



MARATHON MANIACS

AUGUST 2016 NEWSLETTER

Volume 13, Number 8

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Terance



John



Arthur



Ed



HALF FANATICS

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

Tired of running marathons and ultras (HA!!)? Need to back down on that weekly mileage and concentrate on getting faster? Then join the Half Fanatics (halffanatics.com). There are currently over 14,000+ members in the Fanatic Asylum, and I'm sure you'll recognize a few names in the group. So jump on the bandwagon now, get your qualifying races in and join this new, zany group!

www.halffanatics.com





Elik, Jamey, Julia and Bill



At the age of 64, Reed Glesne completed the Bigfoot 200 becoming the oldest person to complete the 200 mile race with 50,000 feet of elevation gain!



Jane



Monte and Marie



Jamila, Lashaun and Loan



Denis



Richard Kresser set the course record at the Bigfoot 200 with a time of 62:18.



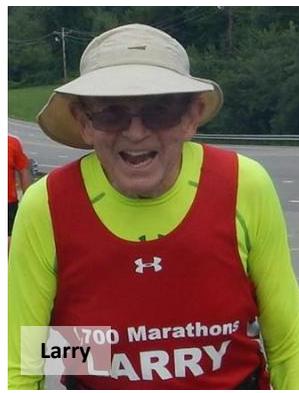
Glen and Karen



Don



Monte



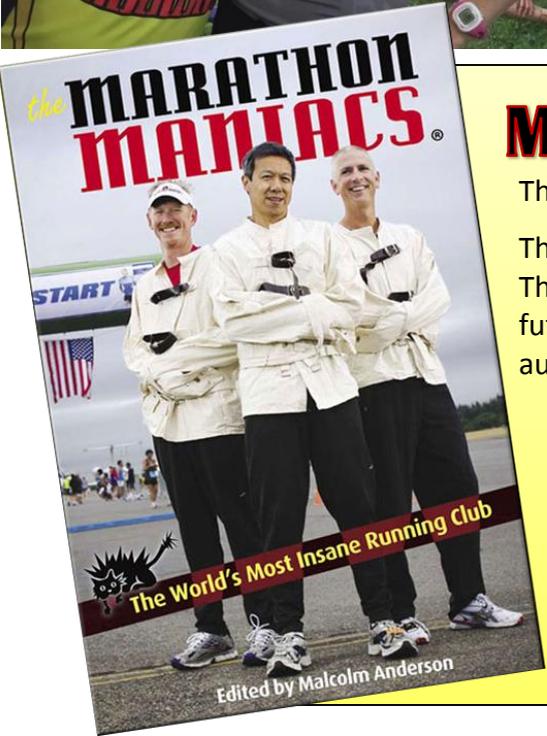
Larry



Marilou



Andrea



MARATHON MANIACS: THE BOOK

The Marathon Maniacs have released a book!

This book is collection of stories by members of the Marathon Maniacs. These stories are sure to be encouraging and motivation to current and future members. The book was edited by Maniac Malcolm Anderson author of the book "The Messengers".

Be sure to get your copy of the book and enjoy the stories of the World's Most Insane Running Club!

<http://www.databarevents.com/store/product/101/Marathon-Maniacs-Book>

Autographed Copy:

<http://www.databarevents.com/store/product/103/Autographed-MM-Book>



Todd



Anchorage Run Fest Moose's Tooth Marathon & 49K ANCHORAGE, ALASKA



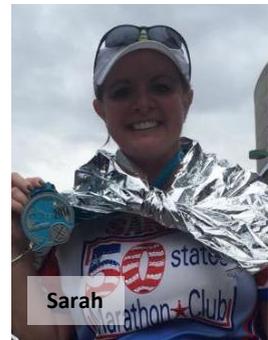
Glen



Cade



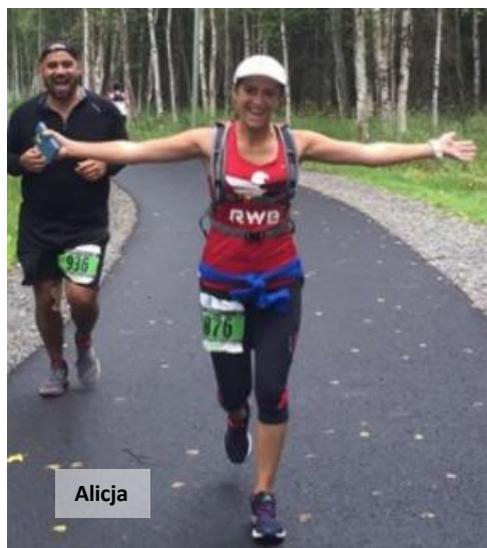
Angie and Ed



Sarah



Nadia



Alicja



Brian



Heather



Amy



mini-MARATHON MANIACS®

Get your child moving! An 8 week running program with fun and challenging running activities. After you sign your child up you will receive the following.

1. Tri-Fold brochure map to track your child's fitness journey.
2. Access to an interactive online map to track miles.
3. Sublimated Mini Maniac kids tech tee.
4. Mini Maniac Finisher Medal.
5. Mini Maniac official club number inside The Cave.

<http://www.marathonmaniacs.com/mini-maniacs>



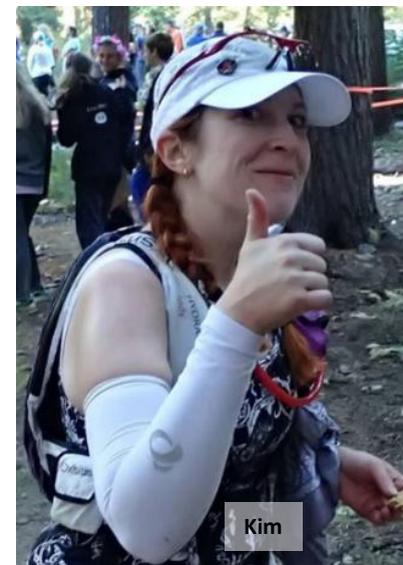
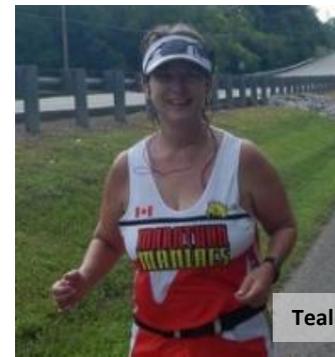


Fran Libasci completed her 200th marathon/ultra and completed the 50 states for a third time in Alaska!

Marathon #1	NYC	11/2001
Marathon #100	Yakima	3/2012
Marathon #200	Frank Miller	7/2016

3rd Finish of 50 States

Finish #1	MT	7/2010
Finish #2	TX	12/2012
Finish #3	AK	7/2016





@thisgirlthrives

tag us on Instagram @marathonmaniacs and was chosen as this month's prize winner!



IF YOU #marathonmaniacs WITH A PHOTO OF YOU AND YOUR FAVORITE MANIAC GEAR ON INSTAGRAM THEN YOU MAY WIN A PRIZE!

JOIN THE MANIACS ON THESE SOCIAL NETWORKS



FACEBOOK:

Marathon Maniac page:

<http://www.facebook.com/pages/Marathon-Maniacs/144969288167>

Marathon Maniacs group:

<http://www.facebook.com/groups/marathonmaniacs/>

INSTAGRAM:

@marathonmaniacs - <http://instagram.com/marathonmaniacs>

TWITTER:

@mainmaniacs - <http://twitter.com/mainmaniacs>

Across all social networks use the hash tag:

#marathonmaniacs

DOUBLE AGENTS

Since the formation of the Half Fanatics in 2009, a runner who is a member of both clubs is called a Double Agent.

Well, the Main Maniacs have decided to create an asylum dedicated to those who are Double Agents. In order to be assigned a Double Agent number you must have your dues paid and updated in both the MM and HF. Your name and e-mail address must match both clubs. Each day a program will run to generate new members.

New gear is available for Double Agents as well as a whole new set of challenges as you climb peaks.

For more information visit the Maniacs web site.



NEW DOUBLE AGENTS IN AUGUST:

- Nikki Dalton (#2551)
- Scott Kline (#2552)
- Marti Steele (#2553)
- shannon reilly (#2554)
- Gina Grimm (#2555)
- Trina Schlecht (#2556)
- Roger Geissler (#2557)
- Neelam Baruah (#2558)
- George Rose (#2559)
- Carolyn Masek (#2560)
- Michael Sybouts (#2562)
- Teri Woo (#2563)

Jody

Rossana

Vickey



George Southgate completed his 300th marathon at the Blister in the Sun Marathon in Tennessee.



Reed and Lee



Carol and Troy



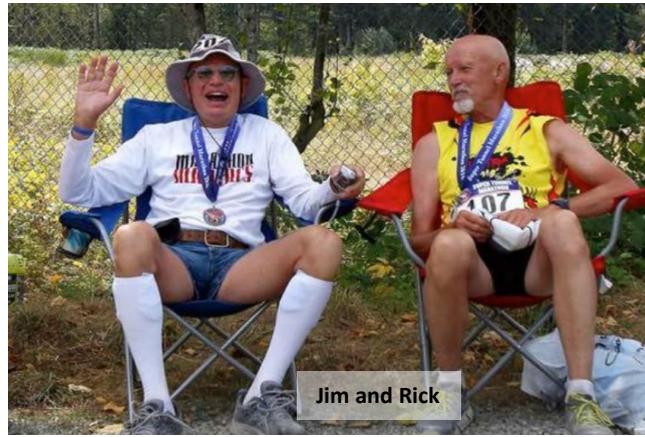
Chavet completes the Leadville 100!



Richard



Cyndie



Jim and Rick



Monte and the Prez



Marie



Jim and Marie



MARATHON MANIACS 2016 REUNION

DES MOINES MARATHON • Des Moines, Iowa • Sunday, October 16, 2016

This reunion promises to be our best ever! We are working hard to coordinate all the fun details, so stay tuned to this page as more info becomes available.

This reunion will offer a double (if you're up to the challenge), by running the I-35 Challenge. This will consist of running Kansas City the day before!

More information and updates can be found here:

<http://www.marathonmaniacs.com/reunion-info>



MARATHON MANIACS CRITERIA

★★★★★ TITANIUM ★★★★★

- 52 Marathons or more within 365 days.
- 30 Marathons in 30 different US states within 365 days.
- 20 Countries within 365 days.

★★★★★ PLATINUM ★★★★★

- 45 - 51 Marathons within 365 days.
- 23 Marathons in 23 different US states within 365 days.
- 28 Marathons within 183 days.

★★★★★ PALLADIUM ★★★★★

- 38 - 44 Marathons within 365 days.
- 20 Marathons in 20 different US states within 365 days
- 13 Marathons within 79 days.

★★★★ OSMIUM ★★★★★

- 31 - 37 Marathons within 365 days.
- 16 Marathons in 16 different US states within 365 days.
- 6 Marathons within 16 days.
- 4 Marathons in 4 days = QUADZILLA.

★★★★ RUTHENIUM ★★★★★

- 31 - 37 Marathons within 365 days.
- 16 Marathons in 16 different US states within 365 days.
- 6 Marathons within 16 days.
- 4 Marathons in 4 days = QUADZILLA.

★★★ IRIDIUM ★★★

- 4 Marathons in 23 days.
- 19 - 25 Marathons within 365 days.
- 2 Marathons in 2 days (or 48 hours)
- 9 Marathons in 9 different US states within 365 days.

★★★ GOLD ★★

- 4 Marathons within 37 days.
- 12 - 18 Marathons within 365 days.
- 4 Marathons in 4 different US states within 51 days

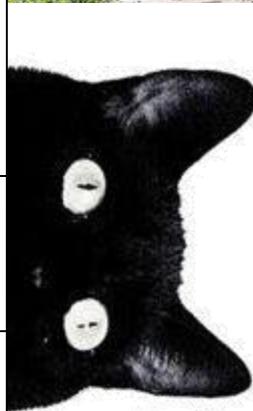
★ SILVER ★

- 3 Marathons within a 16 day time frame.
- 6 Marathons in 6 consecutive calendar months.
- 8 - 11 Marathons within 365 days.

BRONZE ★

- 2 Marathons within a 16 day time frame.
- 3 Marathons within a 90 day time frame.

If you reached a higher Maniac level and want the recognition in the Newsletter Please fill out this form: <http://tinyurl.com/MMupgrade>



New Titanium Maniacs!!



Cohen Henry



Enda Cleary



Sandee McKinnon

Upcoming Races!

Marathon/Ultra Calendar between September 17 – October 8

9/17	Oslo Marathon	26.2		9/25	Berlin Marathon	26.2	BW
9/17	Equinox Marathon, Relay & Ultra	26.2	AK	9/25	Boulder Backroads Marathon	26.2	CO
9/17	Noble Canyon 50k	50K	CA	9/25	The Colorado Springs Marathon	26.2	CO
9/17	Day 6 of the Center of the Nation Series	26.2	CO	9/25	Loveland Marathon	26.2	CO
9/17	Run Rabbit Run 100/50	Ultra	CO	9/25	Freakin Fast Marathon	26.2	ID
9/17	Breckenridge Road Marathon	26.2	CO	9/25	Quad Cities Marathon	26.2	IL
9/17	IMTUF 100	100mi	ID	9/25	Cumberland C&O Towpath Marathon	26.2	MD
9/17	Krolls Diner Bismark	26.2	ND	9/25	Moscow Marathon	26.2	MOW
9/17	Maritime Marathon	26.2	NS	9/25	Clarence Demar Marathon	26.2	NH
9/17	Midnight Madness Marathon	26.2	OH	9/25	Adirondack Marathon Distance Festival	26.2	NY
9/17	Air Force Marathon	26.2	OH	9/25	Montreal Marathon	26.2	QC
9/17	North Coast 24 Hour End Run (NC24)	Ultra	OH	9/25	Yurrebilla Trail 56k Ultra	Ultra	SA
9/17	That Dam Hill	26.2	ON	9/25	Palu Nomoni International Marathon	26.2	ST
9/17	Boulder Field (100M/100k/50k)	50K	PA	9/25	Ironman Chattanooga	26.2	TN
9/17	The Barkley Fall Classic	50K	TN	9/25	Run from the Ducks	Ultra	TX
9/17	Rough Creek Trail Run (40M)	Ultra	TX	9/25	Bellingham Bay	26.2	WA
9/17	Huntsville Marathon	26.2	UT	9/25	DoLitte Marathon	26.2	WI
9/17	Top of Utah Marathon	26.2	UT	9/28	Marathon des Oussailès du Couserans	26.2	
9/17	Goat Run-Great Olympic Adv Trail	26.2	WA	9/29	Fall Back Blast	50K	WI
9/17	Bremerton Marathon	26.2	WA	9/30	Lemming Loop Ultra	Ultra	MB
9/17	The Blerch Marathon	26.2	WA	9/30	Spartathlon	Ultra	OTH
9/17	The North Face End Challenge – Wisc	50K	WI	10/1	Arkansas Traveller 100	100mi	AR
9/18	Wachau Marathon	26.2		10/1	Cuyamaca 100k	100K	CA
9/18	Half Moon Bay Int Marathon	26.2	CA	10/1	No Name 5030	50K	CA
9/18	Maui Marathon	26.2	HI	10/1	The Hennepin Hundred	100mi	IL
9/18	Fox Valley Marathon	26.2	IL	10/1	Fort4Fitness	26.2	IN
9/18	Honest Abe Trail Marathon	26.2	IN	10/1	Cloudsplitter Ultra (50k, 100k, 100m)	100mi	KY
9/18	Caribou Marathon	26.2	ME	10/1	Ironman Maryland	26.2	MD
9/18	Capital City River Run	26.2	MI	10/1	Sleeping Bear Marathon	26.2	MI
9/21	Brush Tunnel Marathon	26.2	MD	10/1	RunND Harmon Lake Trail Festival	26.2	ND
9/22	GAP Trestles Marathon	26.2	PA	10/1	New Hampshire Marathon	26.2	NH
9/23	GAP Marathon	26.2	MD	10/1	Hamptons Marathon and Half Marathon	26.2	NY
9/23	The Bear	100mi	UT	10/1	Barkcamp Trail Marathon	26.2	OH
9/24	100km de Millau	100K		10/1	S.Tennessee Power Classic Marathon	26.2	TN
9/24	Flagstaff to Grand Canyon Stagecoach Line 100	100mi	AZ	10/1	Blazing 7's Trail Run (100m, 100k, 50k)	100mi	TX
9/24	The Golden Ultra	Ultra	BC	10/1	St George Marathon	26.2	UT
9/24	Saddleback Mountain Goat Marathon	26.2	CA	10/1	New River Trail 50k	50K	VA
9/24	The Bear Chase (50k, 50m, 100k)	50mi	CO	10/1	Leavenworth Marathon	26.2	WA
9/24	All-Out Fallfest Marathon	26.2	CO	10/1	Baker Lake 50K	50K	WA
9/24	Mooathon	26.2	DL	10/1	Freedom's Run	26.2	WV
9/24	Georgia Jewel	50mi	GA	10/2	Lisbon Rock'n'Roll Marathon	26.2	
9/24	Priest Lake Marathon/ 50k	26.2	ID	10/2	Colombo Marathon	26.2	
9/24	Belleville Main Street Marathon	26.2	IL	10/2	Run in Lyon	26.2	
9/24	Mill Race Marathon	26.2	IN	10/2	4Deserts Atacama Crossing	Ultra	AN
9/24	Hungerford Trail Races	26.2	MI	10/2	MEC Vancouver Race 6 - The Tape Breaker	26.2	BC
9/24	Oktoberfest Marathon	26.2	MI	10/2	Brussels Marathon	26.2	BEL
9/24	Ely Marathon	26.2	MN	10/2	MBNA Chester Marathon	26.2	CHS
9/24	Hinson Lake 24 Hour	Ultra	NC	10/2	Boulder Rez Marathon	26.2	CO
9/24	Wild Hog Marathon	26.2	ND	10/2	Bremen Marathon	26.2	HB
9/24	Monument Marathon	26.2	NE	10/2	Maine Marathon	26.2	ME
9/24	Akron Marathon	26.2	OH	10/2	Cowbell Marathon	26.2	MO
9/24	Grand Lake Marathon	26.2	OH	10/2	Heartland Marathon	26.2	NE
9/24	Adams County Marathon	26.2	OH	10/2	Hambletonian Marathon	26.2	NY
9/24	Mountain Lakes 100	100mi	OR	10/2	Wineglass Marathon	26.2	NY
9/24	Swiftwater 50k	50K	OR	10/2	Northern Ohio Marathon	26.2	OH
9/24	Tejas Trails Nueces 50m/50k	Ultra	TX	10/2	Rock 'n' Roll Queretaro	26.2	QUE
9/24	North Face EndChallenge – Utah	26.2	UT	10/2	Silesia Marathon	26.2	SL
9/24	Tehaleh Marathon	26.2	WA	10/2	Winthrop Marathon and Half Marathon	26.2	WA
9/24	Driftless Trail Races	26.2	WI	10/2	Milwaukee Lakefront Marathon	26.2	WI
9/24	Barnum Marathon	26.2	WV	10/7	Lakeside Marathon	26.2	CA
9/25	Loch Ness Marathon	26.2	ABE	10/7	bigfoot 120	Ultra	WA
9/25	Kenai River Marathon	26.2	AK				

New Maniacs in August 2016

- Judy Thrasher (#13074)
- cheryl crain (#13075)
- Scott Kline (#13076)
- Nikki Dalton (#13077)
- FEI FEI CHEN (#13078)
- Sarah hsu (#13079)
- Mike Spaulding (#13080)
- David Marks (#13081)
- Jocelyn Bussen (#13082)
- Lady Van (#13083)
- David Howard (#13084)
- Neelam Baruah (#13085)
- Sally Bartelmo (#13086)
- Jill Wagner (#13087)
- John Hutzel (#13088)
- Kerstin Kimlinger McAdoo (#13089)
- Roger Geissler (#13090)
- lynette ondeck (#13091)
- Mark Edwards (#13092)
- Cliff Zehnder (#13093)
- Jimmy Girten (#13094)
- Christopher Lucas (#13095)
- Petra Casey (#13096)
- Eve DeForest (#13097)
- Paul Dare (#13098)
- Miles Lacy (#13099)
- Emily Fasick (#13100)
- Linda Van Es (#13101)
- David Yakashiro (#13102)
- Dan Stefanson (#13103)
- Marie Lashley (#13104)
- Misty Cooper (#13105)
- Michael Sybouts (#13106)
- Monique French (#13107)
- Teri Woo (#13108)
- Luis Munoz (#13109)



Jim at CCC in Europe



Arthur at Cascade Crest 100



Stephanie



Mike and a first time marathoner



Alexis



Jim



Joe and his Cascade Crest 100 mile belt buckle





The 2016 Marathon Maniacs Hood to Coast Team



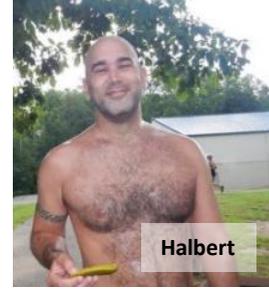
Keely and Gregg



Cyndie and Deb



Angie and Ed



Halbert



Steve Walters and Jill Hudson

FROM THE EDITOR...

Did we have fun in August? Not too many marathons, but many Maniacs found there way to Washington, Alaska, Tennessee, California, Colorado, Oregon and a few others. For those who did not race this month, I hope your training is on target for your Fall races. School has started, so that means marathon season is just around the corner. Hopefully we all enjoyed watching Galen Rupp bring home a bronze medal in the marathon as motivation.

Happy Running!

- Steve "Marathon Freak" Walters MM#338

MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



With the new website comes a new way to identify race discounts. All discounts are now located on the race calendar page. Look for the gold coin following the race name, that signifies a discount. Click the coin and after a brief disclaimer reminding us that discounts are for members only, the code will be revealed along with the amount saved.

The programmers are working on lots of website items and one is a non-race related discount link. Until that's complete, you'll need to email Jeff Bollman (jeff@marathonmaniacs.com) for the running warehouse discount.

- Monument Marathon (NE) 9/24/16: www.monumentmarathon.com
- Wild Hog Marathon (ND) 9/24/16: www.gfmarathon.com
- Quad Cities Marathon (IL) 9/25/16: <http://qcmarathon.org/>
- New Hampshire Marathon 10/1/16: www.nhmarathon.com
- Hartford Marathon (RI) 10/8/16: www.hartfordmarathon.com
- Crazy Horse Marathon (SD) 10/9/16: www.RunCrazyHorse.com
- Mohawk Hudson River Marathon (NY) 10/9/16: www.mohawkhudsonmarathon.com
- Baltimore Marathon 10/15/16: www.thebaltimoremarathon.com
- Kansas City Marathon (MO) 10/15/16: <http://waddellandreedkansascitymarathon.org>
- Des Moines Marathon **[MANIAC REUNION!!]** 10/16/16: www.desmoinesmarathon.com
- Grand Rapids Marathon 10/23/16: <http://grandrapidsmarathon.com/>
- Naperville Marathon (IL) 10/23/16: <http://RunNaperville.com>
- Ocean State Marathon (RI) 10/30/16: www.runri.us/narragansett-race-info
- Lake Michigan Marathon 9/4/16: <http://lakemichiganmarathon.com/>
- Milwaukee Running Festival (WI) 11/6/16: www.milwaukeeerunningfestival.com
- Raleigh City of Oaks Marathon (NC) 11/6/16: www.cityofoaksmarathon.com
- **The Cotton Land Marathon (formerly Dirty South) (LA) 11/13/16: <http://dirtysouthrunning.com/>
- Gobbler Grind Marathon (KS) 11/13/16: <http://gobblergrindmarathon.com>
- Magnolia Marathon (MS) 11/19/16: www.magnoliamarathon.com
- Space Coast Marathon (FL) 11/27/16: www.spacecoastmarathon.com
- Rehoboth Beach Marathon (DE) 12/3/16: www.rbmarathon.com
- First Day of Winter 50K/Marathon (OH) 12/18/16: <https://ultrasignup.com/register.aspx?did=37184>
- First Light Marathon (AL) 1/8/17: www.firstlightmarathon.com
- Tallahassee Marathon 2/5/17: www.tallahasseemarathon.com
- Mississippi River Marathon 2/11/17: <https://msrivermarathon.racesonline.com>
- Rock the Comet Marathon (GA) 2/25/17: www.rockthecometmarathon.com
- **Ladiga Marathon (AL) 2/26/17: www.ladigamarathon.com
- Raccoon Mountain Marathon (TN) 3/18/17: <https://runchattanooga.org/rmm/>
- Wrightsville Beach Marathon (NC) 3/25/17: www.wrightsvillebeachmarathon.com
- **Newport Rhode Race Marathon (RI) 4/15/17: <http://runri.us/newport-race-info/>
- **Garmin Marathon (In the Land of Oz) (KS) 4/22/17: <http://ozrun.org>
- **Coastal Delaware Running Festival 4/23/17: www.codelrun.com
- **Providence Rhode Race Marathon (RI) 5/7/17: <http://runri.us/providence-race-info/>



PLEASE RENEW YOUR ANNUAL MANIAC DUES (ON YOUR MANIAC BIRTHDAY)
YOUR DUES HELP MAINTAIN THE CLUB AND KEEP THE COVETED MANIAC GEAR IN STOCK!!
A REMINDER IS SENT WITH THE MONTHLY E-FLASH AND SOME OF YOU ARE OVERDUE!!

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

Hiya El Presidente!

One kind of "Funny" means "odd", or "curiously".

1a) The other kind of "funny" is the kind that gets you laughing. Usually an unexpected, happiness-creating ending is involved, provoking spontaneous laugh.

2) Marathon entries have such long warnings on them that we must "accept" by checking off a little box, but we don't read them.

3) TODAY'S story, Prez, suggests a shorter WARNING that would help prevent a lot of the other warnings. I *thought* I knew what "hitting the wall" was, but I learned something new.

The "hitting the wall" idea that means tiredness, fatigue, soreness, generally slowing down due to lack of talent and enough training, is an experience most have had. I've experienced it in 83 out of 87 marathons. But there was One and Only One where I hit the Jello Wall. The Jello Wall is different. I don't suggest you try this. Even though it was THEE most curious-funny experience I ever had, and surprising enough that I fell into a bit of a giggle, it was ungodly scary.

Marathon applications should have a shorter warning that sounds like this:

WARNING: Of COURSE too many of you did not train enough. We know that. But you MUST avoid the Jello Wall. Promise not to hit the Jello Wall, and we'll let you run. ~ *The Management*. ~

That one marathon day, about 30 marathons into my career, I experienced what none of you fine people had ever fully warned me about it before. I thought hitting the wall meant when the tiredness, fatigue, aches and pains force me to drop my pace considerably. Oh, no.

That's quite normal. Even the best talk about tired, fatigues, aches, and cramps.

No, hitting the JelloWall is when you run smack out of the key chemicals that move your muscles, so you now look as if you were walking through a vat of jello.

It happened at a beautiful course in Virginia, the Lower Potomac Marathon. 6 1/2 miles down river on a pretty park path, 6 1/2 back, and repeat. Boring? Not at all. It's a beautiful park with lovely shade trees, breezes from the river, and delightful views of Washington.

I was loving this run, even though per my usual performance, somewhere in the 14 – to 18-mile range the slowing down began. Still enjoying though, waving at all the nice people at the snack tables – I wanted to run "light" today – I was mostly fine until about mile 23. That's when it hit. Invisible Jello. A five-foot deep river of it, right on this very beautiful path!



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

Prez? I had... nothing. Walking wasn't even happening normally. It all happened immediately. Was my mind playing a game on me? Maybe, maybe. So my other mind decided, "oh let's try jogging again, for the pains aren't so bad, and your legs always tighten up some".

So I ordered myself back into a jog, except... my legs and my arms were in Jello.



The sensation was throughout my body. I was upright, though barely walking. I tried to lift my right arm as if to comb my hair. In that curious-funny kind of funny, the arm went up so slowly, I looked like I was practicing super-slow-motion, except it was real life. I watched octogenarians with limps jog past me like I was standing still. Any sense of energy for movement was simply gone, UNAVAILABLE.

The next week a massage therapist, who had won a Philadelphia women's marathon, explained it to me clearly. "Well, one, you know you don't train enough. But then I've given up hope that you'll ever do that. But what happened to you last weekend is that you totally used up all of your stored energy. Maybe you didn't eat enough before the race, but even if you do that, by mile 20, if you don't replenish, you'll be done. You need to replenish DURING the race.

Got me. I remembered waving to the people at the snack stops. I wanted to "run light."

Don't like Gu? Try gel blocks. Don't like gel blocks? Try Snickers, or plain chocolate. Try quarters of an almond or peanut butter and jelly sandwich around miles 9, 11, 13 and 15. Don't wait too long: it takes a bit of time for the digestion system to replenish energy. Gu stations at mile 23 are nearly pointless, except for really bad planners.

Hitting the Jello wall once WAS curiously funny, and even though a tad scary at the time, I'll admit, it became even haha funny. But I sure don't want to do it again.

Solution? So eat already, and some during the run. Because there's nothing quite like the Jello Wall.

Luvya,

Rev

dgkienz@yahoo.com