common: we love to play, we dance energetically if clumsily, and, sigh, neither one of us has a brain. But, we *have* figured out this:

There's no place like 26.3.

Luvya,
Rev

