



MARATHON MANIACS

JUNE 2015 NEWSLETTER

Volume 12, Number 6

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GASPER MARATHON

CASPER, WYOMING



Casper Marathon (6/7): Richard Albanese, John "Pony Espresso" Backman, Sharon Berger, Diana Bibeau, Jeff "Boneman" Bollman, Stacy Allen Bolyard, Andy "Tambourine Man" Bowden, Kate English Brunson, Kathy Burkey, Pony Express, Chuck Compson, Steven Elster, Keenan Haga, Madison Hamblen, Michael Hammonds, Wally Hernandez, Jim Higgins, Peter 'Elite Pete' Lantin, Robert McElroy, Terri Menghini, Kevin Moore, Michael Nusblat, Gary Otheim, Missy Peters, Leah Piper, Paul "The Brit" Piper, Mark Pitts, "Downhill Dave" Poglitsch, Brian Post, Patty Powell, Darren Raiguel, Todd Raney, Tony Recker, Joe Reilly, Cade Remsburg, Michael "Dr Dude" Rhodes, Tony Ripberger, Resting Bitch Face Rucker, Jc "The Saint" Santa Teresa, Lori Schwartz, Mike Schwartz, Dan-O, Wes Waters, Mark Zarembo, Jennifer "Hot Mess" Zuelch



Mike Schwartz completes his 50th state!



HALF FANATICS

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

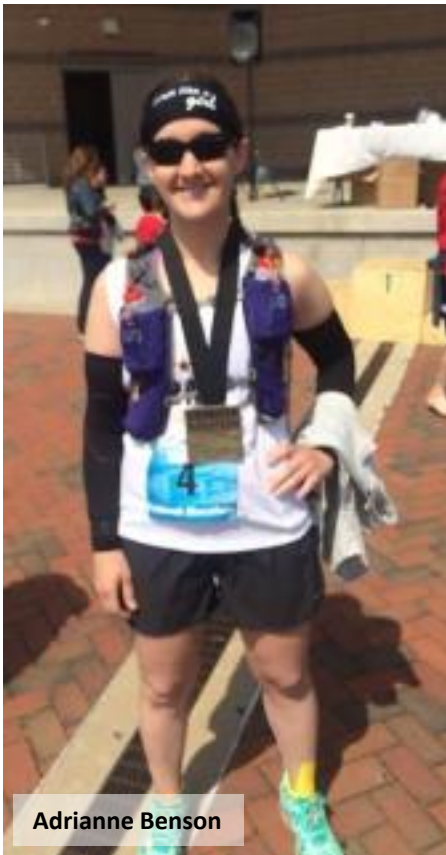
Tired of running marathons and ultras (HA!!)? Need to back down on that weekly mileage and concentrate on getting faster? Then join the Half Fanatics (halffanatics.com). There are currently over 10,000+ members in the Fanatic Asylum, and I'm sure you'll recognize a few names in the group. So jump on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

www.halffanatics.com





Yoshiko



Adrienne Benson



Lisa and Rikki



Suzanne, Michael and Patti



Miranda



Greg and Sabrina



April

ROCK N ROLL SEATTLE MARATHON

SEATTLE, WASHINGTON



Raw-Lee



The Manns

Rock N Roll Seattle (6/13): Jo Andryshak, Chavet Breslin, Geb Brown, Greg Burress, Heidi C, Rose Castro, Grace Chan, Jun Chea, Pony Express, Rose Sporty Diva Coates, Keith Collingwood, Sally Collins, Dave Conger, Deb Evdemon, Steven Ferry, Mabel Fong, Jim Fox, Andrew Freeman, Monique Freymuth, Raymond Gallardo, Lil Mango, Emily Greenberger, Ginger Gruber, Keenan Haga, Robert "Beau" Hall, Danny Hartley, Kimberly Horn, Masako Ishida, Narongdej "Jay" Jaroensabphayanont, Steve Jensen, Laura Johnson, Brent Johnston, Peter King, Rick King, James Kirkley, Maniac Krez, Michael "Endorphin Nephew" Lam, Bryan Lewis, William Long, Jules Mann, Damon McCarty, Michele Mendel, Phil Millard, Lisa Morin, Dana Mosell, Benjamin Orr, Monte Pascual, David Pearson, Russel Pineda, Jesse Qiao, Bruce Quam, Bill Ralph, Joe Reilly, Sherry Ricker, Tom Rogers, Linda "Girlye" Rowe-O'Neal, Wendy Roy, Sabrina, Shirley Shaw, Andrea Spohn, Bryndis "ICELAND" Svavarsdottir, Roger "RETIRED NAVY" Teel, Mitch Thormodson, Michael Vaccaro, Steve "Marathon Freak" Walters, Michael Warner, kristine wong, Patrick Wood, Kimberley Worthen, Chrissy Yamada, Rossana Zemek, Marie "Mimi" Zornes





Cortney



Charli



Jim Roche finishes Western States 100



Kathy





Dotty



Marie



Ted and Andy



Claudia

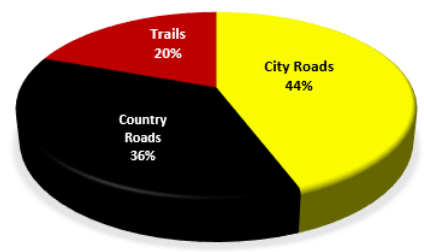


MANIAC POLL

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.

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

Please vote online between now and August 10: <http://tinyurl.com/MMPoll2015e>



Last month's question:

What environment do you prefer to run a marathon?

44% of Maniacs prefer to run marathons on city roads. Followed by 36% who prefer country roads. While 20% prefer trails.

Thanks for voting!



Tracey and Carol



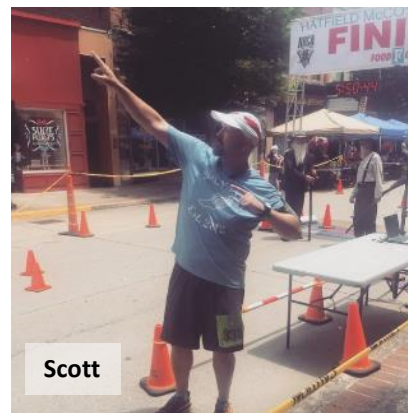
Sheri

HATFIELD MCCOY MARATHON

GOODY, KY
to
WILLIAMSON, WV



Kathy



Scott

Hatfield McCoy Marathon (6/13): Blake Adams, Bob Barnard, Brenda Beck, Kristen Bieling, Tasha "T-Money" Brandon, "Drew Dizzle", Tyler Brown, Robin Brumagen, Cheryl Bryll (aka Shelly), Denise Calcagnino, Richard "See Dick run" Carroll, Denise Carter, Fely Castillo, Harry Cooke, Sue Cottrill, Floyd Crawford, John Crum, Maria Dahlgren, Roger Donnell, Michael Dunn, Kate "where are your shoes??" Escott, Fil Faria, Matthew Faske, Paul Grzemeski, Nadia Guimont, David Haring, Tim Harrington, Elizabeth Harris, Jeff "Mule" Hauser, Melissa Heaton, Tiffany Herren, Alan (MAD FEET) Higgins, Jill Hill, Michelle Hille, Joshua Hillman, Marc Hirschfield, Jeffrey Hollington, Diana Hughes, Love to Run Donna, Andrea Johnson, Elizabeth Johnston, Danielle Joyce, Pollyann Keller, Rebecca Kiefer, Paul Knellwolf, Nicole LeVine, Dennis Ley, Michael "Mac" Maccherone, Karen Manganaro, Amy May, Kim McGuffey, Sue McKinnon, Sandee "Fiona" McMillen, Ann Merfeld, Erin Michos, Pat Neff, Chris "O-Dog" Oppenlander, Aprille Oxenford, Kelly Pfannenstiel, Michael Pfannenstiel, Shannon "wacky scheme" Plesh, Wendy Prindle, Kathy "Rad Queen" Pryor, Karen Redmond, Amy Reed, Allison Richter, Charity Schmitz, Lori Sherwood, Franklin Smith, Mike "Marathon" Smith, Shawn Smith, George "from Georgia" Southgate, Bob Strauss, Carra Summers, Alison Talarcek, Aaron Thomas, Tommie Toler, Cindy Tolley, Angela Tortorice, Lori Wagner, Kelly Watanabe, Jeff Weber, Brian Wright, "Marathon Megan" Wright, Cynthia Yu



Mark and Candace Schenk got married during the marathon!

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:

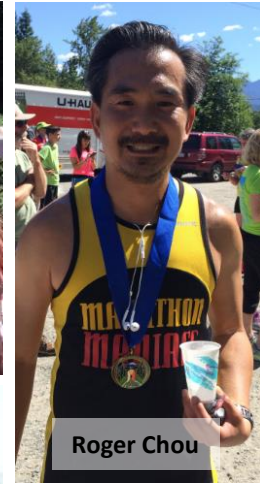
<http://www.marathonmaniacs.com/marathon-maniacs/pacer-team>

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



THE LIGHT AT THE END OF THE TUNNEL MARATHON

NORTH BEND, WASHINGTON



Roger Chou



Jules Mann



Robert McElroy and Steve Walters



Leslie Miller



Claudia



PK

Light at the End of the Tunnel Marathon (6/14): Shawn Aebi, Garrett Anderson, John Anderson, Jessica Archer, Fran Austero-Macavinta, Miranda Bachman, Steve Barrick, Mary Bettelli, Dan Bucci, Heidi C, Sean "stratmandu" Celli, Laura Coburn, Rick Cooney, Paul David, Christine Davidson, Mike(rattletrap)Davis, Vince Davis, Michelle DeNully, Duane Dow, Steve Duncan, Lisa Eagle, Tricia Early, Ted Eckert, Kevin Ely, Sarah "Stumbling Goat" Englund, Ken "Calix's Dad" Fattmann, Joel Fenlason, Steven Ferry, Ian Field, Cheri Fiorucci, 'becca Flora, Cj Follett, Jim Fox, Andy Fritz, Linda Garbo, Stephanie Gaston, Steve Geertgens, Marc Gill, Greg Glockner, Margaret Gorog, Maverick, Mr. Pat, Ginger Gruber, Georgeta (GG!) Gruescu, Robert "Beaux" Hall, Jason Hardt, Danny Hartley, Sandra Harvie, Christie Hayes, Bob Hearn, Dana Hendry, Annie Hernandez, Deborah Hoffpauir, Teri Hubbs, Eric Jensen, Laura Johnson, #kinosfault, Ethel Marie Kitching, Gary Kobold, Maniac Krez, Melisa Lunt, Jenifer Lyman, Ray "Luv 2 Eat N Run" Macavinta, Mike Mahanay, Jon "Coconutboy" Mahoney, Shoney, Jules Mann, Tracy Marshall, Sue Maybee, Robert McElroy, Little Leslie, Lisa Morin, Janice Northrup, Rufus Park, Monte Pascual, Guru, Karen Patterson, The Programmer, Jessica Placek, Rachel Plowman, Brian Post, Bill Ralph, Jean-Gael Reboul, Lisa "Cupcake" Reid, Cade Remsburg, Crockpot, Katie Robinson, Jc "The Saint" Santa Teresa, Meg Sauve, Kathryn Schade, Tom "H.D." Scott, Scott "Brooklyn" Sebelsky, Lisa Seidel, Michael Shiach, Brian Simpson, Tara Simpson, "Marathon Diet", Jody Tchir, Steve Thomas, Steve "Marathon Freak" Walters, Brett "Go Broncos" Wittner, Janet Yoest, Rossana Zemek, Marie "Mimi" Zornes



Brian, Ross and Monte



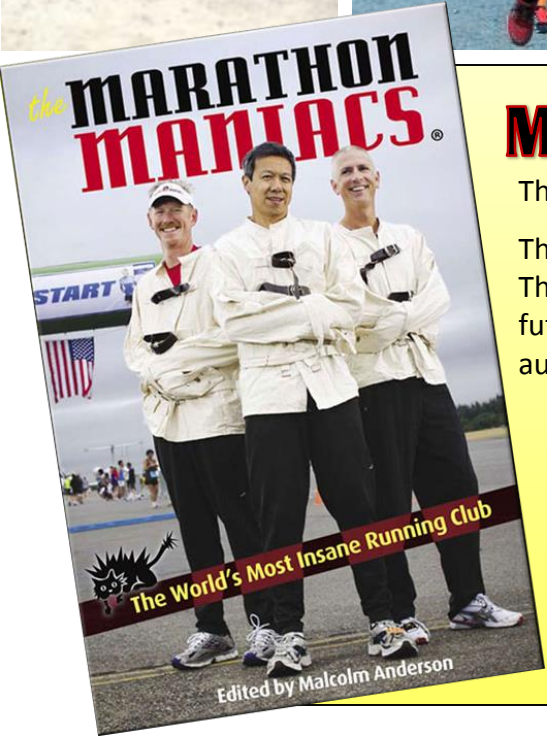
Steve



PK and Roger



Miranda



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>



Steve



Emily and Mel



Paula

VANCOUVER USA MARATHON

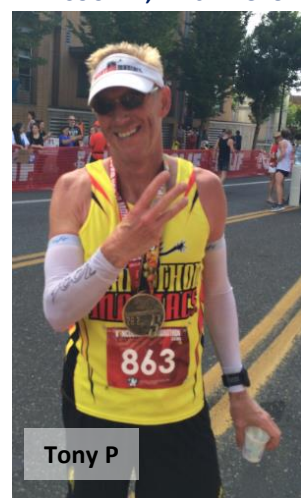
VANCOUVER, WASHINGTON



Jerry

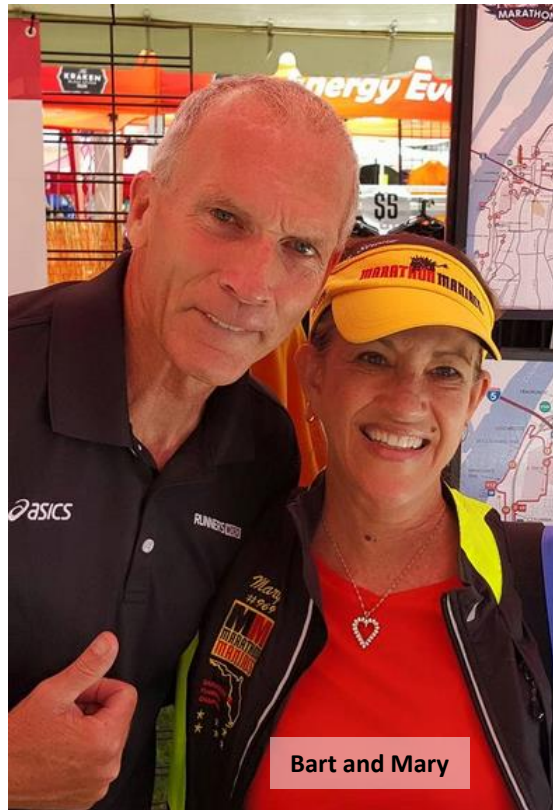


Vickey and Carol



Tony P





Steve and Roger



Bart and Mary

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:

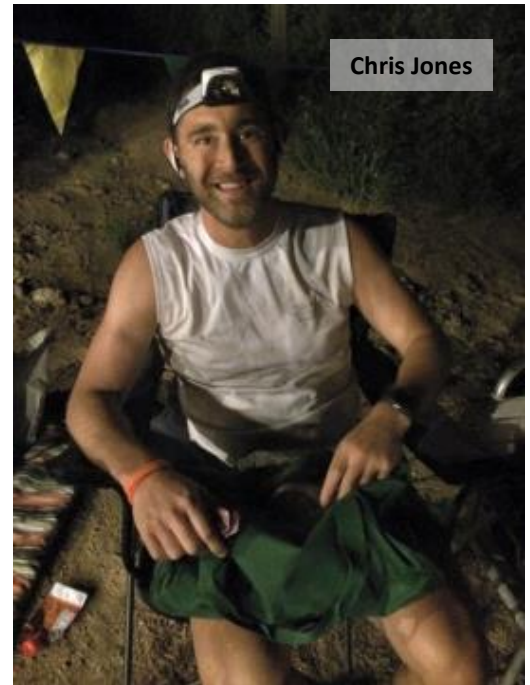
<http://www.linkedin.com/e/vgh/1843119>

DAILY MILE:

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

Across all social networks use the hash tag:

#marathonmaniacs



Chris Jones



Kate



Melissa and the Prez



Tricia



Ralph



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.



Brandon



Carol and Tracey



Steve



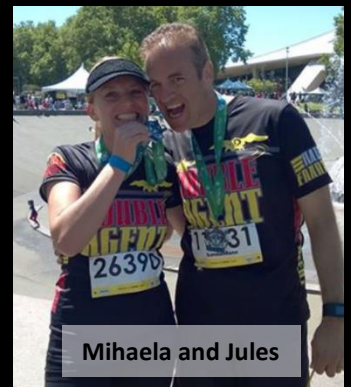
Drew



Jordan



Jamila



Mihaela and Jules



Mandy

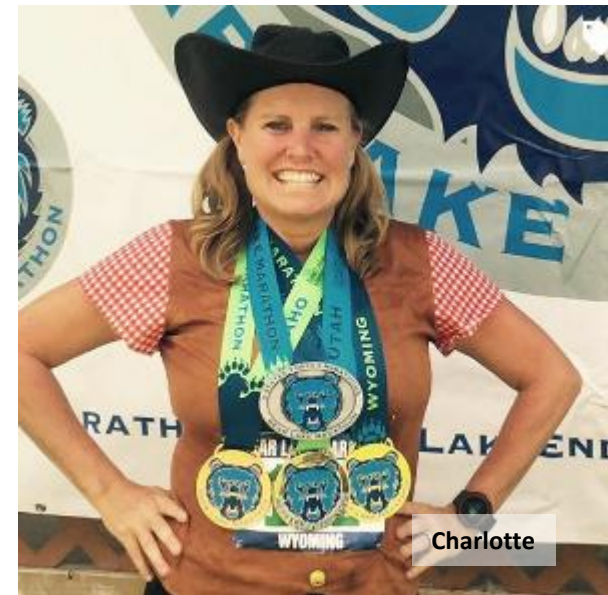


Sabrina

BEAR LAKE MARATHONS

3 MARATHONS in 3 DAYS in 3 STATES

BEAR LAKE, UTAH/IDAHO/WYOMING



Charlotte



Greg



Janice



Brian



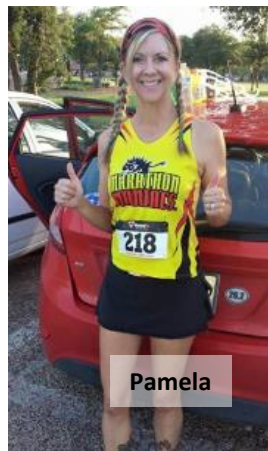
Wendy



Christine and Jeff



Brandon



Pamela



Jamila



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!





Christy Paul



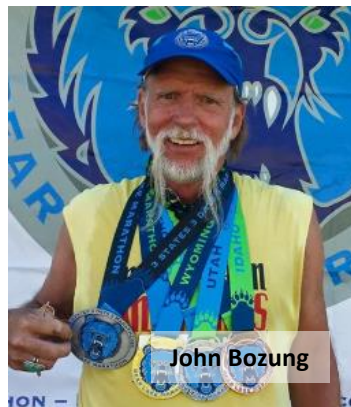
Michelle Walker and Glen Anderson



Brian Post



Greg and Sabrina



John Bozung



Kyra and Larry



Lisa Davis & Stacy Bolyard



Jennifer Butler



The Perfect Test

The marathon, the distance, the perfect test
We're out there to achieve a personal best

The training, each day, the journey we face
The endgame, the goal, a calendared race

Our diet, our sleep it's part of the game
The sacrifices we make to some seems insane

Hot summer runs, tempers the soul
Cold winter runs, completes me whole

Pushing our bodies beyond normal limits
We often use some cool technical gimmicks

The addiction, the pursuit of an unrealistic pace
Dreaming of a finish, a targeted race

The struggle, the pain, those last endless miles
Self-discovery, the finish, a well-earned smile!

John D. Morris
MM#10306







Joshua Holmes



Howard



Ed



Kathy



Ross

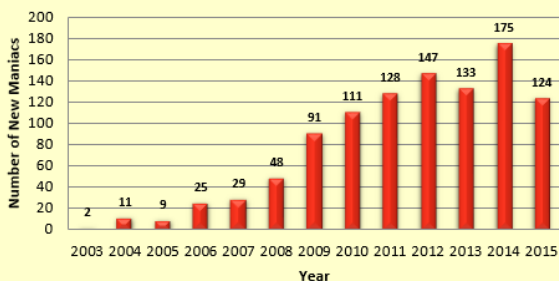
REPORT FROM THE INSANE ASYLUM

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	-	-	-	-	-	-	966

New Maniacs for June



New Maniacs in June 2015	124
New Maniacs in 2015	966
Total Maniacs	11,498

State	MM	Pct%
Washington	1252	10.89%
California	848	7.38%
Texas	790	6.87%
Florida	434	3.77%
Illinois	414	3.60%
New York	374	3.25%
Oklahoma	351	3.05%
Virginia	310	2.70%
Georgia	272	2.37%
Ohio	245	2.13%

Club Growth:

New Maniacs in first six months:	
2014	1,152
2015	966

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:** Sabrina Seher, Chavet Breslin, Paul Piper, Donna Richards, Seth Kramer, Karen Murray, Greg Burress, Juli Johnson, Olivier Hamar
- **Platinum (8 star) Maniac:** Bill Odendahl, Emil Cheng
- **Palladium (7 star) Maniac:** Jamila Williams, Marie Zornes
- **Osmium (6 star) Maniac:** Marc Gill
- **Ruthenium (5 star) Maniac:** Kiran Kumari, Grace Lineberg, Teresa Chandler, Lisa Grippe, Michael Albin
- **Iridium (4 star) Maniac:** Hollie Ashby, Jennifer Butler
- **Gold (3 star) Maniac:** Kristine Wong
- **Silver (2 star) Maniac:** Ian Field, Lori Dather, Brooklyn Brock

- **50 States Finish:** Mike Schwartz, Lori Schwartz, Kathy Burkey, Craig Thompson
- **50 States Finish (Second time):** Glen Anderson
- **100 Marathons:** Haywood Crowder
- **300 Marathons:** Carol Goslin
- **400 Marathons:** Dave Bell

New Titanium Maniacs!!



Sabrina Seher



Chavet Breslin



Paul Piper



Donna Richards



Seth Kramer



Karen Murray



Greg Burress



Juli Johnson



Olivier Hamar



Haywood Crowder celebrates his 100th marathon!



Karen Murray celebrates her 10th star!



Lori and Mike Schwartz finishes his 50 states in Casper Wyoming!



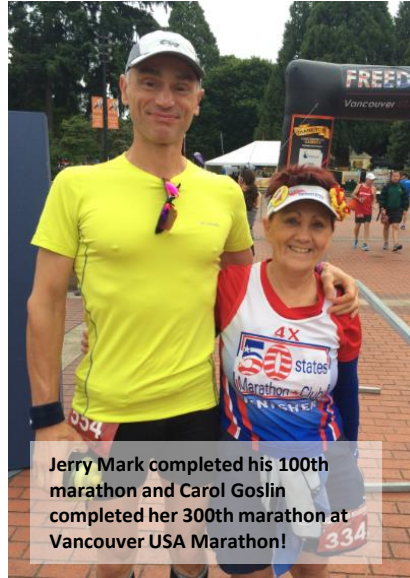
Donna Richards



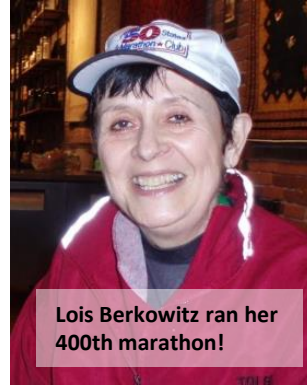
Dave Bell finishes his 400th marathon!



Juli Johnson achieves Titanium!



Jerry Mark completed his 100th marathon and Carol Goslin completed her 300th marathon at Vancouver USA Marathon!



Lois Berkowitz ran her 400th marathon!



Kathy Burkey finishes her 50th state at the Bay of Fundy Maine!



Gregg Burgess gets his 10th star!



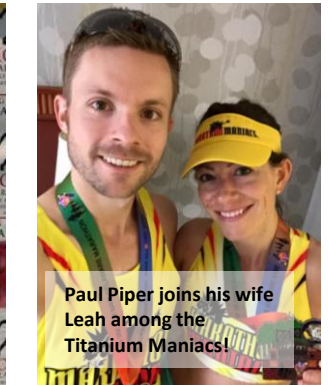
Sabrina gets her 10th star!



Glen Anderson completes the 50 states for the second time!



Craig Thompson finished his 50 states in Kona Hawaii!



Paul Piper joins his wife Leah among the Titanium Maniacs!



Gunhild Swanson (MM#69) sets a record for the oldest woman to complete the **Western States 100 miler** at the age of 70 years old!

She finished the famous 100 miler with just 6 seconds to spare.

Congratulations Gunhild!

Upcoming Races!

Marathon/Ultra Calendar between July 31 – September 11

Friday, July 31, 2015 Chase the Moon 12h (CO)	Fat Dog 70m/50m/30m (BC) Hamster Endurance Run 24h/12h/6h (WA) Marquette Trail 100k/50m/50k (MI) Nifty Fifty (AK) Old Farts Festival of Races (MI) Post Canyon 50k (OR) Running with the Bears (CA) Skyline Mountain 50k/26.2 (UT)	Mainly Marathons New England Day Six (RI) Nebraska State Fair Marathon (NE) Thames Meander Marathon (GBR)
Saturday, August 1, 2015 Angeles Crest 100 Mile Endurance Run (CA) Eagle Creek Trail Marathon (IN) HURL Elkhorn 50m/50k (MT) Kat'cina Mosa 100k Mountain Challenge Run (UT) Lost Turkey Trail Marathon (PA) Moosalamoo 36m (VT) Pacific Crest Trail 50k (WA) PCTR Montana de Oro (CA) Ultra Adventures Tushar Trails 93k/26.2 (UT)	Sunday, August 16, 2015 Big Wildlife Runs 49k/26.2 (Moose's Tooth Marathon) (AK) Chasing the Unicorn Marathon (PA) ENDURrun 2015 Stage 7 (ON) Ironman Mont-Tremblant (QC) Kuching Marathon (MYS) Leading Ladies Marathon (SD) Maratona da Caixa de Santa Catarina - Florianópolis - Santa Catarina (BRA) Maryland Trail Running Festival Marathon (MD) Northumberland Coast Marathon (GBR) Pikes Peak Marathon (CO) Yellowknife Marathon (NT)	Sunday, August 30, 2015 Bali Marathon (IDN) Calico ET Full Moon Midnight 51k/26.2 (NV) Da Nang International Marathon (VNM) Ironman Muskoka (ON) Longford Marathon (GBR) Mainly Marathons New England Day Seven (NY) Maraton Ciudad de Mexico (MEX) Quebec City Marathon (QC) Yeti Snakebite 50m/50k (GA)
Sunday, August 2, 2015 Blister in the Sun Marathon (TN) Drake Well Marathon (PA) Hot to Trot 8h (GA) Ironman Boulder (CO) Thorp Mountain 50k (WA) Yukon River Trail Marathon (YT)	Wednesday, August 5, 2015 Mongolia Sunrise to Sunset 100k/26.2 (MNG)	Wednesday, September 2, 2015 Burning Man 50k (Black Rock City 50k) (NV)
Friday, August 7, 2015 Bigfoot 200 (215m) (WA) Resurrection Pass 100m (AK)	Saturday, August 22, 2015 Bulldog 50k (CA) Devil Mountain 50m/50k (CO) Habanero Hundred 100m/100k/50k (TX) Leadville Trail 100 Run (CO) Lean Horse 100m/50m/50k (SD) Mesa Falls Marathon (ID) North Country Run 50m/26.2 (MI) NWTR Summer Blast (WA) Reykjavik Marathon (ISL) Speyside Way Race 36.5m (GBR) Squamish 50m (BC) St Paul Urban Trail Marathon (MN) Waldo 100k Trail Run (OR) Wausau Marathon (WI)	Friday, September 4, 2015 Erie Canal World Marathon Tour (10 day event, not all days count) (NY) Race for the Ages (TN)
Saturday, August 8, 2015 Badlands 50m/50k/26.2 (ND) Beast of Burden 100m/50m (NY) Big Blue Riverfront Relay Marathon (solo category only) (KY) Capt'n Karls Colorado Bend 60k (TX) Cougar Mountain Marathon (WA) Crater Lake Marathon (OR) El Vaquero Loco (WV) Genoa Peak Mad-a-thon (NV) Haulin Aspen Trail Marathon (OR) Howl at the Moon 8h (IL) Maasi Marathon (KEN) Mt Sneffels Marathon (CO) North Downs Way 100 (GBR) Paavo Nurmi Marathon (WI) Plym Trail Marathon (GBR) Potato Creek Trail Run 60k/26.2 (IN) Rainshadow Angels Staircase 60k (WA) Resurrection Pass 50m (AK) Silverheels 100 (CO) Skyline 50k Endurance Run (CA) Sweltering Summer Ultra 8h/26.2 (MA) Telluride Mountain Run 38m (CO)	Sunday, August 23, 2015 Edmonton Marathon (AB) Michigan Titanium Triathlon (MI) Run the Rock Marathon (BC) Santa Rosa Marathon (CA) Squamish 50k (BC)	Saturday, September 5, 2015 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) Marquette Marathon (MI) Okie Trail Shuffle (3 day event) (OK) Pocatello Marathon (ID) Volcanic 50 (WA) Wildcat 100m/100k (FL)
Sunday, August 9, 2015 Angkor Empire Marathon (KHM) Ethiotrail Marathon (ETH) Humboldt Bay Marathon (CA) Marathon by the Sea (NB) Monschau Marathon/56k (DEU)	Monday, August 24, 2015 Mainly Marathons New England Day One (ME)	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 (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)
Friday, August 14, 2015 Anchor Down Ultra 100m/24h/12h/6h (RI) Fat Dog 120m (BC)	Tuesday, August 25, 2015 Mainly Marathons New England Day Two (NH) Self-Transcendence Marathon (NY)	Monday, September 7, 2015 American Discovery Trail Marathon (CO) Heart of America Marathon (MO)
Saturday, August 15, 2015 Beaver Chase (IN) CTR Cinderella 50k/26.2 (CA) Devil's Run 100 Miler (WI) Eastern States 100m and Call of the Wilds Marathon (PA)	Wednesday, August 26, 2015 Mainly Marathons New England Day Three (VT)	Thursday, September 10, 2015 Steep Canyon 50k (NC)
	Thursday, August 27, 2015 Mainly Marathons New England Day Four (MA) OCC (Orsières - Champex - Chamonix) 53k (FRA)	Friday, September 11, 2015 Lost Soul 100m/100k (BC) Run Woodstock Hallucination 100m and LSD 100k (MI) Superior 100m (MN) Wasatch Front 100 Mile Endurance Run (UT)
	Friday, August 28, 2015 CCC (Courmayeur Champex Chamonix) 101k (FRA) Mainly Marathons New England Day Five (CT)	
	Saturday, August 29, 2015 Aravaipa Javelina Jangover Night Run 75k/50k (AZ) Borneo 100km Ultra Trail Marathon (MYS) Capt'n Karls Reveille Peak Ranch 60k (TX) Cascade Crest 100 Mile Endurance Run (WA)	



New Maniacs in June 2015

Jonathan Alaya (#11374)
Maegan Ehrenberg (#11375)
Brian Wills (#11376)
Raymond Beja (#11377)
Diana Breen (#11378)
brandon 'new blood' karl (#11379)
Bob Roudebush (#11380)
Joe Golden (#11381)
Stacyc Sena (#11382)
arturo rodriguez (#11383)
Jessica Waddle (#11384)
Adam Perry (#11385)
Claudia Taboada (#11386)
Eric Brumbalow (#11387)
Jessica Leichtweisz (#11388)
Christopher Ahlberg (#11389)
Tammy Grayum (#11390)
Chicka-Boo (#11391)
Ben Precious (#11392)
Daniel Wright (#11393)
Rich Harris (#11394)
David Stewart (#11395) (#11395)
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Demetria Thompson (#11397)
Lisa Dretske (#11398)
Matthew "MateoWilli" Bryant (#11399)
John McCoy (#11400)
Genna Cockerham (#11401)
James Grindeland (#11402)
Karen Hildebrand (#11403)
Mary K Chuey (#11404)
Megan Hunter (#11405)
Staci Dietzel (#11406)
Tim Lyke (#11407)
Jasmine Azpiri (#11408)
Mario Menendez (#11409)
Scott Jaynes (#11410)
Rachel VonHoene (#11411)
John Bergholz (#11412)

Nicole Dunlap (#11413)
Ryan Carstensen (#11414)
Mark Crennan (#11415)
Roselynn Bedoya (#11416)
Dannie Reynolds (#11417)
Asli Tengah (#11418)
Olivier "le Frenchie" Hamar (#11419)
Charita McCants-Church (#11420)
Frank J. Garcia (#11421)
Brian Mansky (#11422)
Races R My Bag (#11423)
Missy Breckenridge (#11424)
Sylvia Quinn (#11425)
Mark Powers (#11426)
Christian Sturm (#11427)
Mark Lapa (#11428)
Kristy Lage (#11429)
Elizabeth Syzdek (#11430)
Anastasia Duarte (#11431)
Beverly Porter (#11432)
Kimberley Overturf (#11433)
Kember Greco (#11434)
Lindsay Fritz (#11435)
Angie Kurtz (#11436)
kevin Kurtz (#11437)
Stacie Bethel (#11438)
Lisa Kidder (#11439)
Bob Seigart (#11440)
Kimberly Martin (#11441)
Amy Schmitt (#11442)
Joshua Falken (#11443)
Nicole Margenau (#11444)
Jane Gooding (#11445)
Chalmers Johnson (#11446)
James BRITAIN (#11447)
Edward Blackshaw (#11448)
Robin Vetter (#11449)
Michela Berg (#11450)
Leah Pearce (#11451)
Amy DeFrank (#11452)
Christopher Kelley (#11453)
Tina Zureick (#11454)
Christian Robinson (#11455)
Rae-Lee Spurr (#11456)
Dylan Woods (#11457)

Tom Brewer (#11458)
Justin Bonzo (#11459)
Chris Seto (#11460)
Karen Donnelly (#11461)
Michelle Zhang (#11462)
Joelle Hime (#11463)
adam parker (#11464)
Jill Meier (#11465)
Jenna Powers (#11466)
Bakwetu Yelengi (#11467)
Craig Shaffer (#11468)
Alexandra Alcorn (#11469)
Michelle Moore (#11470)
Chris Ellenwood (#11471)
scott weisenbach (#11472)
Julie Laplante (#11473)
Richard Thomas (#11474)
Sandra Roberts (#11475)
Ian Burress (#11476)
Edie Kenney-Perez (#11477)
Rob Perez (#11478)
Michelle Delgado (#11479)
Joe Pisel (#11480)
Shannon Mitchel (#11481)
Tony Liew (#11482)
Sandy Penner (#11483)
Vernell Shaw (#11484)
Anthony Deluca (#11485)
Josh Vaughn (#11486)
Jacquie Gabaldon (#11487)
James Lynch (#11488)
Justin Kleinfelter (#11489)
Ron Brown (#11490)
Karen Thygesen (#11491)
Kimberly Buskirk (#11492)
Natalie Bickers (#11493)
Jennifer Cohen (#11494)
Ann Walley (#11495)
Ian Byers (#11496)
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Des Kappel (#11498)

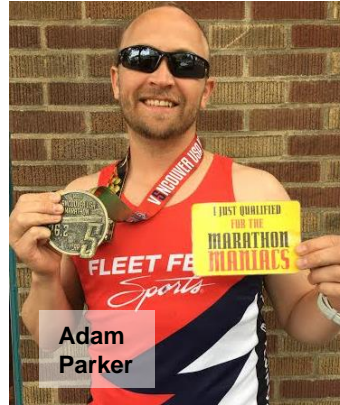
NEW MANIACS



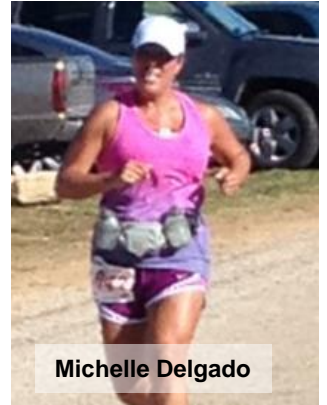
Christian Sturm



Kristy Lage



Adam Parker



Michelle Delgado



Kevin Newton



Jane Gooding



Deanna Renn



Ian Burress



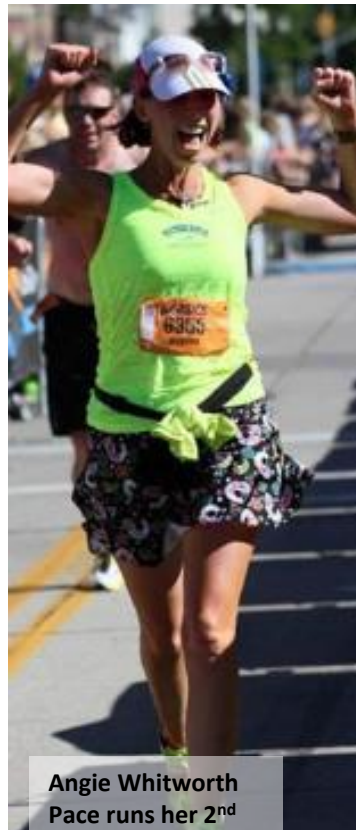
Lindy Kurtz



Ed



Carol celebrates her 300th marathon.



Angie Whitworth
Pace runs her 2nd
BQ at Utah Valley!



Steve Walters and Robert McElroy

FROM THE EDITOR...

June was a fun month! We had Maniacs running all over the country. A record nine Maniacs reached Titanium. Carol Earles reached 300 marathons, Dave Bell reached 400 marathons and at least a half dozen Maniacs completed their 50th state. July and August tend to be slow months as the heat rises. Enjoy your summer and if that means you are taking a break from marathons, then we'll see you in the Fall!

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 and The Running Warehouse www.runningwarehouse.com for all your non-Maniac branded apparel and shoe needs.

- Lost Turkey Trail Marathon (PA) 8/1/15: www.lostturkeyultra.com
- Silverheels 100 Mile (CO) 8/8/15: <http://humanpotentialrunning.com>
- Sweltering Sun 8 Hour & Marathon (MA) 8/8/15: <http://burcsrunners.org/run-with-us/burcs-races/sweltering-summer/>
- Humboldt Bay Marathon (CA) 8/9/15: www.humboldtbyamarathon.com
- Maryland Trail Running Festival 8/16/15: www.wdas.org/#!mtrf/c66t
- Moose's Tooth Marathon (AK) 8/16/15: www.bigwildliferuns.org
- New England Series 8/24-30/15: <http://mainlymarathons.com>
- Freakin Fast Marathon (ID) 9/5/15: www.freakinfastmarathon.com
- Pocatello Marathon (ID) 9/5/15: www.pocatellomarathon.com
- Lake Chelon Shore to Shore Marathon (WA) 9/12/15: www.lakechelanmarathon.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.rungcm.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
- 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
- Cumberland C&O Trail Towpath Marathon (MD) 9/27/15: <https://altisendurance.com>
- New Hampshire Marathon 10/3/15: 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
- 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
- Des Moines Marathon (IA) 10/18/15: www.desmoinesmarathon.com
- **HITS Oklahoma City Marathon 10/18/15: 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
- **Magnolia Marathon (MS) 11/21/15: www.magnoliamarathon.com
- Phoenix Rising Marathon (AZ) 11/29/15: www.phxrunning.com
- Space Coast Marathon (FL) 11/29/15: 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
- Camarillo Marathon (CA) 1/3/16: www.camarillomarathon.com
- Mississippi Blues Marathon 1/9/16: www.msbluesmarathon.com
- First Light Marathon (AL) 1/10/16: www.firstlightmarathon.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

{Rookies: Steve Yee is our club President, and co-founder of the Marathon Maniacs with members 2 and 3, Chris "Hollywood" Warren and Tony Phillippi. All are fleet of foot; Tony adds on triathlons. Legend Larry Macon has knocked out some 1,500 marathons in his career (fifteen hundred is perhaps beyond comprehension, but it is not a typo). The writer of this monthly letter to Prez is member #48, admitted into this World of Wonders because there aren't any speedy time requirements involved.}



Dear...umm, Dear....dear...oh dear...("Sweetheart, what's Prez's name again??")....

Hiya Prez!!!

I know you didn't tell a soul, but something happened to you this morning, Prez, and I know all about it, and I'm going to broadcast it to the world, even though you might get mad at me for a second.

This morning, Prez, you got ... older. WHAT ARE WE GOING TO DO ABOUT THAT!??

Remember when you were nine? Adults argued about whether it was good for you to run 32 marathons a year. You probably said, "Ok, Mama, I won't," and then went outside anyway thinking, "ha ha ha, but I'm a Maniac."

In your teens, during homeroom, you copied somebody else's homework because the day before you and Tony were bicycling for too long.

In your twenties you took a job with the government because they wouldn't notice the sleeping at your desk after all those evenings stretching 10-milers into a 20-milers chasing...well, you know.

In your thirties you looked *mahvelous*, and you ran then like, well, like Chris.

It all seemed so never-ending, didn't it? We thought, "Other people get old, but that's such a very distant future for me." We still think that, until the aching starts.

Well Prez, aching and aging are inevitable, and can creep up earlier than we like to think. The Atlanta Braves just lost their 38-year-old closer to an Achilles tear while he was running all the way from the pitcher's mound to first base, about 60 feet. Age 38. Out for the season.

It comes upon all, Prez, this aging thing.

But of course good old Rev has the Answer for you yet again?

Sure do, in the same way I like my iced tea: with a twist.

For on the on hand, and despite my limited familiarity with Einstein's and Hawkings' grasp of Time being circumscribed by what is on their book jackets, I do know two things for certain: we age, and we can't stop that.

But (!), we can face it down, by wresting every ounce of joy out of every minute we are given.

Otherwise, we'd have to be ageless, like Larry the Legend Macon. Did I tell you I figured out his real age? 67 my foot. Say he started running marathons at 35, and assume that all his years he averaged a punishing 15 per year for ten decades. Then he'd have his 1500 marathons, and he'd be 134. God bless him, but I won't make that, and you won't either, Yee.

But we can wrest every ounce of joy out of every minute by at least thinking in amazing ways?

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

Meet Gunhild Swanson, a sweet, slender, enthusiastic lady of 70. (Hey, this is *running*: ages are public knowledge.) She has just crafted the Newest Chapter in her own incredibly legendary story. Ordinarily we stick to marathon stuff here, Prez, but Gunhild deserves the exception. She took on – not knitting, although there’s nothing wrong with knitting; some (my) Moms are very fine knitters – Gunhild took on the Enormously Difficult “Boston of the 100-mile Circuit”, the itself legendary Western States 100-Mile Race, a thirty hour ordeal with who knows how many challenges beyond the thousands of feet of climb-and-descent, variable weather, streams to cross, and all the rest. Beyond inspiring, Gunhild became, at age 70, the eldest female Conqueror of the Course! She is a near miracle physically, and an icon in mental stamina and in dealing with? Aging.

Bob Hearn, no minor character on the scene himself, described her race day thus:

“That was the most amazing thing I have ever seen, definitely the most dramatic finish at Western States, ever... . This was really unbelievable. It was a brutal day, hot and very unusually humid, a lot of carnage out there... It was looking pretty grim late. She’d made it to mile 93.5 just shy of the cutoff.”

Which meant she would have to run the last sections and uphills like some of the best runners in the field. Prez, she’s 70. That’s not realistic. And yet...

"With a minute and a half remaining, Gunhild entered the stadium. The roar was deafening, but she still had to get all the way around the track. She’d given us all an incredibly valiant effort, but ...the time would surely expire...but she kept moving...as did the clock...all eyes swept left to the clock...right to the runner...and...She Did It!"

...with six seconds to spare. Inspiring? *Wow!*

Gunhild’s own post-race thoughts describe a genuine perspective most perfectly:

“Dear Family and Friends,

I’m truly blessed that you are a part of my life. These past days have been a whirlwind, to say the least, in the wake of my Western States adventure. I read all your posts and comments, and many made me cry. I never realized that what I did would touch so many and encourage you to see life in a different light and see the possibilities for yourself. Good for you!

... I suffered no injury and am recovering well from the soreness and fatigue. I’m starting to think about a new adventure for next year... Comrades, or a 24-hour run I promised to myself to run in Jack’s honor... .

THANK YOU for everything. I will cherish the memory of this event and all your positive responses forever.

Gunhild Swanson”

You’re another day older today? Yup. So? Going out for a run?

Luvya,
Rev
dgkienz@yahoo.com