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Flying Pig Marathon (5/4):
Each month there will be a “Maniac poll”. This poll will be posted online. Please take a few moments to answer this poll. I will post the results in the next newsletter.

This month’s question: How many gels do you typically take during a marathon?

Please vote online between now and June 10: [http://tinyurl.com/MMpoll2014d](http://tinyurl.com/MMpoll2014d)

Last month’s question: Are you more likely to run a marathon that has a Maniac for a race director?

To most Maniacs it doesn’t matter if the RD is a Maniac or not (64%). Thanks for voting!

http://www.marathonmaniacs.com
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 7000+ 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
Delaware Marathon (5/11): Mary Albrecht, Lori Alderman, Kate Bernier, Roy (Red Solo Cup) Blakeburn, Chris Blumenthal, Danielle Borgo, Pete Bysura, Big Bad Jim Clouse, Berkley "Lee" Collins, Kathy Crawford, Kevin Croninger, Steve Dargitz, Susan De Frees, Rand Donaldson, Tee Everett, Faraz Farrokhi, Hammie Farrokhi, Jim "Superdawg" Fisher, Paul Fournier, Kathleen Gorman, Maggie "Magatron" Guterl, Tricia Hadley, Michael Hammonds, Jack "JJ Mac" Heely, Kelly Hudick, Cathie "TuTu" Johnson, Troy"Love to Run" Johnson, Nick Karem, Howard L. Keener, Jr., #kinosfault, Ed Loy, MM Diva #7, Dotty Maddock, Bonnie Mattingly, Bill McLean, Barb Meinecke, "Phoolish" Phil Min, Jo Nall, Andy Naumann, Kimberly Oehrlein, Chris Orbach, Mary Papreck, Janice Parker, Zack Price, Cassie, Christopher Regan, Bethany Sanchez, Margaret Seymour, Sophia Shi, Ben Slabaugh, Michelle Smith, Kate Stoker, Angela Tortorice, Elizabeth Trask "50 for Billy", Eddie "Barefoot Bandito" Vega, Jeffrey "Wardium" Ward, Joseph Wills, Mary Ann Zemla
On May 25th the Maniacs celebrated 11 years! It all started on May 25, 2003 in Coeur d’Alene, Idaho when the Main Maniacs (Steve Yee, Chris Warren and Tony Phillippi) came up with the idea of a running club focused on running marathons.

Now eleven years later, we care nearly 10,000 members strong proving that running a marathon can be more than just a once in a lifetime experience.

No matter what anyone says “YOU CAN DO IT!”

http://www.marathonmaniacs.com
New England Challenge

Pine Tree Marathon (5/12: Portland, Maine)
Granite State Marathon (5/13: Nashua, New Hampshire)
Red Island Marathon (5/14: Warwick, Rhode Island)
Nutmeg State Marathon (5/15: Hartford, Connecticut)
Old Colony Marathon (5/16: Springfield, Massachusetts)
NEW ENGLAND CHALLENGE
(5 Marathons in 5 States in 5 days)

Pine Tree: Viciy Baker, Bill Beadall, Joseph "OSO" Bearss, Ila Brandli, Kevin Brosi, Jane Burleson, Jeff Burleson, Emily Casola, Walter "Maniac Man" Evans, Ken "Calix's Dad" Fattmann, "Marky Mark" Fetters, Jorge Garcia, Flower Lady Carol Goslin, Danny Hartley, Chuck Harvey, Jennifer Hatcher, David Holmen, Rich Holmes, Vincent Ma, Mathew Mapram, Suzanne Marchesano, Terri Menghini, Andrew Olsen, Eileen Pontaoe, Rolando Rivera, har, Jc "The Saint" Santa Teresa, Margaret Seymour, Clyde "the Glide* Shank, Bill Sherman, Breanna Waldrup, Marsha 'BookladyWalker' White, Li-Chym Wu

Granite State: Viciy Baker, Bill Beadall, Joseph "OSO" Bearss, Ila Brandli, Kevin Brosi, Jane Burleson, Jeff Burleson, Emily Casola, Jim Evans, Walter "Maniac Man" Evans, Ken "Calix's Dad" Fattmann, "Marky Mark" Fetters, Paul Fournier, Jorge Garcia, Danny Hartley, Chuck Harvey, Jennifer Hatcher, David Holmen, Rich Holmes, Vincent Ma, Mathew Mapram, Suzanne Marchesano, Terri Menghini, Andrew Olsen, Eileen Pontaoe, Rolando Rivera, har, Jc "The Saint" Santa Teresa, Margaret Seymour, Clyde "the Glide* Shank, Bill Sherman, Ralph Suarez, Breanna Waldrup, Marsha 'BookladyWalker' White, Li-Chym Wu


Old Colony: Ron Ayers, Viciy Baker, Bill Beadall, Joseph "OSO" Bearss, Ila Brandli, Kevin Brosi, Jane Burleson, Jeff Burleson, Emily Casola, Laura Ceraolo, Shalisa Davis, DrTekemia Dorsey, Jennifer Eloge, Walter "Maniac Man" Evans, Ken "Calix's Dad" Fattmann, "Marky Mark" Fetters, Paul Fournier, Danny Hartley, Chuck Harvey, Jennifer Hatcher, David Holmen, Rich Holmes, Cathie "TuTu" Johnson, Troy "Love to Run" Johnson, Al Kohl, Sabra Kurth, Vincent Ma, Mathew Mapram, Denis McCarthy, Andrew Olsen, Eileen Pontaoe, Karen Redmond, Rolando Rivera, Robert Roach, har, Alice Schneider, Margaret Seymour, Clyde "the Glide* Shank, Eddie "Barefoot Bandito" Vega, Breanna Waldrup, Li-Chym Wu
Join the Maniacs on Social Networking!

FACEBOOK:
Marathon Maniac page: [http://www.facebook.com/pages/Marathon-Maniacs/144969288167](http://www.facebook.com/pages/Marathon-Maniacs/144969288167)
Marathon Maniacs group: [http://www.facebook.com/groups/marathonmaniacs/](http://www.facebook.com/groups/marathonmaniacs/)

INSTRAGRAM:
@marathonmaniacs - [http://instagram.com/marathonmaniacs](http://instagram.com/marathonmaniacs)

TWITTER:
@mainmaniacs - [http://twitter.com/mainmaniacs](http://twitter.com/mainmaniacs)

MY SPACE:

LINKED IN:
[http://www.linkedin.com/in/vgh/1843119](http://www.linkedin.com/in/vgh/1843119)

DAILY MILE:
[http://www.dailymile.com/groups/1403-marathon-maniacs](http://www.dailymile.com/groups/1403-marathon-maniacs)

Across all social networks use the hash tag:
#marathonmaniacs
The Marathon Maniacs have released a book!

This book is a 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!


Autographed Copy:
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:** Jennifer Hatcher, Bill Beardall, Elizabeth Gmerek
- **Platinum (8 star) Maniac:** Danny Hartley
- **Palladium (7 star) Maniac:** None
- **Osmium (6 star) Maniac:** Joseph Bearss, Seema Sonnad, Steven Laine
- **Ruthenium (5 star) Maniac:** Pete Bysura, Wally Hernandez
- **Iridium (4 star) Maniac:** Jason Short, Gail Oney, Ashley Schnell, Gail Oney, Cheryl Broas, Jacob Roedsens, Shannon, Debbie Sobolewski
- **Gold (3 star) Maniac:** None
- **Silver (2 star) Maniac:** Vivian Corlew
- **100 Marathons:** Steven Laine
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

<table>
<thead>
<tr>
<th>Month</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Averages</td>
<td>70.2</td>
<td>50.4</td>
<td>63.7</td>
<td>55.8</td>
<td>86.7</td>
<td>66.7</td>
<td>44.7</td>
<td>26.4</td>
<td>32.3</td>
<td>87.2</td>
<td>106.3</td>
<td>97.1</td>
<td>765.6</td>
</tr>
<tr>
<td>Record</td>
<td>212</td>
<td>101</td>
<td>170</td>
<td>138</td>
<td>212</td>
<td>147</td>
<td>101</td>
<td>56</td>
<td>73</td>
<td>257</td>
<td>334</td>
<td>223</td>
<td>1,994</td>
</tr>
<tr>
<td>2013</td>
<td>212</td>
<td>95</td>
<td>170</td>
<td>138</td>
<td>212</td>
<td>133</td>
<td>91</td>
<td>56</td>
<td>73</td>
<td>257</td>
<td>334</td>
<td>223</td>
<td>1,994</td>
</tr>
<tr>
<td>2014</td>
<td>225</td>
<td>177</td>
<td>189</td>
<td>137</td>
<td>250</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>978</td>
</tr>
</tbody>
</table>

New Maniacs in May 2014: 250
New Maniacs in 2014: 978
Total Maniacs: 9,400

Country | MM | Pct% |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>7,491</td>
<td>79.7%</td>
</tr>
<tr>
<td>Canada</td>
<td>218</td>
<td>2.3%</td>
</tr>
<tr>
<td>Brazil</td>
<td>62</td>
<td>0.7%</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>44</td>
<td>0.5%</td>
</tr>
<tr>
<td>Malaysia</td>
<td>29</td>
<td>0.3%</td>
</tr>
<tr>
<td>Total number of countries</td>
<td>48</td>
<td></td>
</tr>
</tbody>
</table>

Gender Breakdown:
51.5% Male
48.5% Female

Marathon Milestones

<table>
<thead>
<tr>
<th>Milestone</th>
<th>MM</th>
<th>Pct</th>
</tr>
</thead>
<tbody>
<tr>
<td>500+ marathons/ultras</td>
<td>9</td>
<td>0.10%</td>
</tr>
<tr>
<td>400+ marathons/ultras</td>
<td>15</td>
<td>0.16%</td>
</tr>
<tr>
<td>300+ marathons/ultras</td>
<td>45</td>
<td>0.48%</td>
</tr>
<tr>
<td>250+ marathons/ultras</td>
<td>69</td>
<td>0.73%</td>
</tr>
<tr>
<td>200+ marathons/ultras</td>
<td>115</td>
<td>1.22%</td>
</tr>
<tr>
<td>150+ marathons/ultras</td>
<td>194</td>
<td>2.06%</td>
</tr>
<tr>
<td>100+ marathons/ultras</td>
<td>440</td>
<td>4.69%</td>
</tr>
<tr>
<td>50+ marathons/ultras</td>
<td>1,251</td>
<td>13.31%</td>
</tr>
</tbody>
</table>

The average Marathon Maniac has run 23 marathons and 3 ultras.

Yearly Breakdown

<table>
<thead>
<tr>
<th>Year</th>
<th>New</th>
<th>Overall</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (May 25, 2003 – May 24, 2004)</td>
<td>64</td>
<td>64</td>
</tr>
<tr>
<td>2 (May 25, 2004 – May 24, 2005)</td>
<td>86</td>
<td>150</td>
</tr>
<tr>
<td>3 (May 25, 2005 – May 24, 2006)</td>
<td>144</td>
<td>294</td>
</tr>
<tr>
<td>6 (May 25, 2008 – May 24, 2009)</td>
<td>595</td>
<td>1,560</td>
</tr>
<tr>
<td>7 (May 25, 2009 – May 24, 2010)</td>
<td>1,010</td>
<td>2,570</td>
</tr>
<tr>
<td>8 (May 25, 2010 – May 24, 2011)</td>
<td>1,363</td>
<td>3,933</td>
</tr>
<tr>
<td>9 (May 25, 2011 – May 24, 2012)</td>
<td>1,538</td>
<td>5,471</td>
</tr>
<tr>
<td>10 (May 25, 2012 – May 24, 2013)</td>
<td>1,743</td>
<td>7,214</td>
</tr>
<tr>
<td>11 (May 25, 2013 – May 24, 2014)</td>
<td>2,151</td>
<td>9,365</td>
</tr>
</tbody>
</table>

New Maniacs by Year

Yearly Breakdown

<table>
<thead>
<tr>
<th>Year</th>
<th>New Maniacs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003-04</td>
<td>64</td>
</tr>
<tr>
<td>2004-05</td>
<td>86</td>
</tr>
<tr>
<td>2005-06</td>
<td>144</td>
</tr>
<tr>
<td>2006-07</td>
<td>282</td>
</tr>
<tr>
<td>2007-08</td>
<td>389</td>
</tr>
<tr>
<td>2008-09</td>
<td>595</td>
</tr>
<tr>
<td>2009-10</td>
<td>1,010</td>
</tr>
<tr>
<td>2010-11</td>
<td>1,363</td>
</tr>
<tr>
<td>2011-12</td>
<td>1,538</td>
</tr>
<tr>
<td>2012-13</td>
<td>1,743</td>
</tr>
<tr>
<td>2013-14</td>
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</tr>
</tbody>
</table>

The average Marathon Maniac has run 23 marathons and 3 ultras.

http://www.marathonmaniacs.com
### Upcoming Races!

#### Marathon/Ultra Calendar between May 22-June 28

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, June 20</td>
<td>Big Horn Mountain Wild and Scenic Trail Run (WY)</td>
<td>50/50k</td>
<td>WY</td>
</tr>
<tr>
<td>Saturday, June 21</td>
<td>Summer Solstice 6h (TX)</td>
<td>6h</td>
<td>TX</td>
</tr>
<tr>
<td>Wednesday, July 9</td>
<td>North West Passage Marathon (NU)</td>
<td></td>
<td>NU</td>
</tr>
<tr>
<td>Friday, July 11</td>
<td>Chase the Moon 12h (CO)</td>
<td>12h</td>
<td>CO</td>
</tr>
<tr>
<td>Saturday, July 12</td>
<td>Beaverhead 100k/50k (ID)</td>
<td>100k/50k</td>
<td>ID</td>
</tr>
<tr>
<td>Sunday, June 22</td>
<td>Banff Marathon (AB)</td>
<td></td>
<td>AB</td>
</tr>
<tr>
<td>Friday, July 13</td>
<td>El Scorcho (TX)</td>
<td></td>
<td>TX</td>
</tr>
<tr>
<td>Friday, July 18</td>
<td>Christmas in July 24h/12h/6h (IL)</td>
<td>24h/12h/6h</td>
<td>IL</td>
</tr>
<tr>
<td>Saturday, June 28</td>
<td>Aspen Backcountry Marathon (CO)</td>
<td></td>
<td>CO</td>
</tr>
<tr>
<td>Friday, July 4</td>
<td>Foot Traffic Flat Marathon (Firecracker Triple Day One) (OR)</td>
<td>50/50k</td>
<td>OR</td>
</tr>
<tr>
<td>Thursday, July 3</td>
<td>i Run Marathons Independent Five (5 day series) (TX)</td>
<td>50/50k</td>
<td>TX</td>
</tr>
<tr>
<td>Friday, July 7</td>
<td>Merrill’s Mile 48h/24h/12h (GA)</td>
<td>48h/24h/12h</td>
<td>GA</td>
</tr>
<tr>
<td>Saturday, July 6</td>
<td>Cook Park Marathon (Firecracker Triple Day Three) (OR)</td>
<td>50/50k</td>
<td>OR</td>
</tr>
<tr>
<td>Thursday, July 10</td>
<td>Official 26.2 Inca Trail Marathon (PER)</td>
<td>26.2</td>
<td>PER</td>
</tr>
<tr>
<td>Friday, July 11</td>
<td>Chase the Moon 12h (CO)</td>
<td>12h</td>
<td>CO</td>
</tr>
<tr>
<td>Saturday, July 12</td>
<td>Beaverhead 100k/50k (ID)</td>
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<td>ID</td>
</tr>
<tr>
<td>Sunday, June 28</td>
<td>Aspen Backcountry Marathon (CO)</td>
<td></td>
<td>CO</td>
</tr>
<tr>
<td>Saturday, July 6</td>
<td>Cook Park Marathon (Firecracker Triple Day Three) (OR)</td>
<td>50/50k</td>
<td>OR</td>
</tr>
<tr>
<td>Sunday, July 6</td>
<td>24 Hour Around the Lake 24h/26.2 (MA)</td>
<td>24/26.2</td>
<td>MA</td>
</tr>
<tr>
<td>Saturday, July 26</td>
<td>Arauáiai Vertigo 63k (AZ)</td>
<td>63k</td>
<td>AZ</td>
</tr>
<tr>
<td>Sunday, July 27</td>
<td>Bearfest Marathon (AK)</td>
<td></td>
<td>AK</td>
</tr>
<tr>
<td>Saturday, August 2</td>
<td>Angeles Crest 100 Mile Endurance Run (CA)</td>
<td>100 Mile</td>
<td>CA</td>
</tr>
<tr>
<td>Sunday, July 27</td>
<td>Bearfest Marathon (AK)</td>
<td></td>
<td>AK</td>
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<td>Cook Park Marathon (Firecracker Triple Day Three) (OR)</td>
<td>50/50k</td>
<td>OR</td>
</tr>
<tr>
<td>Saturday, July 26</td>
<td>Arauáiai Vertigo 63k (AZ)</td>
<td>63k</td>
<td>AZ</td>
</tr>
</tbody>
</table>

**Note:** Race locations and distances vary. Please check official event websites for the most accurate information.
New Maniacs in May 2014

Patricia Schmidt Moore (#9210)
Carrie Alexander (#9211)
Rose Krajewski (#9212)
Jessica Smart (#9213)
Lori Dodd (#9214)
Kathryn Schieltz (#9215)
April Hayes (#9216)
Jon Gibson (#9217)
Tracy Welch (#9218)
Adam Campbell (#9219)
Loree Hoag (#9220)
Paco Pacheco (#9221)
Greg Kline (#9222)
Angie Long (#9223)
Christine Thompson (#9224)
Scott Brewer (#9225)
Sally Silver (#9226)
Steve Miaszowicz (#9227)
Margaret Alexson (#9228)
Mary Reeve (#9229)
Brian Peterson (#9230)
Darren McCall (#9231)
Courtney Bird (#9232)
Courtney Adams (#9233)
Diane Casselberry (#9234)
Chris Gourley (#9235)
George Romo (#9236)
Benjamin Childers (#9237)
Caroline @heartrunning.com (#9238)
Franzine Potts (#9239)
Chet Dycus (#9240)
Tracy Miller (#9241)
Rafael Arenas Jr (#9242)
Clay "Nite Train" Pleasant (#9243)
Rebecca Turner (#9244)
Brian Falcone (#9245)
Aur Mauricio (#9246)
Mary Theresa Scott (#9247)
Deirdre Johnson (#9248)
Nancy Duett (#9249)
Katie Gehrand (#9250)
Heath Conley (#9251)
Nicole Wettstein (#9252)
Kristen Suvik (#9253)
Andrea Johnson (#9254)
Marlene Marzan (#9255)
Zane Hagy (#9256)
Michael Manetta (#9257)
Adam Lazor (#9258)
Dennis Cartwright (#9259)
Jen Gibertini (#9260)
Chris Hogan (#9261)
Tiffany Herren (#9262)
Aaron Franzel (#9263)
Melinda Marble (#9264)
Chrisse Hower (#9265)
Lisa Cormen (#9266)
Jennifer Blankshein (#9267)
Bill Odendahl (#9268)
Alyson Johnson (#9269)
Nicole Philando (#9270)
Kathryn Robey (#9271)
Ian Robey (#9272)
Mike Soshasky (#9273)
Sandra Matta (#9274)
Kateri Shirley (#9275)
Summer Marullo (#9276)
Marcus Marullo (#9277)
Erin Krech (#9278)
Nicolas Wical (#9279)
Betsy Balgooyen Kellor (#9280)
Gerald Woodford (#9281)
Nicholas Huzieff (#9282)
Alix Payton (#9283)
Jamie Sinasac (#9284)
Tricia Lund (#9285)
Timothy Spoo (#9286)
Mark Rowe (#9287)
Berkeley "Lee" Collins (#9288)
Daniel Hammonds (#9289)
Lark iEvester (#9290)
Shirley Smith (#9291)
Robert Welpner (#9292)
Allison Maas (#9293)
Laura Doud (#9294)
Michelle Jordan (#9295)
Shelley Cloutier (#9296)
Mark Koopman (#9297)
Hubert Huang (#9298)
Emily Mitchell (#9299)
Brandi Golem (#9300)
Kimberly West (#9301)
Anella Olivia (#9302)
Gina Hamrang (#9303)
Noah Firth (#9304)
Rebecca Shealy (#9305)
Lia Estigoy (#9306)
Mark Reding (#9307)
Adam Brown (#9308)
Robert Tobul (#9309)
Aurea Nicolet (#9311)
Heidi DeBenedictis (#9312)
Carolyn Newkirk (#9313)
Christina Hughes (#9314)
Richard Bisett (#9315)
Alicia Bronzell (#9316)
Lori Lieb-Rosas (#9317)
Anthony Rose (#9318)
Foster Deadman (#9319)
Ashley Raby (#9320)
Michael Maltese (#9321)
Carmella DiPippa (#9322)
Kelly Hayley (#9323)
Maureen Mullins (#9324)
Roger Barkley (#9325)
Luis Blanco (#9326)
Suzanne Lagoni (#9327)
Maria Shircel (#9328)
JoAnna Berner DiGorigo (#9329)
Linda Kellock (#9330)
Timothy Allen (#9331)
Erin Anderson (#9332)
Garrett Anderson (#9333)
John Ruchinskas (#9334)
Michael Adams (#9335)
Keliko Adams (#9336)
Jayne Bower (#9337)
Kyle Hoops (#9338)
Faylan Cannon (#9339)
Sarah Daniels (#9340)
Bruce Cannon (#9341)
Ron Burt (#9342)
Kevin Stafford (#9343)
Ellis Retzloff (#9344)
Running Tams (#9345)
Wilfred Goron (#9346)
Maria Latham (#9347)
Brigitte Rame (#9348)
Duffy McColloch (#9349)
Adam Aiken (#9350)
Valerie Morris (#9351)
Margaret Munger (#9352)
Cindy Knul (#9353)
Karen Marmon (#9354)
Floyd Sekeramayi (#9355)
Ryan Wriley (#9356)
Donald Osborne (#9357)
Sue Ann Bement (#9358)
Evan Zhao (#9359)
Amber Uhls (#9360)
Laurie Stayton-Smith (#9361)
Tori Duhorne (#9362)
Brittany Velito (#9363)
Veronica Tarantino (#9364)
Terni Martin (#9365)
Shannon Remerowski (#9366)
Victoria McLachlan (#9367)
Mark Bradshaw (#9368)
LeeAnne Keenal (#9369)
Jenny Yoakum (#9370)
John Weeks (#9371)
Cassie Kottke (#9372)
Sarah Tosfaneli (#9373)
Sharon Geller (#9374)
Barbara Carpenter (#9375)
Jennifer Westbrook (#9376)
Tracy Alexander 2 (#9377)
Chris Butz (#9378)
Devin Campion (#9379)
Tim Cavenee (#9380)
Michelle Applegate (#9381)
Randall Baker (#9382)
Jennifer Hickey (#9383)
paulla iannelo (#9384)
Rae Ann Darling Reed (#9385)
Melia Baker (#9386)
Jennifer Perry (#9387)
Michael Locke (#9388)
Leslie Ary (#9389)
Michael Cruz-Herrera (#9390)
Deana Richmond (#9391)
Sage Cowsert (#9392)
William Sommers (#9393)
Newton Baker (#9394)
Robert Chin (#9395)
Paul Sparks (#9396)
Pespeth Alexander (#9397)
David Hooper (#9398)
david wilkinson (#9399)
The Spring is winding down which means that for some of you it’s a summer break before the Fall season kicks into gear. But here in the Pacific Northwest the marathon season continues to roll on. Whether you are taking a break or continue to run marathons this summer, I hope you all have a fun time!

Happy Running!

- Steve “Marathon Freak” Walters MM#338
New discounts that have a ** in front of the race name and don’t forget about the Maniac discounts at Running Skirts www.runningskirts.com ; The Running Warehouse www.runningwarehouse.com for all your non-Maniac branded apparel and shoe needs; and at TRY Chips www.trychips.com for your healthy snacking needs.

- Foot Traffic Flat Marathon (OR) 7/4/14: www.foottraffic.us/flat
- Mad Marathon (VT) 7/6/14: www.madmarathon.com
- Blue Blazes Ultra (OH) 7/10-13/2104: www.blueblazesultra.com
- Idaho Falls M.A.D. Marathon 7/19/14: www.themadmarathon.com
- Heartbreaker Indoor Marathon (WI) 7/26/14: http://indoormarathon.com/heatbreaker_indoor_marathon/
- Eugene Marathon (OR) 7/27/14: http://eugenemarathon.com
- San Francisco Marathon 7/27/14: www.thesfmarathon.com
- Moose’s Tooth Marathon (AK) 8/17/14: www.bigwildliferuns.org
- Lookout Tower Trail Climb 50K (ID) 9/3/14: www.databarevents.com/lookouttowertrailclimb
- **The Oregon Marathon 9/13/14: www.theoregonmarathon.com
- Boring Marathon (OR) 9/14/14: http://boringmarathon.com
- Center of the Nation Series (MT, ND, SD, WY, NE) 9/17-21/2014: http://mainlymarathons.com/center_series
- That Dam Hill 12H/50M (ON) 9/20/14: www.thatdamhill.ca
- Capital City River Run Marathon (MI) 9/21/14: www.ccriverrun.com
- Omaha Marathon (NE) 9/21/14: http://omahamarathon.com
- Adams County Marathon (OH) 9/27/14: www.adamscountytravel.org/Adams-County-Half-Marathon.shtml
- Priest Lake 50K/26.2 (ID) 9/27/14: www.databarevents.com/priestlakemarathon
- **Arkansas Marathon 10/4/14: www.arkansasmarathon.org
- New Hampshire Marathon 10/4/14: www.themadmarathon.com
- Hartford Marathon (CT) 10/11/14: www.hartfordmarathon.com
- Southernmost Marathon (FL) 10/11/14: http://somomarathon.com
- HITS Oklahoma City Marathon (OK) 10/12/14: www.hitsrunning.com/oklahoma-city-ok
- Newport Marathon (RI) 10/12/14: http://uhcmarathon.com
- Poulsbo Marathon (WA) 10/12/14: www.poulsbomarathon.com
- **Indianapolis Marathon 10/18/14: www.indianapolismarathon.com
- Kansas City Marathon (MO) 10/18/14: http://waddellandreedkansascitymarathon.org
- Des Moines Marathon (IA) 10/14/14: www.desmoinesmarathon.com
- Springfield Marathon (IL) 10/19/14: www.springfieldmarathon.net
- Day of the Dead Series (NM) 10/27-11/2/2014: http://mainlymarathons.com/day_of_the_dead_1
- Raleigh City of Oaks Marathon (NC) 11/2/14: www.cityfoaksmarathon.com
- **Mississippi Blues Marathon 1/10/15: www.msbluesmarathon.com
- Louisiana Marathon 1/18/15: www.thelouisianamarathon.com
- Maui Oceanfront Marathon 1/18/15: www.mauioceanfrontmarathon.com
- Town of Celebration Marathon (FL) 1/25/15: www.celebrationmarathon.com
- **Blooms to Brews Marathon (WA) 4/12/15: http://bloomstobrews.getboldevents.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!!

http://www.marathonmaniacs.com
Well Prez, for the third time this year I had the honor, privilege, and dizzying experience of communicating with one of this year’s Marathon Maniac Hall-of-Fame class, Ms. Angela Tortorice ($1543). Angela also earned the recognition of a Guinness Book of World Records record, female, with 129 marathons in a year. I was going to write “Amazing”, but I was thinking “Painful”, so we’ll rest with a simple “Whoa!”

Sometimes I weigh the two: “Guinness, or the Hall? The Hall, or Guinness?” Oh sure, I do get the difference of the uniqueness of a Record, but (sigh) of course I can relate to absolutely none of it, so in my absolute ignorance, I get to wonder all I want. Really, which is easier?

Consider this Dallas Maniac lady’s Texas-sized accomplishment in the club: She has double-qualified for the Maniac Hall of Fame. I said, she has double-qualified for the Maniac Hall of Fame.

And not the same way twice. Different ways: She ran 51 marathons in a year for three consecutive years, AND she has completed 333 in her career. No, wait. She has posted 450.

Not having met her at the time I heard, I wrote to ask her how old she was to have done that many marathons. She claimed a double-digit number. I don’t believe her. 110, 105 maybe.

She claims living the ordinary life of a CPA, which gives us another new psychological twist for our diabolical research, Prez: CPA’s are arguably the Maniacs of numbers and spreadsheets, see? She puts on the running gear, and then thinks, “Columns. I need to fill in more columns,” and out the door she goes.

So I thought I would ask her a few more questions. These conversations never proceed predictably.

Were you born to be a marathoner, or are you as surprised as can be that this is what you do?

I played tennis through high school, and ran a few races at track events my brother enjoyed, but I was always last so I never really considered myself a good runner. Later, when I learned I could run 9 miles and longer distances, things started to get interesting. I wondered just how far I could go.

I can blame David Johnson for putting this Hall of Fame idea in my head about 4 years ago at the 8 hour Run from the Ducks in Mineral Wells, TX. We were just having fun running in circles for 8 hours with nothing else on our minds except running more.

Which could you do for more hours: marathon running pace or play tennis in circles?

Marathon, any day, but I do believe in the Martina Navratilova approach to training: train for 4 sets in case you have to do 3. I do that now with running. Plus, we can avoid some injuries: when you feel a pain, walk until it goes away.

In between marathons, are you simultaneously Maniacal-ing in other sports?

Oh, yes oh my. I do a few triathlons on the side, a couple of Ironmans; bike rallies, sometimes for Multiple Sclerosis; and about 10 ultra-cycling events. They give the feet a rest, but not the rear.

Ahh, yes. So many people have given up tennis for Ironman events.

Let’s see: swim two miles, bike 112 miles, run a marathon. Do you think that putting the marathon last seems evil?

Probably less so than putting the swim last...

During a race: what is your nutrition secret?

Eat a lot of yummy food. Spectators usually have the best stuff. Beg from those having front yard parties. They are very happy to share! They are sitting, seeing us apparently working so hard, that they will give us their own piece of pizza!

You know, kick that nasty pizza habit, and you might have more energy.

Our relatives and friends think we’re hurting ourselves. Has marathoning kept you younger and fitter, or injured or aged you in any way irretrievably? You’re a Hall of Famer now: we are listening.

Old? Runners never get old. Only a runner understands that running is not hurting us, but is keeping us sane! Nothing better than a lunchtime run after you just learned the best boss you ever had quit, or that Friendly’s is out of chocolate mint chip. I mean, really?

I think the best part of the whole experience is making new friends and enjoying the company of old ones.

Hmm, Given a choice, I’ll be one of your new friends.

Alright, forget your CPA abilities that tell you a half-of-a-marathon is 13.1 miles. Divide a marathon into two halves of effort/comfort. Where do you think the second half really starts?

My mental trick is that the race is almost over around mile 17: the mile count-down is finally in single-digits, and 9 miles is just a loop around White Rock Lake back home. But I guess that’s where the race really starts.

Are you a Half-Fanatic too?

I guess I should become one, it sounds so sane.

I noticed you used the word “sane” twice, which begs the question: What do you think of ultras?

Hahah! I think all ultras should be cut back to 26.2.

No seriously, Rev, they are great! I love the challenge of the extra miles, especially on beautiful trails. Oh, and everyone should try the trail marathon called Hancock Shaker Village. That is a beauty!

That’ll cost you. No advertising allowed. What do you think of doubles (two marathons in one weekend)?

Rev, isn’t this the Maniac Theme Song?

“Drive to a marathon, go for a run; then take a shower, we’re having such fun! Eat a little treat, hobble to the car; sleep right there and then drive far! Why earn a medal when you can earn two? Singles are great, but Doubles, Whoa!”

Great way to save money and get two states in one weekend. This is the best invention ever.

When Maniacs reach 100,000 members in 2029, what city would you propose the Hall of Fame be built in? Tacoma, Seattle, right at “The Light at the End of the Tunnel”, or, my own personal favorite, just across the street from Wellesley College?

Oh, a Hall of Fame building, what a wonderful idea. This should be a museum in the museum of all museums, the Smithsonian, in Washington, DC! Yes, yes. The Marathon Maniac Hall of Fame Museum should be part of the Smithsonian, no doubt!

So Prez, that’s Angela for you. Certifiable. Interesting how you, Tony, Chris and your ideas have inspired people, who then go do things that inspire other people, who then do things I’m guessing you never imagined, and which I cannot entirely comprehend. Wonderful stuff.

Lusa,
Rev
djkienz@yahoo.com

2014 Maniac Hall of Famer Angela Tortorice

Teal Clark, Angela and Kathryn Ivey
Yen Nguyen and Angela
Shelby Trail and Angela

http://www.marathonmaniacs.com