

## Marathon Maniacs News Letter – April 2008



### April Highlights

- new members for the month of April ( total members)
- aNnIe Thiessen wins the Yakima and Whidbey Island Marathons on consecutive weekends.
- Van “pigtails” Phan is victorious in the Mount Si 50 mile ultra
- Meghan Arbogast competes in the Olympic Marathon Trials in Boston



Meghan Arbogast at the trials.....with her support crew at John Harvard's  
**The Marathon Maniacs...At the Races**

**April 5**

*Andrew Jackson Marathon:* David “Bart” Bartholomew, Lisa Combs, Boonsom Hartman, Rob Klein, David Livingston, Phil Min, Cheryl Murdock



**Andrew Jackson Marathoners: Cheryl Murdock (1), Phil Min, Lisa Combs and David Livingston**

**Boonsom Hartman**



**Yakima Canyon Marathon: Laura Garrett and Alan Morton**

**Paul Gentry and Dan Wells**

*Yakima River Canyon Marathon:* Spencer Albin, Bill “Hotrod” Barmore, Eric “Trail Scat” Barnes, Michelle Barnes, Steve Barrick, Linda Barton, Dave Bell, Jonathan Bernard, Valerie Beyer, Roger Biggs, Paula Boone, Steve Boone, Jim Boyd, Ken Briggs, Faye “Princess Pal” Britt, Janet Burgess, Quicksilver, Ruben Contreras, Rick Cooney, Bob and Lenore Dolphin, Michael Dutton, Hope Fox, Andy Fritz, Marc Frommer, Paul “medal guy” Gentry, Susan Glesne, Debby Graham, Rick “Road Kill” Haase, Mary “mph” Hanna, Ric Hart, Christie Hayes, Jane “camelback” Herzog, Claude Hicks Jr., Jill Hudson, Donna Jacobs, Art Jacobsen, DEO, Barefoot Jon, Genia Kacey, Dean Kayler, James Klarich, Gary Kobold, Scott Krell, Phil “Uncle Philly” Kriss, “rogue wave” Kuhlmann, Michael “MMKuhl” Kuhlmann, McLovin, Brandon Lott, Amy Mathis, Rich Menzel, Cyndie Merten, Alan Morton, Little Leslie, Janice Moyer, Gary Otheim, Lesa Overfield, Monte Pascual, Piper Peterson, Van “pigtailed” Phan, tp!, Mel Preedy, Bruce Quam, Kay Reynolds, Cliff “quack quack” Richards, sLuG, Henry Rueden, Lorelei Sadowski, Richard Sadowski, Desiree Sant, Michelle Sarabia, Tom Saunders, “McGyver”, Michael Shiach, Dale Shoup, David “Marathon Diet” Spooner, Brian Starkey, David Stout, Steve Stoyles, aNnIe Thiessen, Christopher “Hollywood” Warren, Prez Steven Yee, Guy Yogi



Marc Frommer, Richard and Lorelei Sadowski



Deo and “Road Kill” Haase



Steve Barrick and Steve Hamling

**The Yakima River Canyon Marathon....according to Val Beyer**

My runs have been going very well this winter/spring, so I was pretty sure I was ready to break the 4:00 hour barrier (and BQ). Then last Tuesday as I was driving home I noticed some awful sinus pressure. It was almost like something attacked me as I drove under an underpass it came on so quickly. Wednesday I was struggling to not pass out in my meetings, as I was really light headed. Thursday night I did manage to get a decent nights sleep, so on to Yakima Friday afternoon. After a fun turkey sandwich dinner at the pasta feed, Friday night was mostly coughing, although I think I made at least 4 hours of real sleep.

My plan for the race was to run by heart rate. I did a practice run 2 weeks ago, and found a sweet spot that I could hold and gave a decent pace. Bill Barmore said he would run with me, and help me get this BQ. Now the only problem with running by heart rate is that there are other things that come in to play. Like this nasty cold I'm fighting. I decide to use the heart rate from 2 weeks ago, and then adjust if necessary. The big semi blows it's air horns, and off we go. Miles 1-6 aren't pretty. I'm trying to ignore my watch, but Bill starts saying, "we might have to make some



**“Hot Rod” Barmore and Val Beyer**



**Shawn Gay**



**Little Leslie and Quicksilver**

decisions soon". I decide to up the heart rate a little and that seems to help. Then finally, around mile 15 everything starts working. I'm actually feeling good, and raise the heart rate a little more, knowing I can do 6 miles that way, which will get me to the big hill. By 18 we were pretty confident that we had the BQ, and it was just a matter of not doing anything stupid (like stopping to see if I can find the golden eagle the bird people are watching, or getting caught up in the hang gliders ropes as he lands on the course in front of us). The last mile I really wanted to speed up, but the cold had finally taken it's toll, the best I could do was hold on.



**“Hollywood”, “mph” and Maniac #9**



**Brandon Lott**



**“tiptoes”, “sLuG” and McLovin**

As soon as I finished the hacking cough returned. That didn't stop me from going to a couple of wineries and tasting some medicinal dessert wines. Today I have no voice, and my left ear won't unplug, but I don't care. I'm going to finally be able to run Boston next year!

### The Maniac Support Crew at Yakima



“Marathon Diet” Spooner



Faye “Princess Pal” Britt



Scott Krell

### Another Yakima River Canyon Marathon Perspective...from Dale Shoup

Brief: A new PW but a great marathon nonetheless!

I have lots of excuses though :-). The foremost is my inadequate training due to spending a month in India without much running. I logged a whopping 28 miles in February and most of that in a few easy runs upon my return. I got my mileage back up in March but I was hampered by pains in my butt and my chest. Nothing serious - just enough to force me to skip a few runs. My second excuse is that I over dressed. The shock of leaving the 85 degree warmth of Arizona and the wind blowing through Yakima Friday night chilled me to the point that I over compensated. I put on both tights and a long sleeve shirt; however there was almost no wind in the canyon on Saturday and I was sweating to the point that I was nearly blinded by sweat dripping into my eyes. I was able to remove my long sleeve shirt, but didn't want to stop and remove my tights, although that would have been a good idea too. My third excuse is that I have failed to ever learn how to pace myself and run negative splits. Even though I knew I was in not very good shape I started out with the delusion that I could still run a 3:50.

My HRM tried to warn me that I was going too fast, but I failed to take proper notice. I let it keep beeping in hopes I would slow down. I guess I did a bit because I let Marc and some other Maniacs pull away from me and my first half was 1:55:45 which should have been good for a 3:50. However my HR kept going up and I hit the wall at about mile 18 where I gave in to my urge to walk. Once I did I was like an addict going back



**Dale Shoup**



**“rogue wave” Kuhlmann**



**Christie Hayes and Hope Fox**



**Linda Barton**



**Bruce Hoff**

for another fix. I stopped at least once every mile from then on till the finish. I was passed by a sea of yellow jerseys as well as a bunch of red, the new maniac color? I knew I had to save something for the hill after mile 22; however I was already tapped out. One good thing about going slower is that I got to enjoy the view more, and it was a good view. I also got to see more runners. Some even slowed down to ask if I was ok or needed help. Unfortunately I had no injury or visual symptoms, not even a cold, just a lack of energy and motivation. Another good thing is that I can say with quite a bit of confidence that I should do better next time anyway.



**Bruce Quam**



**Piper Peterson**



**Roger Biggs...front and center!**



**Earl Fenstermacher and Lesa Overfield**



Claude Hicks, Jr.



Janice Moyer's 100<sup>th</sup> Marathon



Steve Stoyles



Ken Briggs



Elizabeth Jones

**April 13**

***Mt. Si Ultras:* Francis Agboton “El Maestro”, Lorie Alexander, Jenny Appel, Gilles Barbeau, Linda Barton, Valerie Beyer, Bonni Brooks, \*tc, Mark Dix, Steve Ellis, Lindsay Felker, Hope Fox, Barry Hopkins, Jill Hudson, Barefoot Jon, Kendall Kreft, Michael Lacombe, Shawn Lawson, Jeff Loen, Tim Lofton, King Arthur Martineau, Rich Nelly, Andre O’Donnell, Monte Pascual, Van “pigtails” Phan, Tom Stoltz, Thomas Tan, Joseph Tompkins, Linda Walter, Prez Steven Yee**



Gilles Barbeau



“El Maestro” Agboton



Winner – Pigtails



Michael LaCombe



Lindsay Felker



Mark Dix



**James Kondek**



**Kendall Kreft and Tim Lofton**



**Seng-Lai Tan**



**King Arthur and Shawn Lawson**

*Whidbey Island Marathon:* Spencer Albin, Cowboy Jeff Bishton, May Cheng, Steve Duncan, Eric Gierke, Michael “MMKuhl” Kuhmann, Kurt Lauer, sancho jake lin, McLovin, Little Leslie, Mel Preedy, Jeanette Quintana, Linda “Girlie” Rowe-O’Neal, Richard Sadowski, Desiree Sant, Richard Stewart, aNnIe Thiessen, Christopher “Hollywood” Warren



**Mark Ellis at the Bataan Death March Marathon**



**Athens Marathon: Tim Roberts and “Industrial Bellybutton”**





McLovin at Whidbey Island



Trent Rosenbloom and Phil Min – Country Music



Boston Marathoners Rian Rosenthal and David Dassey



#### April 21

**Boston Marathon:** Mickey (Quick Mick) Allen, Linda Ambard, Amy Barcus, Robert Bens, Jonathan Bernard, Cowboy Jeff Bishton, Jim Bitgood, Adam Blum, Paula Boone, Steve Boone, Adrian Call, Iris Chen, Frank Colella, Ruben Contreras, Michelle Cunningham, David Dassey, Kay Evans, Jeff Fong, Marc Frommer, Gary Geuss, Walter “Wu” Greenberg, Bill Gross, Ginger Gruber, Rich Hallworth, Bob Hearn, Ciny Heckerl, Jack Heely, Ed Indvik, Robert Jacobsen, Gene Jochen, David Jones, Rick “TheRrrick” Karampatsos, Dennis Kato, James Klarich, Scott Krell, Sheila Lawless-Burke, Jesse Leitner, Karl Leitz, WrongWay Kim, Dave MacBean, Gary “The Red Rabbit” Marr, Bob Martin, Tim McGinity, Sean Meissner, Max M., Jeffery “Maverick” Nakasone, David Nemoto, Keith “Kip” Panzer, Peggy Nelson-Panzer, Brian Pendleton, Piper Peterson, tp!, Chris Plominski, Tom Rogers, Zander Ross, Greg Roth, Marilou Russell, Anne Scarazzo, Dean Schuster, Mark Seaburg, Terry Sentinella, David “Marathon Diet” Spooner, Nancy Stoltzfus, David Stout, Erika Van Flein, Michael Wakabayashi, Christopher “Hollywood” Warren, Darwin “runninguy” Weimer, Richard White, Shawna Wilskey, Steve Wisner, Amy Yanni, Prez Steven Yee. **Once again, Maniac #9 outdueled the Prez: read how his race went:**

Brief: 3:32:16; 8th Boston (5th in a row); 65th marathon; 2nd fastest Boston (3:31:42, 2005); humbled The Prez :-)

Lots longer:

I'm not sure where to start with this report. First, I guess I'll say that this is by far my best run Boston. While I was a bit faster in 2005, I was in better shape then and I didn't run very even splits. But, I've been running fairly even split races over the last 4 marathons (all BQs) before today, I decided to go for an even split. I also decided to give 3:30 a shot. My first goal was to try to beat my qualifying time of 3:29:xx with a second goal of setting a Boston PR. Even though I didn't get either one of those, I'm not going to complain.



**Marilou Russell flanked by #2 and #3**



**Cheryl Gamache and Beth Giffing**



**Maniac #3 tp! And "Kip" Panzer**

The weather really was great for me. I'm a warm weather runner and the temps were mostly in the high 50s/low 60s with a slight cooling headwind most of the way. The headwind wasn't a big deal and helped keep me cool. After the long bus ride (which was even longer today because of construction), we arrived at the Village around 8AM. I immediately went to the porta-potties and then set up camp. Of course, there was the usual Maniac gathering/trash-talking at the village and the time went pretty fast. Before you knew it,



**Brian Pendleton and Marilou**



**At the finish: Adam Blum and the Prez**



**Sean Meissner and Bob Hearn**

we were off to the corrals, where I saw some more Maniac acquaintances. On the way, I knew I had to use the porta-potty again but the lines were pretty long and I decided to stop in the woods during the first mile. I think my little break in the woods cost me beating my Boston PR but that's life.

I was way back in the 11th corral and spent the time talking to a couple of Maniacs in the corral when we finally starting moving after a few minutes. It was the usual start and stop and it took me 8 minutes (a new record for me) to cross the starting line. I did, however, get into a good pace pretty quickly even though my first mile was my slowest of the race due to my little break. I then settled into a nice rhythm, meeting up with Maniacs and other assorted folks throughout the race. I was running right around 25 minutes for each 5K, which I knew would give me right around 3:30. I also knew that I would lose some time in the Newton Hills but was hoping to make it up after the hills. But I just couldn't keep it under 8:00 miles for the last portion. The worst mile was mile 25, which has the hill right by Fenway and the Citgo sign (I think I hate that hill the most of any hill on the course).



**The Maniacs with their wives at Boston: Jim Klarich (left), Gary "Red Rabbitt" Marr (middle) and Greg Roth (right)**

Here are my 5 mile splits, with more detail than usual:

8:45, 7:55, 7:58, 7:47, 8:05 -- 40:30

7:58, 7:55, 8:01, 7:56, 7:59 -- 39:48 (1:20:18) 8:06, 7:53, 8:06, 7:58,

8:08 -- 40:10 (2:00:28) 7:45, 8:20, 8:19, 7:56, 8:17 -- 40:38 (2:41:06)

8:41, 7:57, 8:06, 8:07, 8:33 -- 41:23 (3:22:29) 8:07, 1:39

I passed the halfway point in 1:45:12 so the second half took me 1:47:04 -- by far, my fastest second half of Boston ever.

Besides the race, it was a great weekend as usual. Of course, we had the extra advantage of seeing the Trails race and Meghan. The traditional pre-race dinner at Assaggios was perfect as was the post-race

gathering at John Harvards. The Prez was duly humbled and in awe of my race (he talked about retiring but instead is running the Kentucky Derby Marathon on Saturday and Oklahoma City on Sunday, along with tp! and Chris). But I have a feeling he will be back on his horse in no time and humble me at the 25.9 mile Newport Marathon. I had a great time talking with Meghan, her dad, and the rest of her crew (her friend, Theresa (formerly from Portland) who will be breaking 3 hours very soon, possibly with tp's help, and a HS runner Meghan brought along) at the pub. It is always fun to see them and catch up. I'm not going to spoil/jinx it for Meghan but let's just say that 2012 is on her mind when she will probably be the oldest qualifier (she was second oldest after Joan Benoit Samuelson) -- amazing, if you ask me.



**More Maniac Support: Erika Van Flein**



**Shawna Wilskey**



**Ruben Contreras**



**Terry Sentinella**

And, speaking of Newport, in 2005 after my 3:31:42 at Boston, I ran my second fastest marathon in 3:19:08. While I don't feel confident about breaking 3:20 anymore but I do feel good about going for a sub-3:25 there. First, I've got Eugene, where Deb and I will cross the finish line around 3:43. After Eugene, I'll decide about Tacoma and lead into a nice 3 week taper.

Of course, there was the usual whining about the post-race food, baggage pickup, long bus ride, wait at the Athletes Village, etc, etc. But I almost for sure will be back here next year.

I also think I have managed to already catch my post-Boston cold. I feel fairly crappy today. I did spend the morning/early afternoon walking most of the Freedom Trail (part of it with Maniac and Skagit Flats RD, Terry Sentinella) and eating lunch and a cannoli (I hear it helps get rid of colds) in the North End.

Read about the "runninguy" in Boston!

<http://www.canada.com/topics/sports/story.html?id=f297ecc3-8dc0-4e2b-ac3d-139b7b026e8f&k=54225>



Janet Burgess



Martha Corazzini



Rob Klein



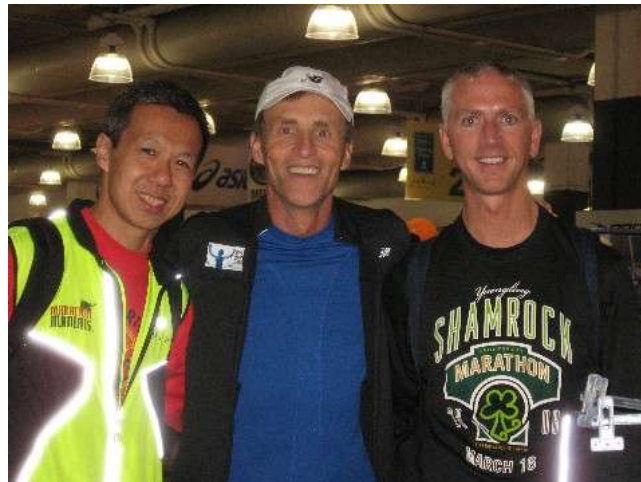
Flight cancelled! Dennis Spurlock and Main Maniacs are stuck in Louisville

**April 26**

*Kentucky Derby Marathon:* Bryan Baroffio, Janet Burgess, Martha Corazzini, Bill Gaghan, Art Jacobson, Kathy Kass, Valerie Kilcoin, Rob Klein, Dotty Maddock, Maniac Mel, Don Pattison, tp!, Deydre Teyhen, John Teyhen, Annette Tomal, David Tucker, Christopher “Hollywood” Warren, Claudia Wolfe, Wayne Wright, Prez Steven Yee



Boston Legends with Maniacs: Steve Wisner and Boston Billy



Maniacs #1 and #2 with Maniac Dick Beardsley

**\*\*\*\*\*IMPORTANT ANNOUNCEMENT\*\*\*\*\***

**The new and improved Maniac database is up and running. Muchos gracias to Programmer Brian Pendleton for creating and administering the database and Marc Frommer for answering member's e-mails and troubleshooting. Please offer suggestions on how the Insane Asylum and bulletin board can be improved. If you continue to have problems logging on to the database, please contact Maniac #9 (Marc) ([marc@marathonmaniacs.com](mailto:marc@marathonmaniacs.com)).**



**The families of Maniacs Jill Hudson and Hope Fox**



**Joe Poliquin and Bekkie Wright**

**Noteworthy Accomplishments / Promotions / Omissions / Maniac Stuff:**

**Please let the Prez know if you reached a higher Maniac level and want the recognition in the Newsletter!**

- **Osmium (6 star) Maniac: Domitilia dos Santos (16 marathons in 16 states in 1 year)**
- **Iridium (4 star) Maniacs: Mark Lehrmann, Dave "Bart" Bartholomew (2 marathons in 2 days)**
- **Silver (2 star) Maniacs: Lorelei Sadowski (8 marathons in 1 year), Alemma, Taciana "Ty" Yonkovich, Adam Tomlin (6 marathons in 6 months)**
- **100 marathons/ultras: Kurt Lauer (American River 50 miler) : Kurt's Story:** About 4 years ago - I read a story about someone running 100 marathons and there being a 100 marathon group. At the time I was at about 15 or so. I calculated that I could reach that goal by the time I hit 65 - that would equal about 4 a year for the next 23 years - I figured this was a difficult, but attainable goal - a couple weeks later I see you guys at Vancouver - get turned on to the Maniacs and make this goal 19 years sooner than I expected. Thanks for the inspiration.
- **Eddie Hahn (100<sup>th</sup> marathon at the Country Music Marathon)**  
<http://media.www.theclariononline.com/media/storage/paper353/news/2008/05/07/Sports/Student.Marathoner.Runs.Path.To.Milestone-3368658.shtml>
- And from **Rodolfo Lucena**, Marathon Maniac # 370, writer for Marathon & Beyond and the first Brazilian to run the wonderful Maraton de Luberon-Provence. I am writing to tell you that I have just run another ultra, a wonderful course in Connemara, extreme west of Ireland, among mountains, valleys and

wonderful lakes. The 39.3 mile (+-64 km) course was extremely challenging, with long hills up and down all the time and some flat parts just to make you think you were done...

But the weather was the real and more extreme challenge, for it was very cold to begin with but then it started raining even colder and then the pale sun came, and then the rain and then it rained ice and then came the wind and then came the sun and then the wind came even stronger and so forth...

I am a slow runner, but could make the cutting times at the half marathon with almost 15 minutes to spare, but on the marathon I just passed by with 3 minutes to spare and then there was no finishing cut-off time so I took my time, climbed the hill easily and the run down, took time to rest and time to recover and then passed the 50 km mark with a PR!!! And then the wind came again and rain and cold, but no problem, now I was on my final stretch... Had some hills yet, long ones up, short ones down, but finished in 7h 59min and the snow came down just when I was crossing the finish line

I wrote a long report on my blog, it is in portuguese and there are some pictures the blog is here: [www.folha.com.br/rodolfolucena](http://www.folha.com.br/rodolfolucena)  
And the picture gallery is here: <http://picasaweb.google.com/maiscorrída/UltramaratonaDeConnemaraIrlanda>

### **New Members for the Month of April**

4/01 – **Maureen Coyle** #877 (Alta Loma, California): Maureen heard about the Marathon Maniacs from a friend not too long ago so she decided to send the fateful e-mail to see if she qualified. Lo and behold she met the Bronze Maniac qualifier by running the 2007 Los Angeles, Country Music and San Diego Rock and Roll Marathons within the 90 day period. She has run a total of 4 marathons and has run plenty of half marathons all over the country.

4/06– **Kevin Abraszek** #878 (Brooklyn, New York): Kevin has met the 2-star Silver Maniac level by just having completed 6 marathons in 6 months, starting with the 2007 Chicago and ending with the 2008 Ocean Drive Marathon. He has run 11 lifetime marathons in 10 states.



**Kevin Abraszek**



**Bud Petry**



**Chuck Knight**



**Shaun Fischer**

4/06 –**Carolynn Parker** #879 (Harrah, Oklahoma): Starting with the 2007 Route 66 Marathon and followed by the Arizona Rock and Roll and Mercedes Marathons, Carolynn has met the Bronze level criteria in the Insane Asylum. Her first marathon was completed in 1999 (Dallas White Rock) and since that time has completed 30 marathons in 14 states, DC and Canada.

4/08 –**Amie Lockhart** #880 (Albany, Georgia): Amie has run 8 marathons since her first in late 2005 at the Marine Corps and is a Bronze level Maniac by having completed 3 marathons in 2 months. Her 8 marathons have been run in 3 states and DC.

4/08 –**Bud Petry** #881 (Hollywood, Florida): Bud says he’s forever a Clydesdale but that doesn’t matter in the Maniac way of life as what counts is finishing what you start. He is a Bronze maniac by running 3 marathons (Miami, A1A and Martian) in 3 months. He is now taking a leave of absence from the marathon scene due to a different kind of training on the horizon, crewing at the Badwater 135 this year. In other words, Bud loves the HEAT!!!

4/09 –**Chuck Knight** #882 (Albany, Georgia): Chuck is relatively new to the marathon scene, having completed his first marathon at Jacksonville in late 2006. He met the Bronze level criteria by having completed the Disney World, Snickers and ING Atlanta Marathons within 3 months.



**Alexander "Neomedic" Chin**



**Desiree Sant**



**Vicki Merry**

4/09 –**Gregory Lum Ho** #883 (Hilo, Hawaii): From the Aloha state, Gregory last year met the Bronze Maniac criteria of 3 marathons in 3 months (Lincoln, Kona and Kilauea Volcano Wilderness). His lifetime totals are 11 marathons in 2 states.

4/10 –**Richard Gantman** #884 (Deming, Washington): Richard recently strung together a few marathons/ultras (Death Valley Trail, Chuckanut 50km and Yakima River Canyon) to qualify for Bronze level in the Insane Asylum. What is unusual is that Richard’s first marathon completion was way back in 1977

(Cheyenne Frontier days), followed 11 years later with his next marathon at Capital City and finally back in the marathon groove in 2002. He has 7 lifetime marathons/ultras in 4 states.

4/10 –**Shaun Fischer** #885 (New Orleans, Louisiana): Shaun mentions that he hasn't done anything too crazy, but isn't qualifying to be a Marathon Maniac crazy? On two consecutive weekends in February 2007, Shaun ran the Pensacola and Mardi Gras Marathons to make it to Bronze level. He has run 7 lifetime marathons and plans on taking his maniac to a whole new level with his first ultra later this September.

4/12 – **Alexander “Neomedic” Chin** #886 (Rancho Palos Verdes, California): Since Alexander's family thinks he's a Maniac already, he decided to make it official. Last month he completed marathons on back to back days (National Marathon and ING Georgia) to earn the coveted 4-star Iridium status. He has run 10 marathons to date in 4 states and DC. Nicknamed “Neomedic” when he's not busy flying all over the place running marathons Dr. Chin is an anesthesiologist.

4/14 –**Desiree Sant** #887 (Orting, Washington): Desiree ran her first marathon early this year at the Arizona Rock and Roll and loved it so much she decided to add to her resume a few more. She recently completed the Yakima River Canyon and Whidbey Island Marathons to qualify for Bronze level in the Insane Asylum. She also ran the tough Chuckanut 50km ultra to complete her 4 lifetime marathons/ultras. And she is currently busy as the Tacoma City Marathon Expo Coordinator.

4/15 –**Vicky Merry** #888 (Cantonment, Florida): Vicki Sue's marathoning days go way back to 1987 with her inaugural marathon at Marine Corps. Her Maniacal marathon schedule started in 2002 with 5 marathons and since that year has increased her annual output. In March 2007, she ran the Snickers and Alpharetta Marathons on back to back days to earn 4-star Iridium status. Her lifetime total are 48 marathons and 9 ultras in 12states and 2 countries.



**Marc Brewer**



**Suzy Holt**



**Richard Cockrell**

4/15 –**Marc Brewer** #889 (Portland, Oregon): Please welcome our next husband-wife Maniac combo as Marc is the husband of Maniac #355 Sarah Duncan. And like his wife prefers the trail ultras as opposed to road marathons. His Bronze Maniac streak consisted of the Hagg Lake 50km, Pacific Rim One Day and the Peterson Ridge Rumble 55km. He says maybe someday he'll run a marathon, as his 6 lifetime races have all been ultras.

4/15 – **Joseph Monolo** #890 (Beaverdam, Virginia): Joseph qualified for the Maniacs with 2 marathons in 6 days (Marshall University and Richmond). He has completed 6 marathons in 4 states.

4/23 – **Suzy Holt** #891 (Arlington, Virginia): In late March Suzy went for the gusto and completed 2 marathons in 2 days (National and Ocean Drive), thus earning her 4-star Iridium Maniac status in the Insane Asylum. Her lifetime marathons total 14, all in different states and for this year she is excited that she got a Boston Qualifier and will be attempting her first ultra this October.

4/23 –**Richard Cockrell** #892 (Puyallup, Washington): Richard met the Bronze Maniac criteria of 3 in 3 months by completing the Portland, Seattle and Christmas Marathons. And what a way to start off a marathoning career as the 3 encompass his lifetime totals!

4/23 –**Adam Grojean** #893 (Jacksonville, Illinois): Adam learned about the Maniacs while meeting up with a current member during the Eisenhower Marathon. Last year he qualified for Bronze Maniac status by completing the Des Moines, Tulsa and Memphis Marathons within a 6-week period. His lifetime totals are 7 marathons in 6 states.



**Adam Grojean**



**Barbara Dekeyser**



**Bill Tichenor**



**Tami Connolley (l) with Andrea Hartley**

4/25 – **Barbara Dekeyser** #894 (Seattle, Washington): Barbara recently met the Bronze Maniac qualifier by completing the Mt. Si 50km ultra and the Wenatchee Marathons on consecutive weekends. Her first marathon was back in 2003 (Chicago) and didn't run another until the 2007 Pigtails FlatAss. She has completed 2 marathons and 3 ultras in her lifetime.

4/25 – **Sarah Lynch** #895 (Seattle, Washington): Sarah’s best hardcore streak was indeed a tough one, with finishes at the Orcas Island 50km, Chuckanut 50km and the Whidbey Island Marathon, thus making her a Bronze Maniac. She has completed 17 marathons and 4 ultras in her lifetime in 3 states and 2 countries.

4/25 – **Bill Tichenor** #896 (Dallas, Texas): Bill completed his Bronze Maniac streak in late 2005 with running the Marathon of the Palm Beaches and the Dallas White Rock Marathons on consecutive weekends. He has run 12 lifetime marathons in 7 states.

4/25 – **Tami Connolley** #897 (Seattle, Washington): The Main Maniacs had the good fortune of meeting Tami and her eventual Maniac friends Lesa Overfield and Claudia Cooper back in early 2004 at the Arizona Rock and Roll Marathon. Better late than never to sign up, as Tami recently met the Bronze qualifying standard of 2 in 3 weeks (Yakima River and Wenatchee). She has run 7 lifetime marathons in 5 states.

4/25 – **Andrea Hartley** #898 (Wenatchee, Washington): Andrea has finally made it to Maniacdom with her finishes at the Yakima River Canyon and the Wenatchee Marathons, running both with newly minted Maniac #897. She is certifiably Bronze and is one happy Maniac. She got her inspiration from her dad whom used to run marathons and ultras in the early 80’s. Now it’s her turn and after giving birth to her daughter ran the Capital City Marathon in 2001. She also received inspiration from Maniac #11 \*tc, whom she used to work with in Tacoma.



**Andrea Hartley**



**Rob Runkle**



**Trevor Griffith (with Maniac Liz Jones)**

4/27 – **Rob Runkle** #899 (West Chester, Ohio): I recently met Rob at the half marathon mark of the Kentucky Derby Marathon and wouldn’t you know, he joined the Maniac family shortly after. A veteran of 42 marathons and ultras in 17 states, he is a 5-star Ruthenium Maniac with his streak of 3 marathons in 3 states within 8 days.

4/28 –**Trevor Griffith** #900 (Issaquah, Washington): Trevor is a friend of Maniac Elizabeth Jones and recently completed the Boston Marathon. He also ran in the Yakima Canyon Marathon a few weeks before which is good enough to qualify him for Bronze Maniac induction. Since running the Seattle Marathon in 1999 he has completed 23 marathons and 10 Ironmans.

4/28 – **John Noh** #901 (Campbell, California): John had a fairly fast race at Boston recently and coupled with the Big Sur International Marathon qualified him for Bronze level in the Insane Asylum. His first marathon was in 2004 (Silicon Valley) and has 6 lifetime in 3 states.

4/29 –**Giles Williams** #902 (Palm Beach Gardens, Florida): Giles has never left the Sunshine state to run a marathon as his 10 lifetime runs have all been done in Florida. He qualifies as a Bronze Maniac by achieving the 3 in 3 month criteria (Disney World, Run with Donna and Sarasota).

4/30 – **Michael Willets** #903 (New Carlisle, Ohio): Mike knows something about marathoning as he's completed 29 of them in 29 states since 1999. His Bronze maniac streak of 3 in 3 months consisted of the Arizona Rock and Roll, Myrtle Beach and the ING Atlanta Marathons.



**John Noh**



**Kenneth Hodge**



**Bobbie Howard (middle) in South Africa**

**Want to be a pacer at the Manchester Marathon in November 2009? Maniac Laura Bleakley is looking for a few pace group leaders, so if you're going to be running it or need to run a marathon in New Hampshire, why not help her out. Contact her at [LauraBleakley@yahoo.com](mailto:LauraBleakley@yahoo.com)**

### **Rhetorical Revelations and W(Rites)...from the Rambunctious Rev**

Hiya Stevie,

I just had a weird experience.

I read the March Newsletter, including the 34 new members' fantastic marathon accomplishments.

Then I read some wimpy guy's thoughts about how crazy these people are. I thought, "what, this outsider thinks that running a couple of marathons is tough? These people love to do this, so why are his thoughts here? Seems odd."

Then, a clue... a picture of two men: the phenomenal Larry Macon, and a guy who looked like...me. One plus one later, I realized... "Hey, Wimpo, you wrote the article."

So that got me to wondering, "How do my words fit into the scene here?"

And I think have the answer.



{clearing the throat to make an announcement to the club...}

Ladies and Gentlemen of the MarathonManiacs:

What you have accomplished to earn your stars in this club IS NOT NORMAL. It is fantastic!

So?

See, when you are new here (after 4 years, I still sort of feel "new"), if you read the bulletin board, the scoreboard, and the newsletter long enough, you start thinking that your accomplishments are not such hot stuff after all.

Let's say that before you came in here, you did a ridiculous three marathons in 75 days (Steve Taylor, #856), or you did the dream-fantasy runs of both Paris AND London in the SAME spring, for crying out loud (Irvine Marr, #861), or you did the Terrificly Too Cool Texas Triple (Jane Jackson, #873: Kingwood, Surfside Beach, Seabrook). Having accomplished the incredible, you join Marathonmaniacs, and start meeting Maniacs everywhere, and soon, you start to feel a bit lost in the crowd.

So you get caught up in setting some new targets and goals (which is cool), hit some, raise the bar again, hit some more again, and yet being "special" seems to grow more elusive.

Well, this is where Wimpy's Words Work. You see, if you are in here, the feats you ALREADY accomplished *are* incredible. Proof: take your stories to the local pub, to the office, to the line at the market, and make some light conversation. You will get reactions of absolute disbelief, bewilderment, shaking of heads, chuckles, even condescending dismissals for being out of your flipping mind.

Pay attention here: when I say "you are incredible," it has more juice on it than the polite stranger on the street. Why? (Strangeness aside, and though not very well done...), I did survive 9 of these things in 9 weeks once, so I "get it" in a different way than non-marathoners. Your accomplishments are phlipping phenomenal, every last one of you.

Is this false encouragement?

Prez and others always encouraged me. "Yeah, yeah," I'd think, "it is their club, they're just being happy, building up their club, of course they would." Well, no. I have found that they genuinely meant it.

My words? I don't have to build up anything. Prez lets me say what I want. What I see is this:

Marathoning is hard, special, and takes discipline, determination, and consistency. It takes Sacrifice of Other Fun Stuff You Could Be Doing Instead. And, it is not normal to put that all together, and certainly not normal to do so frequently. But you did that, and you do that, and most of you a world of a lot better than I.

So maybe the encouragement will simply make your day. And hey, if AnNIE gets a cereal box deal, we deserve *something*, don't we? So... you get my words.

"Nah," you're thinking, "I'd rather get the cereal box deal." Me, too. "That lucky AnNIE. And she's got such nice hair."

(Tip to Rookies when you meet her: AnNIE = very friendly; AnNIE + your "nice hair" compliment to her = friend for LIFE.)

I'll close with this. Because you may well be raising the bar of your goals, and dreams trying to keep that "special" thing going, keep today's congratulations in mind. Sometimes you may need to take it e-e-e-e-easy on yourself. A goal is just an idea, and so when one slips through your grasp on a given day, remember there is a next day. If it is going to make you ill or worse, or injure you for months or years, try this: **D - N - F** (did not finish).

It is alright. You are already amazing.

We want you around forever, and we like to see you around a lot. So play smart. Shoot, some great people tell me I'm not wimpy. Well, then, neither are you.

Love ya, Rev  
dgkienz@yahoo.com

### **Maniac Ongoing Discounts**

- \$10 off marathons put on by Bob Green (his next one is the Gateway to the Pacific Marathon).
- 15% off shoes, apparel at the Balanced Athlete (Kent, Wa); ask for Eric Sach
- 10% off any running shoes, apparel at the Foot Zone store (Bellevue location only, ask for Jenny)

- discount on BITE sandals (contact Tony at [tony@marathonmaniacs.com](mailto:tony@marathonmaniacs.com) for details)
- More to come in the May 2008 Newsletter and to the web site soon. The President has written...



**Maniacs #3 tp! And Hollywood goes to bat for the Maniacs!**



**Now don't start too fast or you're going to bonk in Newton!**