

Marathon Maniacs News Letter – March 2008



March Highlights

- 34 new members for the month of March (876 total members)
- Please welcome our new inductee into the 10-star Titanium level...Little Leslie Miller



10-star Little Leslie, with 10 star McLovin



Surf (Soak!) City Maniacs Don Pemberton, Jeff Veneble, Dennis Kato

The Marathon Maniacs...At the Races

March 1

Des Moines Creek Ultra Trail Run: Eric “Trail Scat” Barnes, Steve Barrick, Rob “Rattler” Hester, Jill Hudson, James Klarich, Monte Pascual, Van “pigtailed” Phan, Marilou Russell, Linda Walter, Steve “Marathon Freak” Walters, Prez Steven Yee



“Train Scat” and “Rattler”



Jill Hudson



Linda Walter and Monte Pascual

Snickers Marathon: Lisa Combs, Mike Dooley, Micki Haralson, Clare King, Phil Min, David Nemoto, Marsha White. The race according to **Cowboy Jeff Bishton**. After reaching my first marathoning goal last December of completing the 50 States and DC circuit, one of my goals for 2008 was to tackle a double. While I don't know what percentage of Maniacs have accomplished this feat, I figure if you submit yourself to being called a maniac than certainly doing a double must be an unofficial requirement that most tackle at least once.

I chose the Snickers marathon as my first of two because my 85-year-old father retired in Albany and he volunteered for the event last year and was at the finish line to hang the medal around my neck. Who wouldn't consider that an honor of a lifetime because I do. Secondly, I was there to defend my First Place age-group award. That is until Maniac Dave Nemoto told me at the starting line that he knew a man in my age group was capable of running a 3:10! Yikes!

I spotted Maniac Phil Min in the crowd. We had last met in Mobile for the First Light Marathon in January. However, the gun was about to sound and I couldn't get to him. Dave and I went off together and within seconds I'm breathing heavily in an attempt to get my lungs to adjust to the unwelcomed stress I've placed on them. Doc Dave on the other hand is loping along silently and seemingly without a care in the world. We may be starting off as running partners but it doesn't take a brain surgeon, or in this case, Dave the Dentist, to realize that he needs to send me a telepathic signal that all systems are working well and he is moving on. My heavy breathing may be loud enough to convince those around me that I won't even make it to the mile-1 marker, but that's just the way I run. Even though I did make it to mile-1 in 7:50, which is fast for me, Dave has already disappeared from the horizon.



Lisa Combs and Phil Min



Micki Haralson



Clare King

The organizers say the course is so flat that they don't bother to put an elevation chart on the website, but I've learned to be leery of locals' description of their own roadways. For the most part it is true but it certainly isn't flat as a pancake. Anyway, around mile-23 I pull alongside a couple of young men. One of them asked, "Aren't you wearing a different hat than you had on last year?" After I said, "Yes," he followed it up with, "I thought so, I saw your picture on the web site." Among other comments about my finishing the 50 States and DC, he added, "You're tough." I laughed and said, "Thanks, please tell me again." Go to <http://www.albanymarathon.com/html/marathon.html> to see the photo of a Maniac who is now featured on an event's website.

Not long after I finished in 3:49, Dave and Phil approached me and I was able to introduce them to my dad. "So, what did you run? A blistering 3:20?" I asked Dave. He smiled and replied, "No, a 3:12." Holy Cow! This was his second fastest time (3:08). Surely, he must have won an age-group award (40-44), but it wasn't to be (6th). We had met during mile-25 of the Houston marathon in '07 and crossed the line together, but the way he is flying now, that is nothing but a fond memory. Later that afternoon, my brother made the 3-hour drive up to his home south of Atlanta where I would overnight before he was to drive me up to Alpharetta, north of Atlanta, for the second marathon.

Cowboy Jeff with his Proud Dad

Phil Min, David Nemoto and Cowboy Jeff

Cowboy Jeff at Mile 18

Red Rock Canyon Marathon: **Yolanda “Walking Diva” Holder, Matthew Jenkins, Juan “Wildman” Posada.** The Red Rock Marathon represented the completion of Maniac **Eddie Hahn’s** Calico Marathon series “Grand Slam” (4 out of 5 on the inaugural marathon series). On the picture below, his bib number represents his lifetime marathons run.



Eddie Hahn and Red Rock RD Joyce Forier
March 8

Umstead Trail Marathon: **Daniel Lieb, Alemma, Larry Macon, Gaela “Batmomm” Stromberg, Ty**

March 15

Pac Rim 24 Hour Run: **Jenny Appel, Michelle Barnes, Lisa Bliss, *tc, Bret Fat-Boyee Henry, Rob “Rattler” Hester, Tim “pumped2run” Lawson, Little Leslie, Jess Mullen, Monte Pascual, Gail “Detour” Phillips, Frank Purdy, Steve Stoyles, Steve “Marathon Freak” Walters**



Maniacs Mark Looi, Kurt Lauer, Steve Supkoff and Eric Gierke feasting at Steilacoom



Umstead Trail Marathoners Ty, Dan Lieb, Larry Macon and Alemma



“Batmomm”, Ty and Alemma

March 15

Run to the Sun 36 Mile Ultra: Alfredo Aromin, Tom “Drag-on” Craven, Jeff Fong, Carole “Forever 4” Higa, Michael Higa, Nick Kaiser, Johnny “Shaka” Landeza, Don Mukai, Jeffery “Maverick” Nakasone, Les “Maniacles” Omura, Wily “Coyote” Woo. This month the Hawaii Maniacs had the rare opportunity to run a marathon "double" without leaving our state. A scheduling conflict with Easter caused the Valley Isle Road Runners to move their run up a week. On Saturday nine Maniacs from Oahu were among a full field of runners on Maui for the 36.2 mile Run to the Sun. Beginning in the early pre dawn hours, runners battled hypoxia and a 30 degree drop in temperatures as they climbed from sea level, through the clouds to the 10,023 feet summit of Haleakala. This was the first ultra for some in our group so relief replaced anxiety as everyone survived Day One. On Maui it was nice to renew acquaintances with Nick Kaiser and northwest Maniac Don Mukai who also completed the run. After winding our way down the volcano, a few had no time for a shower before our

connecting flight to Hilo.



Hawaiian Maniacs, most after finishing the “Double”



Gopher Maniacs “runninguy”, Milos Kostic and Gay Renouf

March 16

Big Island Marathon: Alfredo Aromin, Brian Baker, Mike Brigoli, Trevor Bryon, Tom “Drag-on” Craven, Mark Essenberg, Jeff Fong, David Hammes, Carole “Forever 4” Higa, Michael Higa, Johnny “Shaka” Landeza, Larry Macon, Harvey Nakasone, Jeffery “Maverick” Nakasone, Les “Maniacles” Omura, Wyatt Waro, Carole Williams, Wily “Coyote” Woo. Day Two began in the plantation town of Peepeekeo where the Maui nine were joined by two Maniacs from Oahu, three from Hilo and at least four more from the mainland. It was a typical Hilo Marathon with frequent early showers as we ran amid scenic rainforest like valleys. Everyone was so happy the course was only 26 miles and relatively flat compared to the previous day. There were many other Maniacs present for the Hilo run. It was nice to renew acquaintances with Larry Macon and Trevor Bryan(735). We made new friends with Brian Baker(67), Charles Sayles(141) and Carole Williams(463). As usual, I saw other mainland Maniacs but did not get a chance to meet them. Our Hilo Maniac crew included Wyatt Waro(617), Mark Essenberg(746), Harvey Nakasone (649) and Mike Brigoli(723).

Temperatures rose by mid race and the humidity was quite high as we ran along the coast in the second half. All in our group reached their goals by completing the Hawaiian Double. Our March Madness was the first back to back for most. Everyone was proud of their achievements and happy to earn four star status. Everyone had a tremendously successful weekend filled with

many memories. Most notable will be Johnny "Shaka"s delirious antics and subsequent headache as he suffered from hypoxia at the summit of Haleakala. Empowered by our success, we are looking forward to our next Maniac challenge.

March 21

Good Friday Gopher Attack Marathon: **Milos Kostic, Gay Renouf,** The race according to **Darwin "runninguy" Wiemer.** The second annual Good Friday Gopher Attack Marathon was held in the warm sunny climate of Regina Saskatchewan Canada. Actually the weather was right around the freezing mark, which is pretty good for this time of year in Regina. The race director (Milos Kostic,MM#113) was able to fill the entry list early this year. The volunteers were out in full force and supported everyone to the very end. A very tasty pasta lunch was served at a local restaurant where awards were presented and numerous door prizes were drawn for. Not a bad way to spend the morning on Good Friday. Maybe we will see a few more maniacs there next year. For results and more info visit the Regina Road Runners web site at <http://www.reginaroadrunners.ca/>

March 22

Run the Ditch: **Linda Barton, Adrian Call, Eric Jensen,** The race summary from **James Klarich.** A beautiful Eastern Washington early spring day greeted all the participants. Linda Barton won the 50k setting a course record in the process, Adrian Call won the marathon. We were treated to early morning helicopters and ice sculptures courtesy of the local farmers! Hope to get more we(s)t side Maniacs here next year!

Oak Mountain 50km: **Lauri "The Kid" Fauerbach Adams, Micki Haralson, Cheryl Murdock, Janis Posey, Victor Zirkelbach**



Adrian Call and Linda Barton at Run the Ditch



Oak Mountain 50km finishers Janis Posey and Cheryl Murdock,

March 29

Dizzy Daze Ultra :Lorie Alexander, Jenny Appel, Gilles Barbeau, Steve Barrick, Linda Barton, Jim Boyd, Adrian Call, *tc, Christel Elliot, Rick “Road Kill” Haase, Jane “camelback” Herzog, Barry Hopkins, Jill Hudson, Barefoot Jon, sancho Lin, Rich Menzel, Jess Mullen, Stan Nakashima, Andre O’Donnell, Monte Pascual, Brian Pendleton, Van “pigtails” Phan, “McGyver”, Tom Stolz, Thomas Tan, Sam Thompson, Linda Walter, Steve “Marathon Freak” Walters. A summary of the Dizzy Daze from Race Director **Jonathan Bernard**. As all of you know, the heavens smiled on Maniacs and non, and we were blessed with a partially sunny day for most of our run, despite the days of snow we had leading up to the race. True, I had to deal with some rain on my last lap (if only I had been a bit faster!), which made it that much more difficult to leave the comfort of the tent after 57 miles, but seeing that TC was just about finish definitely helped, and having Jess, Steve, and Rich urging me on kept me going, and I slogged on and finished it out. But this ain't about me... (as much as I want it to be!)

A HUUUGGEEEEEE thanks to **Rich Menzel** who stuck around the tent for 12 straight hours helping us out with all of our needs. What a trooper!! Also, thanks to Leah Jurek who came around and did a few laps with a few of us... and to Steve Walters who stuck around for 5 hours after finishing and basically compiled all of the results and splits for me - trust me, this email would still be delayed if it wasn't for Rich and Steve's vigilance to recording everyone's time.



The stars of the day were:

100K Winner:

TC - Who won the 100K, finished mightily, and (should he decide to ever go and do it) qualified for Spartathlon!

50K Winners:

Jake Lin - Ripped off an incredibly fast last lap and won the 50K in 4:17 (and it was his first ultra, I think)!

Van Phan - two weeks after running Two Moon 100 handily won the 50K by 17 minutes

And.....

Steve Walters - who set a new PR two weeks after running 1340 miles at the first 24 hour race he had ever done...(or something like that - he told me after I had finished, so I don't really remember exactly how many miles - I could be a smidge off...)

Andre O'Donnell - Who ran his first Ultra! (New PR!! WooHoo!) Were there any other Ultra-Virgins I didn't know about ? Respond to all and let us know!

Sam Thompson gets an honorary 50K time, (he had to drop at 18 loops, because he hit his deadline of having to leave to go skiing in Canada).

Jane Herzog, who decided 32 miles wasn't enough and ran her first 40 miler!

Olathe Marathon: Robert Bens, Kevin Brosi, Tom Detore, Nancy Dillon, Robin Hudson, Lou Karl, Clare King, Al Kohli, Craig MacBean, Dave MacBean, David Malone, Maniac Mel, Keith "Kip" Panzer, Aaron "Speedo Man" Pendergraft, David Reid, "Grannie" Annie Singer, Johnny "The Animal" Spriggs, Dick Vogt, Christopher "Hollywood" Warren, Darwin "runninguy" Weimer, Terry "Rocket Girl" Weimer, Wayne Wright.

Maniacs:

Cowboy Jeff: left

Marius Hansen: middle

Paula Boone: right

Darwin & Terry Weimer

Not being from Kansas, the first thing I did was mangle the pronunciation of this town numerous times before learning that I was going to "O-lay-the" instead of "Oh-le-the." Located about 15-miles southwest of Kansas City, the town is the headquarters of GARMIN and the course would lead us past their site.

I didn't need any excitement during the pre-dawn school bus ride from the finish line area to the start "out in the country," but when the ride seemed to be taking longer than usual as we were getting farther and farther away from civilization, I wondered if this was going to be another case of the driver not being familiar with where he was going. Sure enough, after his radio crackled with chatter, the driver made a u-turn and headed back. We all eventually arrived at the high school and got off only to find out that we had to wait outside instead of being allowed in the school. I can roll with that except that it was 31 degrees and with a steady wind the "chill" took it down to 19. Many of us headed for the bathrooms adjacent to the track to stay warm and it turned into quite a social scene. When it came time to run I discovered a pair of over-the-calf length socks on the floor and picked them up to use as gloves. "They may be diseased and your skin will rot off" said one guy with a laugh. Hey, it was cold enough for me to take that chance, so I put them on all the way up to my elbows.

After the cannon blast to start us on our way, it didn't take long before the cold winds would be the dominant factor in this marathon. For the first few miles I ran behind a young man wearing a trash bag and the wind was buffeting it so strongly that the racket was enough to cause me to pick up my pace to get away from him.

The course was nothing close to being "fantastic" or "amazing" as described on the web site and wound through some industrial parks and even a shopping center. You'd **really** have to be fantasizing or hallucinating to evoke thoughts of the Sante Fe Trail that the course was supposed to be following in some sections. The only thought that went through my head was to get this run over and done with because of the ever present wind ringing in my ears. My running partner from mile-3 to 14 said, "Wait till we get to about mile-18, then the wind will be blowing at our backs." To the best of my recollection that never happened. It wasn't till we arrived in the residential neighborhoods near the finish line were we protected from the wind. The second most important task was the need to slip the sock off my arm every time I approached an aid station so that I could grab the water cups and not drop them. As I made that final turn onto the stretch leading up the finish, I pulled the socks off my arms and stuffed them into my pockets. They had done an admirable job keeping my hands warm and my fingers hadn't rotted to the bone as predicated.

The Olathe Marathon is one of those "no reason to do it again" types. In my opinion, its only appeal is to those runners who need a Kansas event to add to their States list and prefer small events. There's no pasta dinner, but the restaurant I went to was on their recommended list and was excellent. The registration fee is \$60, discount available, and being a suburb of KC, it's easy to get to.

March 30

ING Atlanta Marathon: **Robert "Great" Britain, Quicksilver, Bill Gaghan, Bob Hearn, Yolanda "Walking Diva" Holder, Ed Indvik, Valerie Kilcoin, Rick Korecki, Little Leslie, Phil Min, Thomas "T.O." Okazaki, Dr. Ashis Roy, Mark Stodghill, Deydre Teyhen, John Teyhen, David Tromblay, Victor Zirkelbach, Craig Withers**

Ocean Drive Marathon: From marathonguide.com. Lauren Kelly, 27 of Hamberg NJ, was the first female finisher in 3:37:04. Yoshiko Jo, 43 of Swarthmore PA, who was third at the 2008 Washington's Birthday Marathon, finished second in 3:38:35. **Amy Yanni, 53 of Rapid City SD, the winner of the 2008 Zoom! Yah! Yah! Indoor Marathon and 2008 Running From an Angel Marathon, was third in 3:39:03.**



ING Atlanta: Victor Zirkelbach and Phil Min



Craig Withers



Sam Felsenfeld

*******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).

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!

- Titanium (10 star) Maniac: Little Leslie Miller (52 races in 1 year)
- Palladium (7 star) Maniac: Robert Hester (13 races in 12 weeks)
- Ruthenium (5 star) Maniac: Barry Hopkins (26 races in 1 year), James Klarich
- Iridium (4 star) Maniacs: Sam Felsenfeld, Alfredo Aromin, Jeff Fong, Carole "Forever 4" Higa, Michael Higa, Johnny "Shaka" Landeza (2 in 2 days), Deydre Teyhen, John Teyhen (9 states in 1 year)
- Gold (3 star) Maniac: Ken Briggs (12 races in 12 months), Matthew Jenkins (4 marathons in 4 states in 42 days)
- Silver (2 star) Maniacs: Mike Dooley, Barbara White (8 marathons in 12 months), Etienne Jaulin, Gail Phillips, Alan Countryman, Brian Pilgrim (6 marathons in 6 months), James Goetschius (8 races in 11 months), Victor Zirkelbach (3 marathons in 3 weeks)



Pac Rim 24 hour Run: Jenny Appel and Michelle Barnes



Lisa Bliss



Steve Stoyles



Michael Kuhlmann

Resolution



Steve Barrick and Kent Sizer

Run Series



Bobbie Howard

New Members for the Month of March

3/04 – **Dave “Bart” Bartholomew** #843 (Walnut Creek, California): Dave knew he was Maniac when he answered “yes” to virtually all of the questions posed in the “Are you a Maniac?” section of the website but didn’t realize how obsessed he was. He has seen the singlets all over the country in various races so it was high time that he joined. He is a 3-star Gold Maniac by having run 12 marathons in 1 year and has 36 completed marathons in his lifetime.

3/04– **Ron Frederick** #844 (Yelm, Washington): Welcoming our first Washingtonian from the ever growing area known as Yelm, Ron has completed the Bronze Maniac streak of 2 marathons in 3 weeks twice in his lifetime. He has completed 5 marathons in 2 states.



Dave “Bart” Bartholomew



Ron Frederick



Chris Plominski



Domitilia dos Santos

3/04 –**Chris Plominski** #845 (Hatfield, Pennsylvania): Chris’ best hardcore streak of 3 marathons in 3 months (Bronze level Maniac) occurred near the end of 2007 with finishing the Erie and Philadelphia Marathons and the Blue Marsh 50km ultra in between. Most of his marathons/ultra have been run in Pennsylvania (13) but also has Massachusetts and DC represented in his 15 lifetime runs.

3/04 –**Airick La Pratt** #846 (Chicago, Illinois): Airick claims he was never a runner and never did much of anything until that fateful day in Chicago just to do it. Then came a few more years of inactivity until a few more marathons run and culminating in his Maniac streak of 3 marathons in 3 months (Route 66, Jacksonville and Walt Disney World). Now he can’t get enough of marathoning. Plus he wants the recognition and bragging rights with acceptance into the Insane Asylum!

3/04 –**Domitilia M. dos Santos** #847 (New York, New York): Domitilia has quite a marathoning resume, having completed 102 lifetime marathons in all 50 states and in 28 countries. She has run back to back marathons in 2 days, has run 4 marathons in 4 states/countries in a 8-week span and in 2007 completed 17 marathons. These stats make her a 4-star Iridium Maniac in the Insane Asylum.

3/04 –**Joseph Reilly** #848 (Orange, California): Joseph is initiated as a Bronze Maniac with 3 marathons completions (Carlsbad, Surf City and the Lost Dutchman) in 4 weeks but as this goes to press he'll be at Gold with the Los Angeles Marathon, making it 4 marathons in 6 weeks. He has run 40 marathons over the last 30 years and when he's not running he's a Professor at Fullerton College in California.

3/05 – **Barbara Wnek** #849 (Brentwood, Missouri): Barbara best hardcore streak was running 8 marathons in one year, thus qualifying for 2-star Silver membership. A workhorse, Barb has completed 53 lifetime marathons in 15 states and DC.



Barbara Wnek



Amy O'Hara



Mark Stodghill

3/05 – **Amy O'Hara** #850 (Washington): Amy is a Bronze Maniac by having run 3 marathons in 3 months. She has completed 6 lifetime marathons in the states of Oregon and New York.

3/05 –**Mark Stodghill** #851 (Duluth, Minnesota): Mark has an impressive resume in terms of marathons and ultramarathons (194), which includes six 100 mile races. Back in 2000, he completed 3 of those 100 mile races (Old Dominion, Leadville and Wasatch). His best hardcore Maniac streak was having run in 13 states in one year, thus earning him the coveted 5-star Ruthenium level status in the Insane Asylum.

3/06 – **Robert Towne** #852 (Spokane Valley, Washington): Robert qualified for 3-star Gold level in the Insane Asylum by completing the tough Mt. Hood 50-miler, Let's Climb a Mountain 34 miler and the Missoula Marathon within a span of 22 days. He has run in 34 marathons and ultras to date in 11 states. He'll be running in a bunch of big ultras coming soon, namely the WSU 100km, American River 50-miler and finally the Western States 100 miler.

3/07 –**Denis McCarthy** #853 (St. Louis, Missouri): Denis is a 4-star Iridium Maniac as he completed 9 marathons in 9 states in 2007. His first marathon was the Grand Canyon International Marathon back in 2002 and has completed marathons in 18 states. He’s already off to a great start in 2008 with 4 marathons run (First Light, Callaway Gardens, Myrtle Beach and B & A).



Denis McCarthy



Liam Mycroft



Gaella “Batmomm” Stromberg



Matthew Jenkins

3/07 –**Liam Mycroft** #854 (Dublin, Ireland): The Maniacs have gone overseas again with the initiation of Liam as a Bronze Maniac. Living in Ireland, Liam qualified back in 2001 with 3 marathons within 90 days (Boston, Flying Pig and the Blackpool (England)). Having run his first marathon back in 1986, he took a 9-year hiatus from running to raise a family and decided to make a comeback at the age of 40. He has run 20 lifetime marathons in 5 states and 6 countries.

3/09 –**Gaella “Batmomm” Stromberg** #855 (Richmond, Virginia): Gaella recently qualified for the Maniacs by completing 3 marathons in 3 months (Richmond, Disney World, Valentine’s Day Massacre), thus making her Bronze. She has one other marathon completion to her credit and by May she will hopefully reach her goal of becoming Silver. In the meantime if you see her at the races, just call her “Batmomm”!

3/09 – **Steve Taylor** #856 (Fitzgerald, Georgia): Steve has run 9 lifetime marathons (the first 2 back in 1990) in 3 states. His best Maniac streak consisted of marathon completions at the Jacksonville, Disney World and Snickers all within 75 days, making him a Bronze Maniac.

3/09 – **Matthew Jenkins** #857 (Irvine, California): From October 2006 – February 2007, Matthew ran in succession the Chicago, Richmond, Thunder Road Warner Robins and the Myrtle Beach Marathons to qualify for Bronze level in the Insane Asylum. After that he stopped running marathons so he could hike the

Pacific Crest Trail. After regaining his senses, he's now back on the marathon grind and recently completed 2 in 13 days. He has 8 lifetime marathons to his credit and 8 states.



Kenneth Chestek



Irvine Marr



T.J. Ford (February 08 Maniac)

3/09 – **Kenneth Chestek** #858 (Indianapolis, Indiana): Kenneth's Bronze Maniac streak is like no other Maniac, having done the Luxor (Egypt) and Little Rock Marathons within 3 weeks to qualify for Bronze level status. He has run in 51 lifetime marathons in 32 states and his proudest marathon streak is having run in 9 consecutive Flying Pigs.

3/10 – **Kenneth Hodge** #859 (Chesterfield, Virginia): Kenneth ran his first marathon back in 2004 and since that time has 6 other marathons, all in Virginia and DC. His Bronze Maniac streak consisted of the 2007 Marine Corps and Richmond Marathons two weeks apart from each other.

3/10 – **Chuck Mader** #860 (Mount Airy, Maryland): Chuck recently finished his Bronze maniac qualifying streak by completing the Miami, Washington's Birthday and the Lower Potomac Marathons within 6 weeks of each other. To date Chuck has completed 6 marathons in 2 states.

3/12 – **Irvine Marr** #861 (Ipswich, Suffolk, United Kingdom): The Maniacs have gone international again with the inclusion of Irvine from the United Kingdom into the Insane Asylum as a Bronze member (Paris and London 2007 on consecutive weekends). He met a Maniac at last month's Los Angeles Marathon and wanted to be crazy like us. While being based in the UK, Irvine does plan on coming to the United States often to run marathons with other Maniacs. He has 5 run lifetime marathons in 4 countries.

3/13 – **Tammy Dooley** #862 (Leesburg, Georgia): A big welcome to the other half of the Dooley clan to make up the Maniacs next wife-husband duo, Tammy comes in as a Bronze Maniac by having completed 3 marathons in 3 months (Disney World, Donna's Breast Cancer and Snickers). Having just started running in

November 2006, Tammy has come a long way since her first marathon at Marine Corps in 2007. She claims that her and her husband are very competitive with each other so Maniac Mike...beware!!



Chuck Mader and friend Stacia



Tammy Dooley and husband Mike

3/15 –**Amy Barcus** #863 (Atglen, Pennsylvania):Pleading her case to be a Maniac wannabe, Amy does in fact qualify for Bronze level by completing 3 marathons within 90 days (Portland, Outer Banks and Rocket City). Her lifetime totals include 17 marathons run in 10 states. She’s definitely a Maniac as she ran the 2008 Mardi Gras Marathon, fell on the trolley tracks and sporting lovely scars and bruises.

3/15 – **Sue Parks** #864 (Virginia Beach, Virginia): Near the end of 2007, Sue completed the Marshall University and Memphis Marathons and with this year’s Rock and Roll Arizona has qualified for Bronze membership in the Insane Asylum. She has run 8 lifetime marathons in 6 states and DC.

3/18 –**Wily “Coyote” Woo** #865 (Pearl City, Hawaii): The running Ohana that Les Omura and the other Hawaiian Maniacs have created is spreading like a wildfire as another member from the Aloha state has joined the ranks of the Insane. With his back to back completions of the Run to the Sun and Big Island Marathon, Wily “Coyote” is now a 4-star Iridium Maniac. He’s glad that weekend is over with!

3/18 –**Josh Beck** #866 (Birmingham, Alabama): Josh is from Alabama and that must mean one thing...another Phil Min recruit! His best maniac streak started late last year with the Memphis Marathon and followed in succession by the Mobile and Mercedes Marathons. He has in 7 states and is currently training for the Florida Ironman.



Josh Beck (right) with Sara Hacker and Phil Min



Heather McCafferty with Alfredo Aromin and Les Omura

3/19 – **Heather McCafferty** #867 (Aiea, Hawaii): Did the altitude up Haleakala for the Run to the Sun affect Heather? Probably yes, since she went on ahead and ran the Big Island Marathon the following day, thus earning her the 4-star Iridium level in the Insane Asylum. Her joining the Maniac circle was bound to happen as she runs frequently with the other Hawaiian MM's. Heather has 7 marathons and 1 ultra to her credit and currently gearing up for the San Diego Rock and Roll Marathon in June.

3/19 – **David Hammes** #868 (Hilo, Hawaii): David recently met the Bronze Maniac criteria of 2 marathons in 3 weeks with his finishes at the Los Angeles and Big Island Marathon. Since he resides in Hawaii, the majority of his 29 lifetime marathons have been run in that state (23), the other 6 run in California and British Columbia, Canada.

3/19 – **Steve Wisner** #869 (Galveston, Texas): Steve is originally a Washington native but has moved onto greater things in Texas. He has run 12 lifetime marathons and met the Bronze level criteria of 3 in 3 months with his finishes at Royal Victoria, Seattle and the 2008 Houston Marathon. His future plans include the upcoming Boston Marathon and near the end of 2008 the Athens Marathon in Greece.

3/19 – **Dan Wells** #870 (Danville, Kentucky): Having met Maniac luminaries such as Larry Macon, Dave Bell, Steve Boone and Amy Yanni, Dan wants to be just like them and be a Maniac. His best running year was in 2006 when he ran in 11 marathons and 3 ultras. During that year he ran back to back marathons twice, thus earning him the 4-star Iridium status. Dan's goal is to complete the 50 state circuit this year (7 states to go). His lifetime totals are 60 marathons and 10 ultras.



David Hammes with Alfredo Aromin



Steve Wisner



Keith Rutherford

3/19 – **Keith Rutherford** #871 (Trussville, Alabama): Keith is a relative “newbie” to the scene, with his first marathon finish in April 2007 in Nashville. Since that time he has dropped more than an hour off his marathon time and just recently completed his Bronze qualifying streak of 3 in 3 months (Mississippi Blues, Mercedes and Oak Mountain 50km).

3/23 - **Victor Zirkelbach** #872 (Hoover, Alabama): Since Victor hails from Alabama, he must have been a Phil Min recruit. He recently met the Bronze level criteria of 2 in 2 weeks with finishes at the Shamrock Marathon and Oak Mountain 50km. He has 8 race finishes to his credit (he’s done the Shamrock Marathon on 4 occasions) and by the time you read this, he will graduate to Silver with his finish at Atlanta.

3/24 – **Jane Jackson** #873 (Cypress, Texas): Jane ran the “Texas Marathon Triple”, which consisted of the Kingwood, Surfside Beach and Seabrook Marathons to qualify for Bronze level status in the Insane Asylum. All of her husband’s running athletic friends (elites and ironmen) are truly amazed with her “training regimen” and thinks she’s a “nut”. She either says she needs therapy or perhaps has a long, promising career as a professional Maniac!

3/24 – **Donna Jacobs** #874 (Boise, Idaho): Donna joins the Maniacs as a Bronze member with her streak of 3 marathons (Arizona Rock and Roll, Valentine and Easter). She has completed 7 marathons in 4 states.



Dan Wells



Victor Zirkelbach

3/31 – **Mandy #875** (Little Rock, Arizona): Mandy's best hardcore Maniac streak is 5 marathons and one ultra in 6 months, thus earning her Silver status in the Insane Asylum. She has completed 15 marathons and 2 ultras in her lifetime in 10 states.

3/31 – **Jeff Gluyas #876** (Levittown, Pennsylvania): Jeff recently completed the Bronze maniac criteria by completing the Shamrock and always windy Cape May marathons two weeks apart. He has run 5 lifetime marathons in 4 states.

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 the Prez (steve@marathonmaniacs.com) or Marc (marc@marathonmaniacs.com) for details.



Donna Jacobs



Jeff Gluyas

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

Our friends continue to astound and amaze me. Daunting plans, sculpted bodies, unbelievable feats, impressive longevity... even better, it all makes one really giggle when club members pull off multiple accomplishments in the same race.

For example, way over in obscure New Jersey, not one but two of our MarathonManiac Masters took home awards in the Ocean Drive Marathon! (Note to Rookies: "masters" means over age 40, or in the case of women, 23). Amy Yanni was third female and second master's female, and Emma Riconda third master's female. Any idea how cool it is to see two Maniacs winning awards 3,000 miles away from Maniac Central (Washington state)?

But sometimes you people can just drive a guy to root beer.

Do not tell me that root beer won't float your boat. HA! Here is the secret: mix it with not quite enough sleep, then **go read the bulletin board**, and ***BAM!*** you will get plenty dizzy. You see there things like...

The members are talking up creating another 24-hour run. That's right, Rookies, these people actually want to go for yet another run for one whole day: that would be a run from dawn right through breakfast, commute, morning, lunchtime, afternoon, afternoon nap, late afternoon,

return commute, dusk, cocktails, appetizers, dinner, dessert, evening, night, shower, sleep, dream, roll over, fall back to sleep, and Reveille, all replaced by a single solitary run.

You wanted to get back in shape, so you took up a new hobby, and **BAM!** inside 24 hours you find new meaning for the word “chafing.”



What else is happening on the bulletin board? Here's an event that might be too easy: run 26.2 miles, in a hot desert, at altitude, partially through sand, watching out for rattlers, and to exercise the back a bit, carry a 35-pound pack. The name of the thing? The "Bataan Memorial Death March Marathon". Reminds me of the "Himalayans NoProblem Vertical One Hundred". But, hey, the registration fee is low, so this one is a great value! (I am getting a little wobbly.)

But the members have a point. That day, active-duty soldiers honor real heroes in our country's history by re-enacting an awful, historic event in full uniform and backpacks over the course, and we rightly bow to their effort, emotions and patriotism, while they cheer on the runners(!). Fantastic. Please pardon me a substitution though: I will go visit an old soldier that day and chat him up about his memories. You people amaze me.

Let's see what else is on the old Bulletin Board. Ahh, there seems to be a new dinosaur discovered...a "Heptazilla"....no, what's this?...not a dinosaur or a scaly creature of some sort? 'Tis a Maniac idea (who would have guessed?) that proposes the following: onto the Tahoe Triple (three marathons in three days, encompassing a route around Lake Tahoe), add four more marathons, in the four-corner states, on the four days before the Triple, thus totaling seven marathons in seven days in six states. (*ahhh choo!!!...excuse me...my allergies towards self-flagellation are kicking in again*).

The quote of quotes, from Lauri Fauerbach of Pennsylvania, who writes (pay close attention now): "Hmmm. Even though I really don't want to do the Tahoe Triple, with the other four tacked on this might be interesting."

BAM! From sanity to Maniacism in one sentence. You can't get that in just any club.

See, Rookie, no matter how much you may feel like a Mini-Maniac reading the Bulletin Board (and understand that Rev really gets that Mini-Maniac feeling part), the uniqueness of being a member of this nutso club is this:

When you realize after your 199th visit to the massage therapist that maybe you are in over your mock-study head, you will still ponder the possibility of participating in any or all of the above events someday. My multiple-personality syndrome is normal in here. The only difference is that some of these people can actually pull this stuff off.

Some of the rest of us are switching to diet root beer in the hope that just maybe there is another sub-five-hour marathon buried in the ol' bod yet. Though probably without the backpack.

Love ya,
Rev (dgkienz@yahoo.com)



Susie Ro and Lily West in trouble again...this time with Maniac #3 tp!

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 for details)
- More to come in the April 2008 Newsletter and to the web site soon. The President has written...