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White River 50miler:


Maniac Glenn Tachiyama took great photos at the race.
The Marathon Show (hosted by Maniac #1817, Joe Taricani) was first broadcast in June 2010. It’s a one of a kind show that spot lights the marathon and marathon runners. Maniacs have found a safe haven with this great show. A few times a week Joe broadcast the show live online, the shows are then made available to download from iTunes (via Podcast). Each week Joe features a marathoner, and often does shout outs to marathoners from all over. Another great part of this show is the “runners chat”, in these shows Joe gets three marathoners together and does a round table discussion about many great topics. So if you have already come across the show, please do.

Check it out and tune in! [http://www.themarathonshow.com](http://www.themarathonshow.com)
Planet Adventure Marathon @ Eagle Creek Trail Marathon (8/4): Walter "Maniac Man" Evans, Elaine Green, Brenda Gutmann, Gloria Hinton, Kevin Hoffman, Steve Hughes, MadDOG, Nick Karem, Zachary Knebel, Carol Krizman, Steve Kuhl, John Kent Leighton, Jeremy Mann, Suzanne Marchesano, Kent Moore, Todd Oliver, Jackie Panfili, Pascal Radley, har, Logan Samson, Andrea Sphoh, David "Dog Bone" Thierjung, Craig Thompson, Tim Troxel, Brian Wright, Heather Zeigler

http://www.marathonmaniacs.com
In February the Main Maniacs released the Marathon Maniacs 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!


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 2700 members in the Fanatic Asylum, and I’m sure you’ll recognize a few names in the group. So jump on the bandwagon now, get your qualifying races in and join this new, zany group!

www.halffanatics.com

Half Fanatics at the Rock N Roll Chicago Half Marathon

Mt Sneffels Marathon (8/11): Stacy Anderson, Dave Bell, Emily Bolling, Kevin Brosi, Sharon Harrow, Ted Hobart, Dagmar Knudsen, Gary 'Cougar Bait' Krugger, Dotty Maddock, James "Night Train" Norris, Hoa "Flower" Pham, Cheri Pompeo, Gregg Walchli, Tom Wozencraft
This was the third year for this event which is only permitted for 80 runners and sells out quickly. The very flat, 1.5 mile loop course is perfect for those wanting to run an ultra with easy logistics and great organization. This year had brilliant sunshine and a high temperature of 89 degrees. I think that the unshaded back half of the loop was even warmer, it felt like an oven. Maniacs were in full force. Some took it easy and got in the required 50K for Maniac stats before relaxing in the shade and watching the more stubborn runners continue on. It is a very social event. With so many loops I was always seeing fast runners with whom I could run with for a little while, and slower runners with whom I could share a walk break. Maniac highlights included Marc Frommer running 60K on his 60th birthday, Marie Zornes completing her 100th marathon or ultra, and Ginger Gruber winning the women’s race and setting a course record with 67.05 miles.

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>
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<th>Nov</th>
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<td>209</td>
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<td>132</td>
<td>160</td>
<td>147</td>
<td>101</td>
<td>56</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>971</td>
</tr>
</tbody>
</table>

New Maniacs for August

| New Maniacs in Aug 2012 | 56 |
| New Maniacs in 2012     | 971|
| Total Maniacs           | 5807|

State MM Pct%

<table>
<thead>
<tr>
<th>State</th>
<th>MM</th>
<th>Pct%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington</td>
<td>926</td>
<td>15.9%</td>
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<tr>
<td>California</td>
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<tr>
<td>New York</td>
<td>189</td>
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<tr>
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<tr>
<td>Virginia</td>
<td>173</td>
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<td>167</td>
<td>2.9%</td>
</tr>
<tr>
<td>Ohio</td>
<td>134</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

http://www.marathonmaniacs.com
Come celebrate a decade of Maniacal running at the 2013 Tacoma City Marathon. This will be the largest gathering of Maniacs in one race with special treatment for Maniacs all weekend! A Maniac meeting on Saturday afternoon (5/4/13) is a can’t miss with prizes, awards and more!

As of August 31, 2013 there are 188 Maniacs registered for the 10 Year Maniac Celebration!

The NEW Michelob ULTRA Tacoma City Marathon is a scenic point to point net downhill course. Starting at Tacoma Narrows Airport runners will actually run the "runway". Crossing the Tacoma Narrows Bridges will leave you in awe of the great Puget Sound and views of Mt. Rainier. After the short accent off the Narrows Bridge you will be treated to easy rolling terrain through North Tacoma’s Proctor District, the home of the new Fleet Feet Tacoma location. The course gradually descends through beautiful Pt. Defiance Park and eventually comes down to the flat and fast Tacoma Waterfront. The new finish line provides a flat and fast entrance into the city. Experience the Narrows and Beauty of Tacoma! Register today!

DON’T MISS OUT ON THE 10 YEAR MANIAC CELEBRATION IN 2013! Check out who's coming HERE<<

The Main Maniacs will be guest speakers.

An all Maniac pacing crew will lead the way!
From Facebook to Twitter, the Maniacs have a presence in the world of social networking. Whatever social network your prefer I’m sure the Maniacs are there, so check them out!

LinkedIn: [http://www.linkedin.com/e/vgb/1843119/](http://www.linkedin.com/e/vgb/1843119/)
Dailymile: [http://www.dailymile.com/groups/1403-marathon-maniacs](http://www.dailymile.com/groups/1403-marathon-maniacs)
RunningAhead: [http://www.runningahead.com/groups/MMs](http://www.runningahead.com/groups/MMs)

http://www.marathonmaniacs.com
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 marathons do you plan to run this Fall (Sep 22-Dec 22)?**

Please vote online between now and **October 7**: [http://tinyurl.com/MMpollOct2012](http://tinyurl.com/MMpollOct2012)

Last month’s question: **What do you do for running during the hot summer months?**

Most Maniacs don’t notice (or least don’t change their running schedule) during the summer months. Thanks for voting!

http://www.marathonmaniacs.com
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](http://tinyurl.com/MMupgrade)

- **Titanium (10 star) Maniac**: Irlan Hebner, Julia Khvasechko
- **Platinum (8 star) Maniac**: Michelle Walker, Eddie Vega
- **Palladium (7 star) Maniac**: None
- **Osmium (6 star) Maniac**: Jim Tello
- **Ruthenium (5 star) Maniac**: Scott Stader, Lori Schwartz
- **Iridium (4 star) Maniac**: None
- **Gold (3 star) Maniac**: None
- **Silver (2 star) Maniac**: Jacob Case

**100 Marathons**: Betsy Rogers, Marie Zornes

New Titanium Maniacs!!

Irlan Hebner, Julia Khvasechko

Betsy Rogers runs her 100th at the Waldo 100k!

Desiree Marek

Josh Owen

Sarah Bradham

Yanggu DMZ Marathon in Yanggu, South Korea

James Evans
What's Coming Up In August/September

Marathon/Ultra Calendar between August 18-September 11

Friday, September 14
Run Rabbit Run 100m (CO)

Saturday, September 15
7 Hours of Kaanapali (HI)
Air Force Marathon (OH)
Autumn Color Run (CO)
Bismarck Marathon (ND)
Bohemian Alps 50k (NE)
CAR Run the Park (CA)
CTR Diablo 50k/26.2 (CA)
Equinox 40m/26.2 (AK)
Frosty Mountain Ultra Trail Marathon (BC)
Great Lake Walk and Ultramarathon 56k (BC)
Maritime Race Weekend (NS)
Mark Twain 100 (MO)
Most Beautiful Thing 100k/50k (MY)
NFC Midwest Regional 50m/50k/26.2 (WI)
Pennmarathon 100 (PA)
Pine to Palm 100m (OR)
Rainshadow Cie Elum 50k (WA)
Rocky Racing Summer race arctic 50k/26.2 (AK)
Rough Creek Trail Run 40m/26.2 (TX)
Run Rabbit Run 50m (CO)
Top of Utah Marathon (UT)
Wabash Trace Nature Trail Marathon (IA)
Walker North Country Marathon (MN)
Youngstown Ultra Trail Classic (OH)

Sunday, September 16
Buncombe 55k (SC)
CAR Run the Ocean Vista (CA)
Dam Full (PA)
Doughnut Marathon (WA)
Einstein Marathon (DEU)
Erie Marathon (PA)
Fox Valley Marathon (IL)
Mai Marathon (HI)
Montana Marathon (MT)
NorCal Marathon (CA)
Pinch Mountain 50k (NH)
Sydney Marathon (AUS)
Taiping Marathon (MY)
Tunnel Lite Marathon (WA)
Two Bear Marathon (MT)
Yonkers Marathon (NY)

Friday, September 21
Brooks Maratonia 50k Trail Run (SRB)

Saturday, September 22
Bartlett Peak Ultra 50m/50k/50k (TN)
Big Cottonwood Marathon (UT)
Birke Trail Run (WI)
Bob Ardey Marathon (KS)
CAR Fall Classic Marathon (CA)
Craze Ultra (SGP)
CTR Coastal 50k (CA)
Dances with Dirt in Hell 50m/50k (MI)
Flagline 50k (OR)
Flagstaff Marathon (AZ)
Georgia Jewel 100m/50m/35m (GA)
Georgetown 50k (OH)
Hancock Shaker Village 50 (MA)
JW Corbett 50m/50k (FL)
Northern Coast Endurance Run (OH)
NWTR Middle Fork 50k (WA)
Oslo Marathon (NOR)
Priest Lake 50/26.2 (ID)
Redman Triathlon (OK)
Rock N Roll Denver (CO)
State Island 6h (NY)
Surfside Trail Run (WI)
Trails 4 Tails 40m (PA)
Virgin Crest 100m/50m (NY)

Sunday, September 23
Adirondack Marathon (NY)
CAR Blasting the Beachfront (CA)
City of Big Shoulders (IL)
Grand to Grand Ultra (AZ)
Half Moon Bay Marathon (CA)
Honest Abe Trail Run (IN)
Huffin Puffin Marathon (CN)
Jackson Hole Marathon (WY)
Mad Moose Marathon and Ultra (BC)
Omaha Marathon (NE)
Pathfinder Marathon (TX)
Quad Cities Marathon (IL)
Rochester Marathon (NY)
Rock N Roll Montreal (QC)
Run for Heroes Marathon (ON)
Samui Island Marathon (THA)
Sri Chinmoy Self-Transcendence 7h (WA)
Thunder Bay Marathon (ON)
Virgil Crest 50k (NY)

Monday, September 24
Race Against the Clock 12h/26.2 (CA)

Tuesday, September 25
Double Dog Dare Marathon (CA)

Friday, September 28
Emerald Bay Marathon (CA)
Rhode Island Red Distance Classic 8h (RI)

Saturday, September 29
Akon Marathon (OH)
Arajavara Javelina Night 100k/75k/50k (AZ)
Cal-Enviro Marathon (CA)
CAR September Fun Marathon (CA)
CheesapeakeMan Triathlon (MD)
Dare to Ascend Trail Run (TX)
Enviro-sports Big Sur Trail Marathon (CA)
Hamptons Marathon (NY)
Hinson Lake 24h (NC)
Huntsville Marathon (UT)
ITR Berkeley Trail Adventure (CA)
Layton Marathon (UT)
Leona Valley Trail Race (CA)
Mt Taylor 50k (NM)
New Hampshire Marathon (NH)
Not Yo Momma’s 100m/100/75k/50k (OK)
Oktobefest Marathon (MI)
Run for the Toad (ON)
Ultra Race of Champions 100k/50k (VA)
Warrior 50 (PHL)

Sunday, September 30
Bear Chase 50m/50k (CO)
Bellingham Bay Marathon (WA)
Berlin Marathon (DEU)
CAR Autumn Trail (CA)
Clark DeMar Marathon (NH)
Idaho Wine Run (ID)
It’s About the Shirt (AL)
Kaslo Suffer Fest (BC)
Kinosai River Marathon (AK)
Lake Tahoe Marathon (CA)
Lorch Ness Marathon (GBR)
London to Brighton Trail Race (GBR)
Maine Marathon (ME)
Marathon Warszawski (POL)
NipMuck Trail Marathon (CT)
Squaw Valley Marathon (CA)
Wineglass Marathon (NY)

Monday, October 1
Bug Light Park Marathon (ME)

Tuesday, October 2
Back Cove Park Marathon (ME)

Friday, October 5
24 Hour Tour D’Esprit (TN)
Grindstone 100 (VA)
Quadtoberfest Day One (CA)

Saturday, October 6
Antelope Island Buffalo Run 100k/50k (UT)
Arkansas Traveler 100m (AR)
Baker Lake 50k (WA)
Can Lake 50k/50k (NY)
Cuyamaca 100k (CA)
Durango 50k (CO)
Hearts and Health 12h/6h (OH)
High Trestle Trail Marathon (IA)
Leavewood Marathon (WA)
Prairie State Marathon (IL)
Quadtoberfest Day Two (CA)
Rainshadow Mt Spokane 50k (WA)
Rio Del Lago 100m/100/50k (CA)
Rock/Creek Stumptump (TN)
Southern Tennessee Plunge (TN)
St George Marathon (UT)
Triple Lakes Trail Race 40m/26.2 (NC)
West Texas Crossroads Marathon (TX)
Yellowstone-Teton Endurance Races 100m/50m (WY)

Sunday, October 7
Blues Cruise 50k (PA)
Brussels Marathon (BEL)
Bucharest International Marathon (ROM)
Budapest International Marathon (HUN)
Chester Marathon (GBR)
Chicago Marathon (IL)
Colombo Marathon (LKA)
CTR Bizz Johnson 50k/26.2 (CA)
Durango Marathon (CO)
FATS 50k (SC)
Long Beach Marathon (CA)
Lyons Marathon (FRA)
Milwaukee Lakefront Marathon (WI)
Mohawk Hudson River Marathon (NY)
Okanagan Marathon (BC)
Ottawa Fall Colours Marathon (ON)
Portland Marathon (OR)
Quadtoberfest Day Three (CA)
Red, White, and Blue 26.2 (CO)
Sleeping Bear Marathon (MI)
Steamtown Marathon (PA)
Towpath Marathon (OH)

Monday, October 8
Quadtoberfest Day Four (CA)

Friday, October 12
West Virginia Trillogy Day One (WV)

Saturday, October 13
24 Hours of Boulder (CO)
CTR Horsehoe Lake 50k/26.2 (CA)
DeFance 50k (WA)
Dick Collins Firetrails 50 (CA)
Double Peak Marathon (CA)
Gibbet 50m/26.2 (VA)
Golden Hills Trail Marathon (CA)
Haghi Walls Marathon (OR)
Hartford Marathon (CT)
Haunted Hustle (WI)
Heartland Spirit of the Prairie 100m/50m (KS)
Iron Horse 100m/100k (AB)
John Holmes Trail Run (FL)
Le Grizz Ultramarathon (MT)
Market to Market 50k (NE)
Marathon (NE)
New River Trail 50k (VA)
NFEC Southeast Regional 50m/50k/26.2 (GA)
North Face 100k (SGP)
Orc Creek 100m/100k (PA)
Rockaway Marathon (NY)
Stone Bridge Marathon (IL)
TARC Fall Classic 50k/26.2 (MA)
Timp Trail 50k (UT)
Top of Michigan 100k (MI)
Utah Marathon (UT)
Vulture Bait (AZ)
West Virginia Trillogy Day Two (WV)
Whispering Pines Trail Run (TX)
Whistletop Marathon (WV)

Sunday, October 14
Amica Marathon (RI)
Beijing Marathon (CHN)
CAR Blaze the Coast (CA)
City of Trees Marathon (ID)
Farm to Farm 50m/50k (ME)
Green Mountain Marathon (VT)
Louisville Marathon (KY)
Mother Road Marathon (MO)
Mount Desert Island Marathon (ME)
Munnich Marathon (DEU)
Mystery Mountain Marathon (GA)
Nike Women’s Marathon (CA)
On the Road for Education Marathon (IA)
Poulbo Marathon (WA)
Prairie Fire Marathon (KS)
Prince Edward County Marathon (ON)
Prince Edward Island Marathon (PE)
Spartan Marathon (WA)
Toronto Waterfront Marathon (ON)
Walt Disney World Marathon (FL)
Wild Life Marathon (MI)
Wine Country Marathon (CA)

http://www.marathonmaniacs.com
New Maniacs in August 2012

Alexander Tan (#5752)
Kristin Waters (#5753)
Susan Bosco (#5754)
Nicole Taylor (#5755)
Maria Austero-Macavinta (#5756)
Raymond Macavinta (#5757)
Malory Peterson (#5758)
Orpha White (#5759)
Richard Ariaga (#5760)
Evan Perperis (#5761)
Kevin “Flash” Flaspohler (#5762)
Debbie Albers (#5763)
Stacey Dorn (#5764)
Calvin Dorn (#5765)

Karen Tancuan (#5766)
Christina Luini (#5767)
Michael LeCompte (#5768)
Nicole Johnson (#5769)
Scott G. Taylor (#5770)
Steven Fuller (#5771)
Diane Montgomery (#5772)
Brett Moore (#5773)
Jerod Honrath (#5774)
Anne (#5775)
Sheila Beermann (#5776)
David Pearson (#5777)
Ryiah Nevo (#5778)
Shawn Mullaly (#5779)
Dave Potter Jr (#5780)
Adam Griffith (#5781)
Yvonne Kernen (#5782)
Caren della Cioppa (#5783)
Scott Warrington (#5784)
Una-Melodie Miller (#5785)
Carol von Michaelis (#5786)
Ben Drexler (#5787)
Diane Toth (#5788)
Susan Roundy (#5789)
Arthur Laforteza (#5790)
Paul Geenen (#5791)
Tom Bandler (#5792)
Janice Northrup (#5793)
Richard Watson (#5794)
Dan Pollock (#5795)
Sara Turner (#5796)
Daniel Dollar (#5797)
Marion Hoffman (#5798)
Lianne Griffin (#5799)
Nancy Shell (#5800)
Robin Solis (#5801)
Ashby Knox (#5802)
Wei Jen Lim (Warren) (#5803)
Teri Lyon (#5804)
Shawn Irving (#5805)
Patrick Mulqueen (#5806)
Sweaty Slug (#5807)
I thought I would have trouble getting enough pictures from the month of August, but you guys really came through. Even though this newsletter is shorter than most, it’s pretty packed with great photos. Are you ready for the Fall racing season? The races will start flooding in soon, and I look forward to doing some traveling and running marathons from coast to coast. Hope to see many of you out there.

Keep the pictures coming and keep on running and having fun!

- Steve “Marathon Freak” Walters MM#338
As always, there are many great new races that have been added and we are well on our way to helping you fill your 2013 race calendar. Take a peek at the 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 and 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.

- Fox Cities Marathon (WI) 9/23/12: www.foxcitiesmarathon.org
- Omaha Marathon (NE) 9/23/12: http://omahamarathon.com
- The Panhandle Marathon (TX) 9/23/12: www.panhandlemarathon.com
- New Hampshire Marathon 9/29/12: www.nhmarathon.com
- Tyler Rose Marathon (TX) 10/7/12: www.tylermarathon.com
- Grand Rapids Marathon (MI) 10/12/12: http://grandrapidsmarathon.com
- Hagg Lake Hybrid Marathon (OR) 10/13/12: www.hagghybrid.com
- ING Hartford Marathon (CT) 10/13/12: www.hartfordmarathon.com
- Amica Marathon (RI) 10/14/12: www.amicamarathon.com
- Mount Deseret Island Marathon (ME) 10/14/12: www.mdimarathon.org
- Poulsbo Marathon (WA) 10/14/12: www.poulsbomarathon.com
- Toronto Waterfront Marathon 10/14/12: www.torontowaterfrontmarathon.com
- Indianapolis Marathon 10/20/12: www.indianapolismarathon.com
- Kansas City Marathon 10/20/12: www.waddellandreedkascitymarathon.org
- Des Moines Marathon 10/21/12: www.desmoinesmarathon.com
- *Running for the Bay Marathon (FL) 10/21/12: www.runningforthebay.com
- *Columbia River Power Marathon (OR) 10/27/12: www.columbiarivermarathon.com
- Indianapolis Monumental Marathon 11/3/12: http://monumentalmarathon.com
- Raleigh City of Oaks Marathon (NC) 11/4/12: www.cityfoaksmarathon.com
- Fort Worth Marathon 11/11/12: http://fortworthmarathon.org
- Malibu International Marathon 11/11/12: www.malibuintmarathon.com
- Norfolk Freedom Marathon (VA) 11/11/12: www.freedommarathon.org
- Space Coast Marathon (FL) 11/25/12: www.spacecoastmarathon.com
- Fortitude for First Descents (DE) 12/1/12: http://fortitude4fd.com/
- *Operation Jack Northwest Run (OR) 12/22/12: http://operationjacknorthwestrun.com
- New Years Double (TX) 12/31/12 & 1/1/13: www.newyearsdouble.com
- Mississippi Blues Marathon (MS) 1/5/13: www.msbluesmarathon.com
- *Bank Trust First Light Marathon (AL) 1/13/13: www.firstlightmarathon.com
- Louisiana Marathon 1/20/13: http://thelouisianamarathon.com
- Melbourne Music Marathon (FL) 2/3/13: www.theremelbournemarathon.com
- Tallahassee Marathon 2/3/13: www.tallahasseemarathon.com
- IMS Arizona Marathon 2/17/13: http://theairzonomarathon.com
- *Mercedes Marathon (AL) 2/17/13: www.mercedesmarathon.com
- Carmel Marathon (IN) 4/20/13: www.carmelmarathon.com
- Oz Marathon (KS) 4/20/13: www.olathe.org/sports/Marathon
- Tacoma City Marathon (MANIAC 10 Year CELEBRATION!) 5/5/13: www.tacomacitymarathon.com
- Renegade Race Series (CA) Multiple Dates/Half Marathons or less: www.renegaderaceseries.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!!
Hiya Prez!

For a guy 3000 miles away, around my house you sure get thought of a lot!

ardon the “Gu”; it turns out, is a pasty substance you may eat during a race for energy.

I didn’t work either, so I am back to Colgate. But all else? Man!

My wardrobe, and the very words I use to describe it, have changed. I used to have one or two pairs of sneakers.

Now I have eleven used pairs of “running shoes.”

My T-shirts were cotton. Now? Wicking fabric, which I learned from Lassoe should not be put it in the dryer. Nuts. Doing the laundry is a real chore now because of all that separating I have to do.

I own big thick gloves for skiing. They are in a box. The thin running ones are on the shelf though, next to these weird little containers for carrying water. They are just the tip of the iceberg of new things I own but don’t use anyway.

Let’s see. My dresser contains compression socks, compression shorts, and a compression shirt, none having anything to do with going for the “slimming” effect. That would require a solution of more than restrictive cloth anyway.

My good watch is in the drawer; I wear the 100-lap one daily. I’m not any faster yet, and… I can prove it.

When I used to “exercise,” I would play street hockey or racquetball. Now it’s “go for a run,” or, if my feet are sore, “ride stationary bike,” or even “swim laps.” Well, ok, at the start it was, “swim lap.”

The trunk of my car used to be empty. Now it has all kinds of gear, in case I can get in a run somewhere.

I can estimate my heart-rate without taking my pulse. I no longer come in from the rain. The size of my thighs has shrunk, and my circle of friends has grown.

Vacation? I used to think “relax at beach”. Now I think “race somewhere new,” although in my case that race word is a bit of a stretch, as I am reminded when my bib number has 7 or 8 digits.

Saturday dinners used to be steak. Now? Spaghetti. My drink was Root Beer. Now? Water, or for a real treat, unsweetened iced tea. During the week now, I juice kale, cukes, and carrots. Tip! Add watermelon, and you’ve got yourself a dee-eee-lectable delight. You trust Rev, don’t you?

Now I weigh myself daily. Why? Each pound costs me 6 seconds a mile. I skip foods I used to gobble up like a terrier with a Bac’n Strip. Ok, ok, I still eat ice cream.

The living room used to have two pictures of my favorite golf holes. Now it has two pictures of The Yakima River Canyon Marathon course, from that sweetheart Lenore, and a pretty, silver, “Marathon Maniac#48” race-medal hanger, with my 20 least-slowest race medals displayed. (It would take moxie I just don’t have for me to call them my “fastest” races.)

The family photos on my desk now share space with a small water-color of the finish line at Boston. (Hey! A fellow needs his dreams). Also, there is one of happy, yellow-singleted friends. I am also smiling in it, so it must be a pre-race shot.

An entire bookshelf examines the science of running, which, as a kid, I used to know how to do without instructions. The magazine pile is up by 25%.

My cellphone contact list has a new sub-category: Running Doctors.

I own hot packs, cold packs, hot/cold packs, menthol gels from 3 companies, 4 kinds of bandages, tape, Fast-Acting Eight Second Tylenol and Long-Lasting Eight Month Tylenol, and the Endurolyte pills you recommended that do eradicate the leg cramps, but have not lowered my marathon times by the hour you promised. Naughty Prez.

Despite all these new things and changes, I’m still just me. But one of the quieter internal changes is that, like never before, I appreciate human accomplishments much more deeply. Where I used to either giggle ignorantly or just nod politely at them, now, in my trying, I see things anew.

In our club alone, we have grown to include thousands of multiple-marathoner WonderMen and Women. This doesn’t make our achievements less impressive; it says the enthusiasm is contagious.

Appreciation widens with the varieties of activities possible. Just within our sub-culture, last month’s newsletter’s reports from Marathon Maniacs who completed the Ultra-adventure of 137-miles through Death Valley and up Mt. Whitney are startling stories! And they no longer seem “nuts.”

Reflecting further and wider, it was a thrill to see Pistorius racing in the Olympics on half-a-leg.

Or wider yet. A teen-age girl sailed a boat, solo(!), around the world. A sixty-year-old woman is attempting to swim from Cuba to Florida for a third time… (I told Mom to rent a boat, but nooooo.) Close to home, my brother-in-law, Bob, just became the 37th person to climb the 300 highest mountain peaks in Colorado.

I don’t mean to say we really understand what they went through, but we do a little bit. We can grasp that Bob’s logistical travel challenges to just get to 300 climbs’ starts is mind-boggling: his exercise preparation must be ongoing; the risks he has conquered safely took serious thought (and give me pause); and, maybe most impressively, his steady, long-term determination and endurance is truly humbling. But he would point to the gloriousness of the whole of it: the very nature of the mountains, the elk, the streams, the skies, the storms and all the rest.

What I see is that this is done, seen, and felt by a “normal” human being, and that’s the twinkle in it.

One appreciation more, just short of absolute fantasy. We may not begin to match them, but we can imagine, appreciatively, the intense mindsets that transformed two normal boys named Neil and Buzz into single-minded men who committed to extraordinary levels of rigorous preparation and unbreakable courage! They entered a tiny room to fly to, land on, and step out onto the moon. And all that without a choice about using the funny containers to carry… their oxygen.

We all started out as children, once upon a time, and so we Maniacs are not as weird as I once thought. Wildly different in abilities and accomplish-ments, yes. No one ever confuses my race times with Engle’s… despite our similar physiques.

But having this wonderful habit of a few weekly training runs to prepare for “unthinkable” marathons is, after all, something “normal” folks can do. More than a few Maniacs are proof of that, huh Prez?

We can invite people to aim for a marathon. It might be their turn next year. Maybe it’d do them some good too.

GollygeeshacknHooters, Prez, they might even get to meet Three Wise Men, SuperFonz, Rustynails, Island Wolf, O-Dog, Turtlerunner, Sky Queen, Ponytails, Pigtails, Sparkle Skirts, Detour, Kino, Cupcake, Geronimo, Dr.Dude, or, God bless him, McGyver. And Other Normal People, eh?

Luvya,
Rev
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(To other readers: if you have any question about your health for exercise, ask the doctor…especially that heart one).