

MARATHON MANIACS

JANUARY 2013 NEWSLETTER

★ ★ ★ ★ ★ Volume 10, Number 1 ★ ★ ★ ★ ★

A DECADE OF MANIACAL CRAZINESS!! (2003-2013)

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Flying Bob



Linda Walter

FIRST CALL MARATHON



Laura Johnson with David Pearson and Justin Moyer



Tim Stensen



Monte Pascual



Wendy Hawthorne



David Pearson



Scott Sebensky



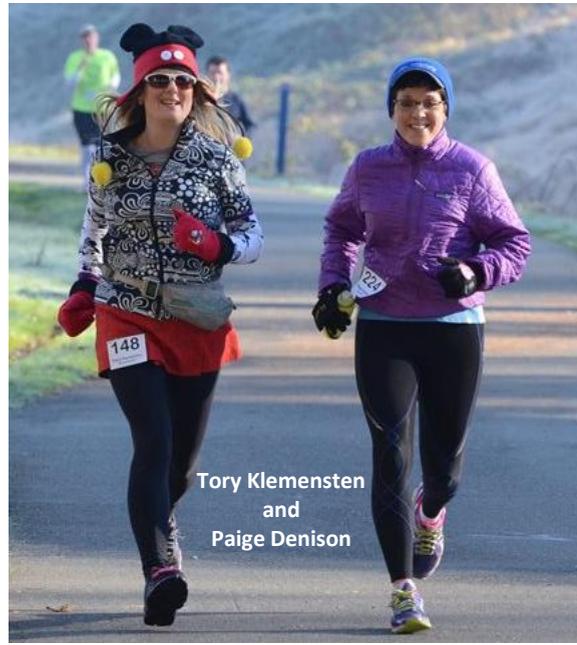
Sheryl Perales



Allen Benson



Tracy Marshall



Tory Klemensten and Paige Denison

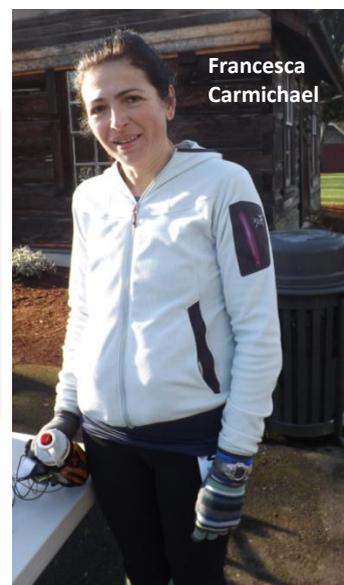


Ted Eckert



Sheryl Perales

First Call 50k/26.2 (1/10): Wendy (Stensen) Hawthorne, Shawn Aebi, Allen Benson, Bob & Lenore Dolphin, Ted Eckert, Jim Fox, Eric " & Carlos PartyMonkey" Glass, Margaret Gorog, Ginger Gruber, Francie Hankins, Ric "the sweeper pacer" Hart, Laura Johnson, PK, Mike Mahanay, Jules Mann, Tracy Marshall, Rich Menzel, Janice Moyer, Pete Nicholson, Keith Parks, Monte Pascual, David Pearson, Stephanie Puckett, S, Bob Satko, Scott Sebelsky, Sabrina, Terry Sentinella, Troy Tucker, Linda Walter, Steve "Marathon Freak" Walters, Rita White, Rusty Willson, Kimberly Worthen, Prez Steven Yee



Francesca Carmichael



Susie Ro



Janice Moyer



Bob Dolphin and Laura Johnson



Jules Mann



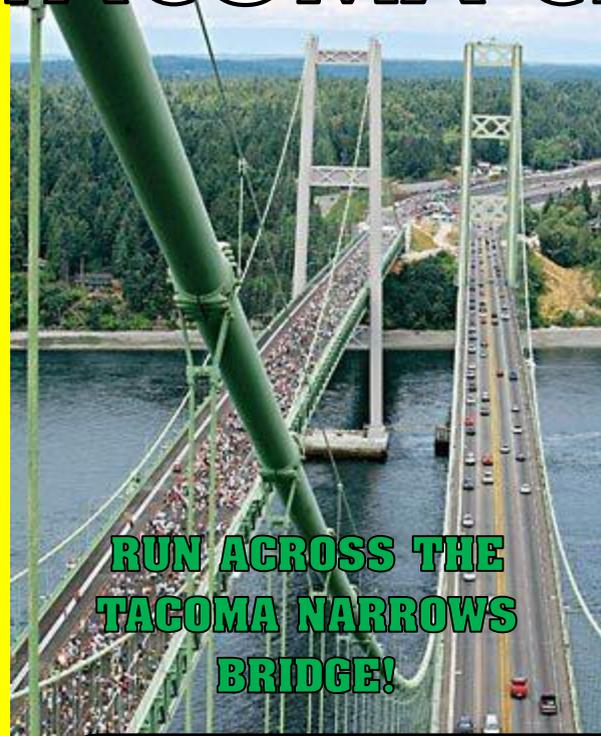
The Prez and PK



Cody, Bob and BJ

TACOMA CITY MARATHON

Sunday May 5, 2013



RUN ACROSS THE TACOMA NARROWS BRIDGE!

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 ascent 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](#)<<



MARATHON MANIACS 10 YEAR ANNIVERSARY 2003-2013

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 February 3, 2013 there are **384 Maniacs** registered for the 10 Year Maniac Celebration!



The Main Maniacs will be guest speakers.



An all Maniac pacing crew will lead the way!



mississippi blues marathon



Barb Wnek



Jill Bidwell



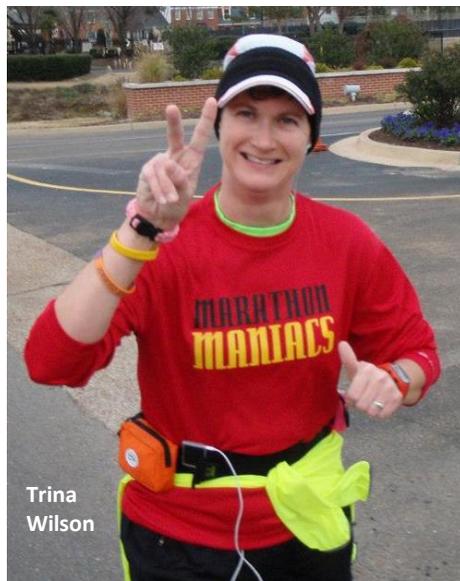
Cathie and Troy Johnson and Ruth Walsh



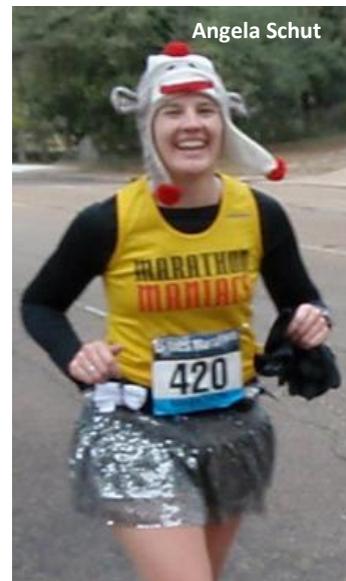
Marathon Mitch



Bryndis Svavarsdottir



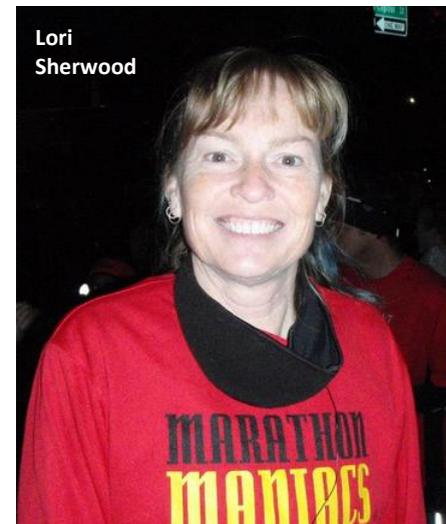
Trina Wilson



Angela Schut



Mississippi Blues Marathon (1/5): Steve Alexander, Keith Almeida, Deanna Alvarez, Karen Andersen, Maria Austero-Macavinta, Jim "Lord AARP" Austin, Craig Avery, Tim 'Beer Boy' Bade, Barco, Jill "Jillfo" Bidwell, Annette "Crash" Blanton, Arland "Crazy Eyes" Blanton, Fernando Bosseloo, Sean Broadbent, Paul Edward Brown, Lionel Burnett, Jeff Chaney, Gina Chupka, Matt "Electric Cheetah Cakey" Clark, Teal Clark, Sherry Coffield, Anne Coffman, Tim Conger, Sue Cottrill, Tom "Drag-on" Craven, Douglas (Run the Earth) Dahlberg, Dan "Salsero" Delino, Jessica Deree, Steven Elster, Kate Engster, Alicia MM Diva #3, Eliot Ephraim, Fil Faria, Ken Fattmann, Joe Feaser, "Marky Mark" Fettes, Michael Fitzgerald, Donna Flaggs, Will 'CAK7' Flint, Abbi-Normal, Karen Flynn, Carrie Fox, Rick Franks, Maria Frosth, Jorge Garcia, Laura Gorycki, Devra Gower, Judy Graham-Garcia, Paul Grinvalds, Brenda Gutmann, Danielle "T-Rex Runner" Hastings, Jim Higgins, Michael Hoyt, Kelly Hudick, "Shamrock Sandy" Hugill, Chris Humphries, Margaret Hvatum, Bob Jacobowski, Belinda Jared, Cathie "TuTu" Johnson, Troy "On The Run" Johnson, Joan Kim, Arpad "the Other Twin" Kisch, Mark Kramer, Peter 'Elite Pete' Lantin, Alvin "AL" Lee, Mary Lenari, Craig Lewis, Owen Lillywhite, Jeff Liu, Argenta Lucas, Cory Lucas, Vincent Ma, Paul "Big Mac" MacDonald, Tim Mahler, Suzanne Marchesano, Julius, Nancy Marino, Gail Martin, Lacey "Firecracker" Martinosky, Howard Mayes, Karen Mayes, Becki "Marathon Mom" Middlebrooks, Laura Milak, William Milak, Wendy "Turtle Diva" Mitchell, Alison Mosqueda, Brian Mount, Julie Musselman, Jean Neely, Angeline Nesmith, Andrea Odrzywolski, Andrew Olsen, Jackie Panfilii, Leah Pelfrey, Lynda Petri, Kelly Pfannenstiel, Darren Raiguel, Krissy Rehm, Cade Remsburg, James Rizo, har, Terry Salaices, Eva Sanmartini, Bob Schluben, Hoa "Flower" Schober, Angela Schut, Austin "Toenails" Sedicum, Lori Sherwood, Kristie Shipman, Susan Siragusa, Evelyn Smith, Steve Sodergren, George" from Georgia" Southgate, Cara " Skittles" Stephens, Katherine Stickney, Michael Strobel, Chuck Struckness, Bryndis Svavarsdottir, Rhonda Taylor, Roger Teel, Tim Troxel, Darron Tytler, Jeff "I want more stars!" Venable, Elaine Ver Halen, Deneen Waddell, Health Coach Ruth, Kelly Watanabe, Darwin "runninguy" Weimer, Terry "rocketgirl" Weimer, Patrick "Super Fonz" Weldon, Jaeson Winter, Barb Wnek, Houston "Wolfmaniac" Wolf, Lichu Wu Sloan, Unsteady Eddie





George Southgate



Susie Harrison



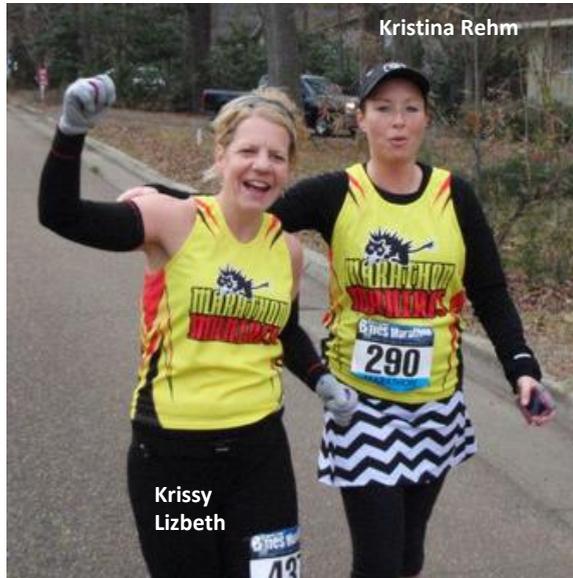
Houston Wolf and Scot Barco



Laura Gorycki



Becki Middlebrooks



Kristina Rehm

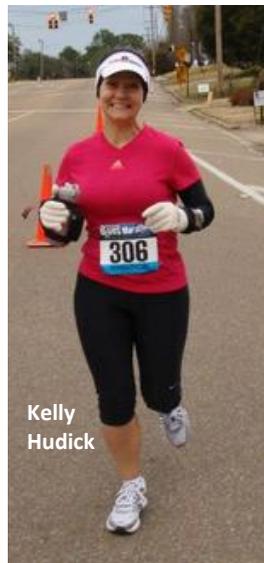
Krissy Lizbeth



Cara Stephens



Michael Hoyt



Roger Teel



Kelly Hudick



Janna McKedy





Paul Brown



Marathon Mitch, Dan Delino and Karen Flynn



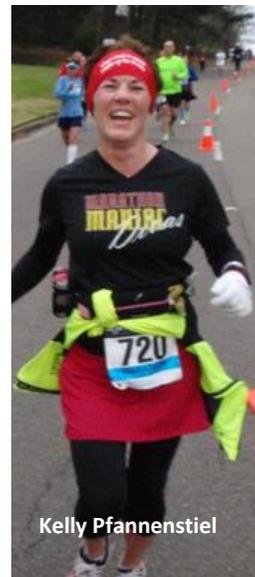
Lacey Martinosky



Arland Blanton



Carrie Fox and Christi Jones



Kelly Pfannenstiel



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 3600 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 Miami Half Marathon



Walt Disney World Marathon



Jennifer, Mitch and Tom



Ethan Matyas and Jennifer Henton



Minnie and Angie



Sherry Coffield



Jay Schwarzmann, Ruth Walsh and Elizabeth Kiefer



Jenna O'Horan and Gina Ferlise



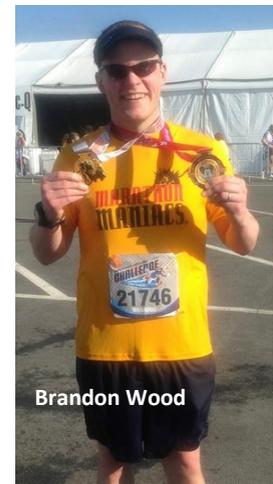
Mike Chrisman



Rose Logan-Surgeon and Melissa Fryback



Damaris Rosich-Schwartz



Brandon Wood



Phillip Griffith



Mike Roberts and Liz Santos



Jody and Elaine



Walt Disney World Marathon (1/13): Steve Alexander, Barbara Alston, MasterVixen, Jordan Applebaum, Stephanie "MM Diva #1" Arango, Lori Arceo, John "Johnny Turbo" Atkinson, Holly Aulen, Linda Bachand, Jim Ballard, Linda Ballard, Barco, Bryan Baroffio, "Coach Dave" Bartholomew, Jonathan Betanoff, Jill "Jillfo" Bidwell, Jim Blake, John Bozung, Jenny Briganti, Tim Burns, Amy Canavan, Lisa Cao, Amanda Carmon, Emily Casola, Rick Chambers, Jeff Chaney, Michael Chase, Pony Express, Casey Chernesky, Mike Chewar, Michael Chrisman, Scott Chupack, Cory "RecoveringCouchPotato" Claeys, Stephanie Clark, Ronald Clay, Sherry Coffield, Anne Coffman, Leah Connor, Ruben Contreras, Katie Coperich, Teota Coppock, Tracy "Trixie" Crane, Kris 'CLYDESDALE' Damiano, Marlene Deem, Ciry DG, Caren della Cioppa, Breanna Dullum, Rachel Edney, Natalie Ehrlich, Rebecca Eidson, Renita Ellis, Seth Elsheimer, Deb Evdemon, Steve Felson, Patrick Finney, Zach Fodor, Mary Beth Fournier, Paul Fournier, Amanda Freedle, Jan Gagnier "Smiley", Brad Garfinkel, Jungle Juli "MM Diva #2", Rodrigo Gomez, Kathleen Gorman, Liz Gotter, Judy Graham-Garcia, Elaine Green, Brenda Griffiths, Tracey Guice, Jeff Hager, Philip Haines, Joshua Snow Hansen, James Hanson, Wesley Hardacre, Jillian Harrington, Gina Harris, Mary Harvey, Becky Henning, Larry Herman, A. Herrmann, Jennifer Henton, Bob Hoaglin, Barb Hoffman, Marie Hoffman, Harry L. "REAL MEN WEAR PINK" Hoffman Jr, Kelley Hollinger, James Hooko, Nicole Howe, "Shamrock Sandy" Hugill, Victor Ierulli, Micaela Jensen, Brian "Jesus Freak" Joachims, Eric Johnson, Mike Johnson, Tom Karpowich, Run Jodi "MM Diva #10", Herb Keefer, Howard L. Keener, Jr, Tracy Kellam, Patrick Keller, Joan Kim, Stacy Kincy, Gerald King, Peter King, John (He was wearing what?) Kinnicutt, KC Kleinman, Zachary Knebel, Lisa Kosto, Francis Kwok, Brendon Lachance, Paula Lee, Andrew Lundberg, Randy Lyle, Laird Malamed, T. J. "Doubler", Julius, Kimberly Markey, Peter Marriott, Donald Martin, Lisa Masson, Ethan Matyas, Debbie May, Eddie McCoy, Vance McMurray, Melissa Meek, Vicki Merry, Scott Milks, Michael P. Miller, Michael "Uncle Mike" Miller, Denna Mitchell, Troy Mitchell, Marsha Monson, Bobby "Whatever" Montague, Cynthia Moore, Kathy Moore, Jill Morris, Mike Mulholland, Roberta Mulholland, Frank Muller "Beer Hunter", Cyndie Nell, Maureen Neumann, Leah Nicholas, Jim O'Donnell, Jenna "Beach Diva #15" O'Horan, Todd Oakes, Kimberly Oehrlein, Scott Olitsky, Andrew Olsen, Chris "O-Dog" Oppenlander, Sarah Parrish, Don "Wait For Me!" Pemberton, Vanessa Peterman, Lynda Petri, Gabrielle Popoff, Agnes Porell, Paul Radcliffe, Derek Ralston, Paul Rearick, Amy Reed, Jody "wooden shoes" Reed, Angie Rhude, Luis Riojas, Sylvia Janet Rivera CSP, Michael Roberts, Jason J Rogers, Tom Rogers, Damaris Rosich-Schwartz, Heather Rowley, Greg Russell, Mark Russell, Glenn Rustay, Liz Santos, Laura Schneider, Lisa Schneiders, Ann Scholl, Vicki Schumacher, Jay Schwarzmann, Tom Scott, Ginny Selec, Jessie Sentivan, Bill "it's only pain" Sherman, Shari Shugart, Wendy "Smiley" Sibley, Mary Signorelli, Barry "dcgriz" Smith, Joanne Sodano, Lu-E "-(O_O)-" Soriano, Marc Stephens, Jeff Storch, Andrew "Tighurt" Strickland, Chuck Struckness, Scott "Honoring a Fallen Hero" Sunday, Holly Taylor, Kari Taylor, Rhonda Taylor, Roger Teel, Joe Tennant, John Teyhen, Gary Thompson, Margaret Tollner, John Torres, Andy True, Karen Turcott, Ginny Turner, Jon "Pugsly" Turner, Brett Upton, Charlene, Carol von Michaelis, Hong Vuong, Kim Walker, Rebecca "Bad Ass" Walker, Ruth Walsh, Donald Walters, Nancy Wampach, Tammy Watkins, Julie Weidner, David Welborn, Shawna Wentlandt, John White, Angie Whitworth Pace, Giles "Florida Miles" Williams, Jaeson Winter, Brandon Wood, Lichu Wu Sloan, Melinda Yanuarua, Greg Yates, Unsteady Eddie, Brandi Zakrzewski

2003

A DECADE OF MANIACAL CRAZINESS!

A look back at the first 10 years...

2013

The Birth of the Marathon Maniacs



It all began rather innocently. I had planned on flying to Indonesia in April 2003 to participate in the Bali Marathon with marathon traveling companions Sue Fauerbach (MM #7) and Tonee Bertalan. In 2002, we had a wonderful time in China, culminating in the running of the tough Great Wall Marathon. The thirst for more international marathons was in our blood. However, the lack of participants from the United States forced the cancellation of the Bali tour in late February, no doubt sparked in the terrorist bombing in late 2002 and the uncertainty regarding safe international travel. My attention then turned to Boston. Chris and Tony had signed up and had a room reserved, so the only caveat was whether Boston had reached its capacity. It hadn't, and I was grateful for the opportunity to change plans on such short notice.

After completing three marathons in three weeks in April (Yakima, Whidbey Island, and Boston) without too much difficulty, I sought out a further challenge. Scanning the marathon schedule, I saw that the months of May and June provided that challenge. Starting with Coeur D'Alene and following with San Diego Rock 'n Roll, San Juan Island, and North Olympic Discovery would give me four marathons in four weeks. Tony and Chris also drove to Coeur D'Alene to participate in the marathon. After the race, we had lunch with Terry Watanabe (MM #4 from Spokane), a fellow member of the Northwest Dead Runners Society (an e-mail running chat room). As we were discussing our future race plans and mentioning all the marathons we were going to participate in, she blurted out, "You guys are a bunch of marathon maniacs"—hence the name. A club was formed, a website was created by Tony (www.marathonmaniacs.com), and members were recruited, including ultramaniacs. You may recognize some of the other names in the club that have fulfilled the criteria for membership in what we termed "the Insane Asylum." In fact, some of these members have graced the covers of Northwest Runner (for example, Mel Preedy and Doug MacLean). Thank goodness that there are others out there who think like us!

- Prez Steven Yee (MM #1)





Paula Hamilton

HONKERS MOTIVATIONAL MARATHON



Brian Wright



George Southgate



Terri Menghini and Diane Bolton



Joe Reilly



Cindy DeSirant



Dana Mosell and Haywood Crowder

Honkers Motivational Marathon (1/13): Hector Aleman, Diane "Bolt'in to the airport" Bolton, Sara Croft, Haywood "Turtlerunner" Crowder, Cindy DeSirant, Flower Lady Carol Goslin, Roger Greene, Paula Hamilton, Chris Jones, Roxana Lewis, Suzanne Marchesano, Terri Menghini, Joe Reilly, har, "George" from Georgia" Southgate, Marina 'vasolina' White, Brian Wright



Carol Earles



Shane and Julia

LOUISIANA MARATHON



Scot Barco



Haley Larson



Laura Milak



Eva Sanmartini



Sandy Hugill

Louisiana Marathon (1/20): Steve Alexander, Kristin Allen, Jim "Lord AARP" Austin, Barco, Margaret Barrett, Dave Bell, Todd Bellamy, Kenny Berkmeier, Alison Black, Diane "Bolt'in to the airport" Bolton, Fernando Bosseloo, Caroline Burnet, Amanda Carmon, Richard "See Dick run" Carroll, Dana Casanave, Lynne "Harper" Caulkins, Kenny Chung, Teal Clark, Don Clarke, Charles Clutter, Suzanne Cole, Tim Collins, Douglas (Run the Earth) Dahlberg, Alexis Racewalker Davidson, Jill Davis, Cindy DeSirant, Breanna Dullum, Dustin Duval, Danette Duval Dugas, Carol "Ponytail" Earles, Natalie Ehrlich, Technicolor Daniel, Justin Faries, Will "CAK7" Flint, Rick Franks, Gloria Freeman, Kansas-The "Tri Lunatic" G. J. Galindo, Shane Garling, Galen Garrison, Lisa Gesualdo, Kathleen Gorman, Rochelle Graham, Eron Graham Sr, Ashley Grasty, Jerry Greenwald, PrincessPatti Hammerstein, Emily Hansen, Tala Hill, David Holmen, Rich Holmes, Nicole Howe, Bob Huber, "Shamrock Sandy" Hugill, Cary Inderbitzin, Dr. J, Bob Jacobowski, Billy Kelley, Julia Khvasechko, John Lafayette, C. Kinnier Lastimoso, Kurt Lauer, John Kent Leighton, Jim Lilley, George Lockhart, Milagros Lockhart, Lisa "LuLu" Luyet, Kenichiro Maemura, Stephanie Maisel, Kenneth Massett, Taharka McCleave, Vickie McDonald, Bryan Meadows, Laura Milak, William Milak, Scott Milks, Suezette, Tom Minichiello, Brian Mount, Steve Munson, Tim Nave, Jon Norcross, James "Night Train" Norris, Andrew Olsen, Richard Park, Talva Parker, Ken "The Ten" Pearce, Lynda Petri, Mark "Big Jelly" Reams, Tony Recker, Chris Redford, Jody "wooden shoes" Reed, Krissy Rehm, Bob Reid, Michael "Dr Dude" Rhodes, "Lyle, Lyle Crocodile" Robertson, Jim "Dr. Evil" Roche, Terry Salaices, Eva Sanmartini, Bob Schluben, Randall Schramm, Roy Sharp, Heather, Aimee Shuey, Haley Siggers, Heather Sorenson, Helen Soto, Suzy Spiceland, Chad Spilman, Andrea Spohn, Lee Stock, Roger Teel, Randy Thierman, Michelle "Mom o' 6" Walker, John "MaraJohn" Wallace, Karen Wallace, Ruth Walsh, Halbert, Jeffrey "Wardium" Ward, Patrick "Super Fonz" Weldon, Nancy Wentink, Sandra Whisnant, Patrick "WiseAzz" Wise, Barb Wnek



Jody Reed



Social Networking

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!

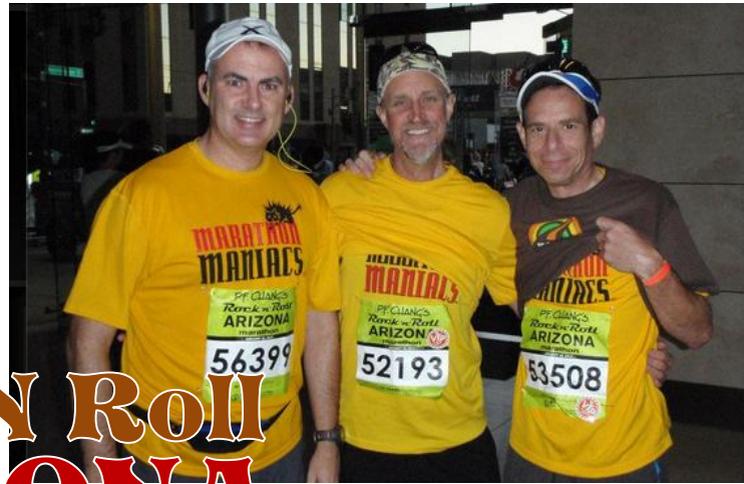
Facebook: <http://www.facebook.com/group.php?gid=8904689204>

LinkedIn: <http://www.linkedin.com/e/vgh/1843119/>

MySpace: <http://www.myspace.com/marathonmaniacs>

Dailymile: <http://www.dailymile.com/groups/1403-marathon-maniacs>

RunningAhead: <http://www.runningahead.com/groups/MMS>



Rock N Roll ARIZONA MARATHON



Steph Eldore



Jessica Deree



Marathon Mitch



Michael Hoyt and Jeff Pettett

Rock N Roll Arizona (1/20): Hector Aleman, Jim Almquist, Matt Antinossi, David Appleby, Paul "Bronx Boy" Arroyo, Bill Beardall, Sheila Beermann, Rhonda Blackford-Noonan, Lan Bui, Cathlin Chyzy, Rich Colfack, Haywood "Turtlerunner" Crowder, Bert D'Amico, Christina D'Amico, Jessica Deree, Rob Distante, Tony Donagrechia, Steph Eldore, Shelley Fehrenbach, Hal Gensler, Angela Gohlke, Alison Hammersla, Jennifer Hienton, Sherri Hotzler, Michael Hoyt, Mike Huvaere, DEO, Karen Khodadadi, Hideki "Kino" Kinoshita, Violeta Lopez, Janette Maas, Jon "Coconutboy" Mahoney, Jules Mann, Michel Maokhampio, Jason Marchal, RD (Road Dog) Martin, John Mattos, Robert Nagle, Mark Niblo, Jeff "Slice!" Pettett, "Downhill Dave" Poglitsch, Brian Post, Kathy "Rad Queen" Pryor, Bruce Quam, Joe Reilly, Steve Reincke, Cade Remsburg, Michael Rice, Tyler Rich, Sherry Ricker, Ron Rodriguez, Emily "Red" Rowe, har, Jc "The Saint" Santa Teresa, Keith Schlottman, Debbie Tierney, Annette Tomal, Steve Wisner, Don Wright, Li-Chym Wu



Emily Rowe



Eddy Mayeda



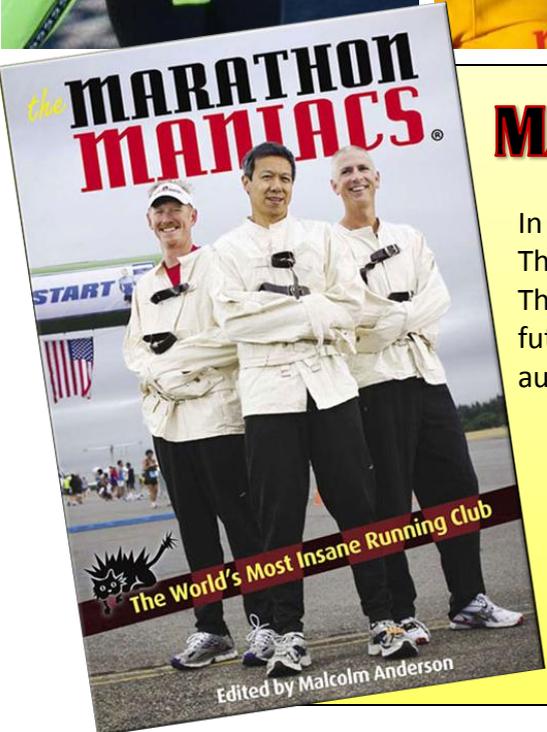
Tyler Rich



Li-Chym Wu



Peter Klein and Mark Greshman



MARATHON MANIACS: THE BOOK

In February the Main Maniacs released the Marathon Maniacs 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/shopproductdetail.asp?prodID=105&catID=14>



Jill Hudson and Linda Walter



Ray Shaw



Maniac #200



Maria Millsap

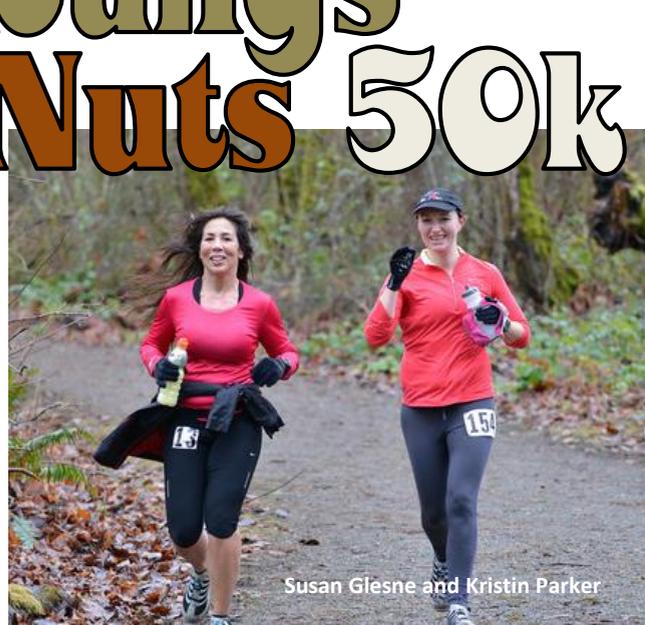
Lake Youngs Nuts 50k



Glenn Tachiyama



Melissa Williams



Susan Glasne and Kristin Parker



Laura Johnson and Brian Pendleton



Jules Mann



Mary Richards



Van Phan



Steve Walters



Ryan McKnight



Laura and Brian



Dan Whitaker



Mary and Rikki



Monte Pascual



Vivian Doorn



Suzanne Nester



Lake Youngs Nuts Run (1/26): Shawn Aebi, Rikki "Bobbie" Bogue, Mark "Thor" Casey, Mark Cliggett, Mary Coffelt, vvn Doorn, Reed Glesne, Susan Glesne, Matt Glew, Lindy Hafner, Robert Holt, Jill Hudson, Laura Johnson, Barefoot Jon, James Klarich, PK, Jules Mann, Little Leslie, Elizabeth Moore, Suzanne Nester, Hideko Opperman, Monte Pascual, The Programmer, Mary "mph" Hanna Richards, Joe Schrum (Just Joe), Shannon Schulz, McGyver, Rob Stretz, Lisa Switzer, Linda Walter, Steve "Marathon Freak" Walters, Olaf Weckner, Dan Whitaker, IronMel

Robin Carnell



Vincent Ma



Cindy DeSirant



First Light Marathon

Sandy and Scot



Giovanni Guevarra



Texas Marathon

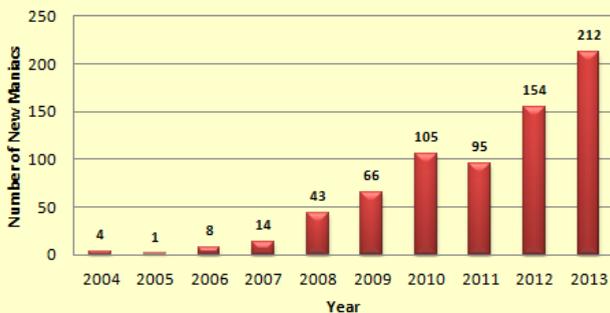
REPORT FROM THE INSANE ASYLUM

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

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Yearly
Averages	54.4	45.4	51.9	46.7	74.2	60.1	40.1	23.4	28.2	70.2	83.5	84.5	584.4
2012	154	95	126	132	160	147	101	56	71	174	194	182	1592
2013	212												212

New Maniacs for January



New Maniacs in Jan 2013	212
New Maniacs in 2013	212
Total Maniacs	6640

State	MM	Pct%
Washington	939	14.1%
California	571	8.6%
Texas	436	6.6%
Illinois	260	3.9%
Florida	228	3.4%
New York	196	3.0%
Virginia	182	2.7%
Oklahoma	179	2.7%
Oregon	172	2.6%
Georgia	141	2.1%



Dan Delino

Stephanie Bradshur and Emil Chang

Carlsbad Marathon



Marc Frommer

Carlsbad Marathon (1/27): Hector Aleman, Estelle "Pupster" Atney, Sally "me and my dad" Boles, Pony Express, Sef "Try-Athlete" Cuesico, Dan "Salsero" Delino, Doug Dominey, Joe Ely, Ed "Mad Hatter-Fancy Pants" Ettinghausen, Will 'CAK7' Flint, Marc Frommer, Noel "Knees Hurt" Garibav, Roger Greene, Tom Hosner, Ryan "Fat Boy" Launder, John 'Oksie' Lazaro, Jordan Lynch, Jon "Coconutboy" Mahoney, Sherry "Coconutgirl" Mahoney, Dan Margolis, Steve Miller "Not the Band", Rocky Morales, Dana Mosell, Joy Nagal, Cheri Pompeo, Joe Reilly, Christian Riegel, Tom Scott, Ward "Winded Wonder" Sullivan, Ultra Clydesdale, Chris Thompson, Jennifer Tyron, Gregg Walchli, Carole Williams, Tom "Tater" Williams, Steve Wisner, Alice X, Ely Yaron



Joe Taricani



Noel Garibav



Ryan Launder

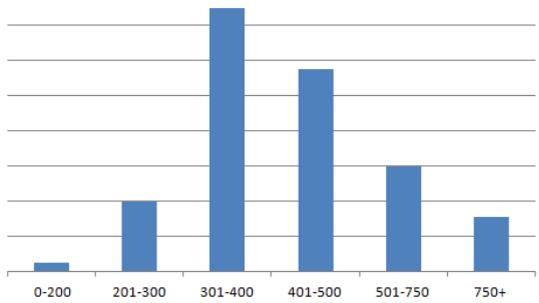


MANIAC POLL

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 old were you when you ran your first marathon?

Please vote online between now and March 7: <http://tinyurl.com/MMpollFeb2013>



Last month's question: How many miles do you put on your shoes before retiring them?

Most Maniacs retire their shoes after running between 300-500 miles (65.7% of Maniacs). Thanks for voting!

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:** Lichu Wu Sloan, Jill Bidwell, Terry Weimer, Darwin Weimer
- **Platinum (8 star) Maniac:** Jim Tello, Chris Knodel
- **Palladium (7 star) Maniac:** Edward Broadnax, Renee Gillespie, David Pearson, David DeNeire
- **Osmium (6 star) Maniac:** Janice Gagnier, Bill Beardall, Jan Gagnier, Harry Hoffman, Li-chym Wu
- **Ruthenium (5 star) Maniac:** Cheryl Baumann, Ethan Matyas, Greg Gillespie
- **Iridium (4 star) Maniac:** Rich Yap, Amy Goldman, Michel Maokhampio, Mike Roberts, Rich Yap, Eva Sanmartini
Rhonda Taylor, Brenda Griffiths
- **Gold (3 star) Maniac:** Cathy Bradford, Stephen Johnson
- **Silver (2 star) Maniac:** Karen Andersen, Suzy Spiceland, Jack Curtis
Kirk Isakson, Jaime McDonald
Keith Almeida

New Titanium Maniacs!!



Lichu Wu Sloan



Jill Bidwell



Terry Weimer



Darwin Weimer



Jacqueline Chol, Otto Lam and Jürgen Englerth



20th Egyptian Marathon



Larry Macon and George Tchakanakis



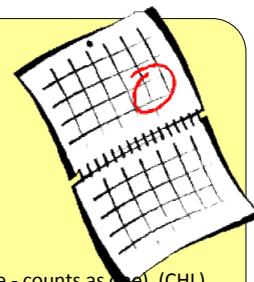
Houston Marathon



Miranda and Peter

What's Coming Up In February/March

Marathon/Ultra Calendar between February 16-March 15



Saturday, February 16

Black Warrior 50k (AL)
 Buzz Marathon (CA)
 CAR Hugs and Kisses (CA)
 Cross Timbers 50m/26.2 (TX)
 Everglades 50m/50k (FL)
 First Call Presidents Day 50k/26.2 (WA)
 Hagg Lake 50k (OR)
 Moab's Red Hot 55k (UT)
 Myrtle Beach Marathon (SC)
 Pilot Mountain Payback (NC)
 Sylamore Trail 50k (AR)
 Woolley 50k/26.2 (WA)

Sunday, February 17

Austin Marathon (TX)
 Bandit 50k (CA)
 Birch Bay Marathon (WA)
 Destin 50m/50k (FL)
 Five Points of Life Marathon (FL)
 Ft Lauderdale A1A Marathon (FL)
 George Washington Birthday Marathon (MD)
 HMRRRC Winter Marathon (NY)
 IMS Arizona Marathon (AZ)
 Lost Dutchman Marathon (AZ)
 Mercedes Marathon (AL)
 National Marathon to Finish Breast Cancer (26.2 With Donna) (FL)
 NWTR Fort Ebeys Kettles Marathon (WA)
 Okinawa Marathon (JPN)
 Roots and Rocks Race Two (OH)

Monday, February 18

Frozen Ass Fifty (AB)

Friday, February 22

I Ran Texas Triangle (TX)

Saturday, February 23

Aravaipa Elephant Mountain 50k (AZ)
 Black Mountain Marathon (NC)
 CAR Run the Dove (CA)
 Cummins Falls Marathon (TN)
 Febapple Frozen Fifty 50m/50k (NJ)
 Hashawha Hills (MD)
 Invest in Youth Fund Run (6 hour)(WA)
 ITR Chabot 50k (CA)
 Kahuna Ku Ikaika Marathon (PHL)
 Maple Leaf Indoor Marathon Day One (IN)
 Mount Cheaha 50k (AL)

Rohring Round the Clock 12h/6h Day One (CA)
 Surfside Beach Marathon (TX)
 XTERRA Thrill in the Hills (GA)

Sunday, February 24

AEC Vientiane Marathon (LAO)
 Central Park Marathon (NY)
 Cowtown 50k/26.2 (TX)
 CTR Montara Mountain 50k/26.2 (CA)
 El Paso Marathon (TX)
 Evergreen Lord Hill 50k (WA)
 Hong Kong Marathon (HKG)
 Hyannis Marathon (MA)
 Iditarod Invitational 1000m/350m (AK)
 Last Chance for Boston Marathon (OH)
 Maple Leaf Indoor Marathon Day Two (IN)
 Rock N Roll New Orleans (LA)
 Rohring Round the Clock 12h/6h Day Two (CA)
 San Bruno Mountain 50m/50k/26.2 (CA)
 Tokyo Marathon (JPN)

Monday, February 25

White Continent Marathon (ATA)

Thursday, February 28

Punta Arenas Marathon (CHL)

Friday, March 1

I Ran March for Spring (TX)
 Jerusalem Marathon (ISR)

Saturday, March 2

Albany Marathon (GA)
 Bataan Death March 102k (PHL)
 Carl Touchstone Mississippi 50m/50k (MS)
 Centennial Trail Run 37m (WA)
 Diamond Bear Marathon (AR)
 Diamond Valley Lake Marathon (CA)
 Double Top 100m/100k (GA)
 Green Jewel 50k (OH)
 Guerilla Running Mountain Marathon (WA)
 Old Pueblo 50 Mile Endurance Run (AZ)
 Phoenix Marathon (AZ)
 Post Oak Lodge 50k (OK)
 Stampede Trail Run (NE)
 Tejas Trails Nueces 50m/50k (TX)
 Umstead Trail Marathon (NC)
 Woodlands Marathon (TX)

Sunday, March 3

A2A Race for Mercy (OK)
 Asheville Marathon (NC)
 Atacama Crossing (stage race - counts as one) (CHL)
 Caumsett State Park 50k (NY)
 Little Rock Marathon (AR)
 Long Play Race 66.6m/33.3m (FL)
 Napa Valley Marathon (CA)
 NWTR Spring Run for Fun (WA)
 Post Oak Lodge Marathon (OK)
 Q50 Marathon (LA)
 Rocket Racing Run Like the Wind Marathon (CA)
 ULTRA Trail 12h (MYS)

Thursday, March 7

Antarctica Marathon (ATA)

Friday, March 8

I Ran Pisces (TX)

Saturday, March 9

Calico Red Rock Canyon Marathon (NV)
 Catalina Island Conservancy Marathon (CA)
 Columbia SC Marathon (SC)
 Crazy Desert Trail 50k/26.2 (TX)
 Dances With Dirt - Green Swamp 50m/50k/26.2 (FL)
 Delano Park 12h/50m (AL)
 Graveyard 100m/100k (NC)
 Gusher Marathon (TX)
 Land Between the Lakes 50m/60k/26.2 (KY)
 Lapper's Delight 24h (NC)
 Oak Mountain 50k (AL)
 Prickly Pear (TX)
 Razorback Endurance Race (CA)
 Way Too Cool (CA)

Sunday, March 10

CAR Rock the Marina (CA)
 Dirty Double Trail Marathon (TN)
 Florida Sheriff's Youth Ranch Marathon (FL)
 Kyoto Marathon (JPN)
 Lower Potomac River Marathon (MD)
 River City 50k/26.2 (CA)

Friday, March 15

3 Days of Syllamo Day One 50k (AR)
 Tel Aviv Marathon (ISR)



New Maniacs in January 2013

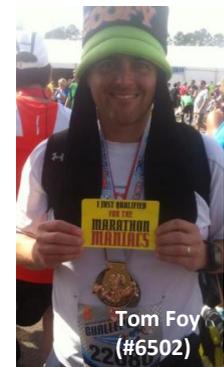


Arlene Olson (#6429)
 Shelle Silva (#6430)
 Nonie Whalen (#6431)
 April Kondrat (#6432)
 Lisa Morin (#6433)
 Robin "the accidental Marathoner" Canell (#6434)
 Mike Comstock (#6435)
 Matt Henslee (#6436)
 David Leal (#6437)
 Danette Duval Dugas (#6438)
 Laurin Dugas (#6439)
 Paul Bequette (#6440)
 Hannah Bartley (#6441)
 Cari Williams (#6442)
 Frederick Bugenig (#6443)
 Todd Ujifusa (#6444)
 Philip Rowell (#6445)
 Mindy Bandler (#6446)
 Kenny Chung (#6447)
 Kristine Mauss (#6448)
 Candice Broadie (#6449)
 Melissa Swanson (#6450)
 California Kim (#6451)
 Cheryl (#6452)
 Brian (#6453)
 Jason Greely (#6454)
 Jon Honeywell (#6455)
 Joleen Rodgers (#6456)
 Leon Bromley (#6457)
 Terrie Wurzbacher (#6458)
 Dave Whittenberg (#6459)
 Peter Viola (#6460)
 Chelsea Schmidt (#6461)
 Darcy Emehiser (#6462)
 Dirty Dave (#6463)
 David Edwards (#6464)
 Sabrina Magee (#6465)
 Debra Cole (#6466)
 William Nichols (#6467)
 Christopher Suarez (#6468)
 Aimee Talbot (#6469)
 Nicole Howe (#6470)
 Chris Smith 2 (#6471)
 Roger Wright (#6472)
 William Sycalik (#6473)

Marilyn Oberhardt (#6474)
 Debbie Lee (#6475)
 Pamela O'Neal (#6476)
 Zack 'Sammy' Sammler (#6477)
 Jessica Witter (#6478)
 Glenn Carson (#6479)
 Erica Muthard (#6480)
 Christa Baker (#6481)
 Molly Field (#6482)
 Michele Johnson (#6483)
 Robert Dallison (#6484)
 Ney Caires Souza (#6485)
 Mark Ruter (#6486)
 Tim Pippin (#6487)
 Camille Herron (#6488)
 Alexandra Rossow (#6489)
 Eric Stevenson (#6490)
 William Murphy (#6491)
 Sean Day (#6492)
 Desmond Koh (#6493)
 Shane Miles (#6494)
 Elizabeth Moore (#6495)
 Crystal Shinosky (#6496)
 Kelley Hollinger (#6497)
 Busola Adeniran (#6498)
 Melinda Huizar (#6499)
 Chad Margo (#6500)
 Brenda Hamby (#6501)
 Tom Foy (#6502)
 Patricia "Distance Walker" Winters (#6503)
 Joshua Turner (#6504)
 Shane "The Tank" Higgins (#6505)
 Chris Lane (#6506)
 Christina Lane (#6507)
 Ruth Fields (#6508)
 Erica Bachmann (#6509)
 Thomas Benedict (#6510)
 Susan Engelhart (#6511)
 Oyauma Garrison (#6512)
 Jason Stracner (#6513)
 Vickey Baker (#6514)
 David Schuster (#6515)
 Stacey Faulk (#6516)
 Kevin Croninger (#6517)
 Tracey Guice (#6518)
 Scott Chupack (#6519)
 Anne Johnston (#6520)
 Jason Chicosky (#6521)
 Julie Lowry (#6522)
 Wesley Hardacre (#6523)
 Kris Rider (#6524)
 Susan Paraska (#6525)
 Sandy Rivera (#6526)
 Richard Mathis (#6527)
 Pamela Keller (#6528)
 Julie Pearce (#6529)

Gloria Smith (#6530)
 John Studebaker (#6531)
 Santana Gonzales Jr (#6532)
 Paula Owens (#6533)
 June Blaser (#6534)
 Bryan Wesson (#6535)
 Meredith Lessley (#6536)
 Michael Smith 2 (#6537)
 Michael Hammonds (#6538)
 Debbie Voiles (#6539)
 Joshua Leyva (#6540)
 Cynthia Carr (#6541)
 Paul Rearick (#6542)
 Staci Regan (#6543)
 Kim Cagle (#6544)
 Ellen Gustafson (#6545)
 Timothy Mullin (#6546)
 Debbie Meitz (#6547)
 Diane Hanson (#6548)
 Jeff Estes (#6549)
 Kevin Pressley (#6550)
 Vivencio Randy Vallebo (#6551)
 Andrew Seddon (#6552)
 Lindy Hafner (#6553)
 Wesley Waters (#6554)
 Lia Penteado Cavalcanti (#6555)
 Amanda Goddard (#6556)
 Tia Pettygrue (#6557)
 Jenny Burroughs (#6558)
 Danielle Hathaway Henty (#6559)
 Sara Sneen (#6560)
 Kelly Brown (#6561)
 Stephen Ecker (#6562)
 Tracey Boyd (#6563)
 Suzanne Nealson (#6564)
 Donald VanOteghem (#6565)
 Elena Branzaru (#6566)
 Myrna Anderson (#6567)
 Angeline Nesmith (#6568)
 Marie Grubb (#6569)
 Thomas Jatulis (#6570)
 Larisa Rechtiene (#6571)
 Kevin Gonzalez (#6572)
 Cassidy Sumpter (#6573)
 Leslie Peace (#6574)
 Jessica Ballard (#6575)
 John Mattos (#6576)
 Matthew Cutright (#6577)
 Gloria Freeman (#6578)
 Crystal Limehouse (#6579)
 Buddy Loo (#6580)
 Yvonne Kitchingman (#6581)
 Denise Taylor (#6582)
 Noah Moore (#6583)
 Jennifer Kinsley (#6584)
 Carolyn Maddox (#6585)

Eddy Saldana (#6586)
 Mary Deane Davis (#6587)
 Crystal Broxson (#6588)
 Scott Perry (#6589)
 Pat Bradley (#6590)
 Montie Ray Bailey Jr (#6591)
 David Pasquale (#6592)
 Shelley Fehrenbach (#6593)
 John Fritch (#6594)
 Harold Toomey (#6595)
 Zady Wiepandy Ng (#6596)
 Jamie Wassermann (#6597)
 Susan Mungo (#6598)
 Chrissy Bell (#6599)
 Donna Henry (#6600)
 BernieSue Steffek (#6601)
 Jody Tchir (#6602)
 Jacob Pfannenstiel (#6603)
 Gordon Duvaul (#6604)
 Gabrielle de Encio (#6605)
 Jennifer Lawrence (#6606)
 Michael Gallagher (#6607)
 Deanna Willsey (#6608)
 Caitlyn Connolly (#6609)
 Sam MacLeod (#6610)
 John Ray (#6611)
 Bryan Lewis (#6612)
 Anthony Conticello (#6613)
 Jodi Morton (#6614)
 Sarah Mohler (#6615)
 Donovan Moller (#6616)
 Joe Iovanisci (#6617)
 Trish Kabus (#6618)
 Jackie Dove (#6619)
 Richard Valles (#6620)
 Jim Williams (#6621)
 Avi Mitzner (#6622)
 George Hanks (#6623)
 Tracy Dunford (#6624)
 Eva LaBonte (#6625)
 Joanne McMahon (#6626)
 Naomi Baretta (#6627)
 Becky Woodrum (#6628)
 Omar Medrano (#6629)
 Jennifer Westra (#6630)
 Levi Westra (#6631)
 Ryan Dignun (#6632)
 Ashley Lemaster (#6633)
 Roland Tam (#6634)
 Teresa Rubino (#6635)
 William Davis (#6636)
 Joy Schank (#6637)
 Janice Parker (#6638)
 Joe B. Raymond III (#6639)
 Rick Roberts (#6640)



Tom Foy
 (#6502)



Kelley Hollinger
 (#6497)



Chris Smith
 (#6471)



Oyauma Garrison
 (#6512)



Sara Sneen
 (#6560)



Gordon Duvaul
 (#6604)



Richard Valles
 (#6620)



Eva LaBonte
 (#6625)



Keith Rinehart



Shane Garling proposes to Julia Khvasechko after finishing the Louisiana Marathon



David

Wendy

Justin

Janis

Monte

Linda

Winter Quadzilla FINISHERS



Terri Menghini



Charleston Marathon



Andrea Spohn, John Kent Leighton, Susan DeRoberts



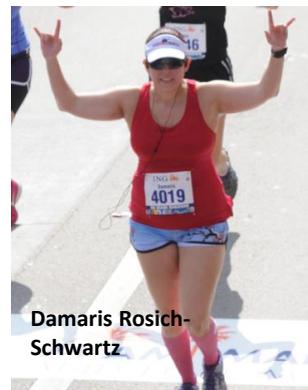
Don VanOteghem



George and Diane



Eddie Vega



Damaris Rosich-Schwartz



New Year's day 2013 South Korea



Roger MacMillan and Steve Walters

FROM THE EDITOR...

This year the Marathon Maniacs are celebrating 10 years! The club was started on May 25, 2003 and this year marks 10 years. I'm sure Steve, Chris and Tony had an idea the club would be this big! As many of you know, the Tacoma City Marathon on May 5 will be the 10 year celebration. But I will be looking back at the clubs history throughout the year.

I hope your year is full of great marathons and meeting new Maniacs.

- Steve "Marathon Freak" Walters MM#338

MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



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.

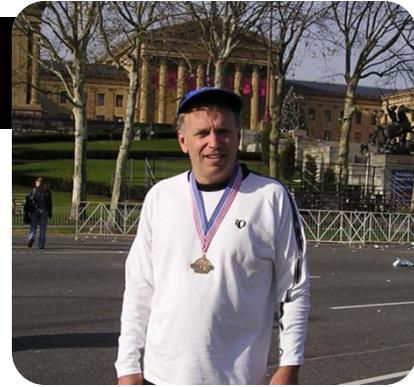
- Myrtle Beach Marathon 2/16/13: www.mbmarathon.com
- Fort Lauderdale A1A Marathon 2/17/13: www.a1amarathon.com
- IMS Arizona Marathon 2/17/13: <http://thearizonamarathon.com>
- Mercedes Marathon (AL) 2/17/13: www.mercedesmarathon.com
- Cowtown Marathon (TX) 2/24/13: www.cowtownmarathon.org
- Columbia SC Marathon 3/9/13: <http://columbiascmarathon.com>
- Tobacco Road Marathon (NC) 3/17/13: <http://tobaccoroadmarathon.com>
- Dust Bowl Marathon Series 3/18-3/23/13: http://mainlymarathons.com/dust_bowl_series
- The Inaugural Navy Marathon (TX) 3/24/13: www.freedommarathon.org/corpus-christi-marathons.htm
- Southern Indiana Classic Marathon 4/6/13: www.sicmarathon.com
- Knoxville Marathon (TN) 4/7/13: www.knoxvillemarathon.com
- Hogeys Marathon (AR) 4/14/13: www.hogeyemarathon.com
- Blue Ridge Marathon (VA) 4/20/13: <http://blueridgemarathon.com>
- Carmel Marathon (IN) 4/20/13: www.carmelmarathon.com
- Oz Marathon (KS) 4/20/13: www.olathe.org/sports/Marathon
- Run for the Lakes (MN) 4/27/13: www.runforthelakes.com
- Eugene Marathon (OR) 4/28/13: <http://eugenemarathon.com>
- Wisconsin Marathon 5/4/13: www.wisconsinmarathon.com
- Tacoma City Marathon (MANIAC 10 Year CELEBRATION!) 5/5/13: www.tacomacitymarathon.com
- Fargo Marathon (ND) 5/18/13: www.fargomarathon.com
- Windermere Marathon (WA) 5/19/13: <http://winderthon.com>
- Vermont City Marathon 5/26/13: www.vermontcitymarathon.org
- The San Francisco Marathon 6/16/13: www.runsfm.com
- * Charlevoix Marathon (MI) 6/22/13: <http://charlevoixmarathon.com>
- Kona Marathon (HI) 6/23/13: www.konamarathon.com
- Foot Traffic Flat Marathon (OR) 7/4/13: www.foottraffic.us/flat
- *Summerlake Loopy Marathon (OR) 7/5/13: www.summerlakeloopymarathon.com
- *Freedom Marathon (OR) 7/6/13: www.freedom-marathon.com
- *Stars and Stripes Marathon (OR) 7/7/13: www.starsandstripesmarathon.com
- *Morgan Valley Marathon (UT) 7/27/13: www.morganmarathon.com
- *Moose's Tooth Marathon (AK) 8/18/13: www.bigwildliferuns.org
- *New Hampshire Marathon 10/5/13: www.nhmarathon.com
- *7 Bridges Marathon (TN) 10/20/13: <http://sevenbridgesmarathon.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!!

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



So I saw you in pictures running around warm climates with all sorts of good-looking people (well, truthfully, they looked...maniacal, really), and you were laughing, hooting and a-hollerin', even dancing and mugging up a storm, just having a whale of a good time.

While out here so many of us are in winter, Prez. It has put a few of us off the marathon wagon for a bit. Gary Allen missed it so much, he wrote a novella on Facebook, complete with pictures, about this fellow who ran for charity for 50 miles a day for two weeks in a row from Maine to D.C., arriving on inauguration night. Quite the plot! 700 miles, dead of winter, and his character could have seen the speech if only he had rested the hammies in a Baltimore Hooters and watched the thing on TV. But nooooo, let's torch those quads and hop up on some Capitol steps when we get there! Makes for a better story. A Maniacal one at that, I tell you.

So, Mr. Prez-in-the-Sun, we find ourselves aching to get back out there. Ooooh, quite the pun, for recollection insists that getting back out there will indeed bring on the aches.

WHAT IS IT about this peculiar endeavor of ours that we pursue it so much? Why after 600 marathons would a Simpson and a Macon complete another 400? Or why, after 70, do we shoot for 30 more? Or after one, go after another?

I am not going to list the HaPpY reasons why we do this, no. You're a Maniac. You can list them in your sleep. I have been pondering a different sort of reason, an appeal that lingers in my mind, re-kindles my interest, and is unique to the marathon. It is what I ask myself at the start of every one, whether I'm raring and ready to go, or limping and leaning to the left, or some status in between.

"How will the last 6.2 miles go?"

I have raced in one-milers. Oooo, they are fun! The agony is so short! Start with an all-out, almost hold-your-breath-a-long-as-you-can kind of effort, for six-minutes of pant, strive, pant, strive; add in speedy exhales followed by great gasps for air; churn, churn, churn thenitsover!! One sheepishly owns a bit of pride. Fun, if not so much glory.

And then there is the 5k. An interesting distance, three-point-one miles. A runner... (I speak here of the species hobbiesaurus, vs. elitistitists, of whom I am less familiar, though I have seen a few dashing back this-away while I am still jogging out that-away)...a runner must plan for a later bit of a sprint, similar to the mile, but cannot gamble sprinting for all three miles. Even if one isn't all that worried about time, one doesn't exactly set out to jog the thing. It is brief enough to at least give running a go, say, after a reasonable jog of two miles. Then we'll see what the legs can do: stoke the engine, reset the heart, dig deeper in the lungs, fire the pistons more rapidly. If all is elevated rightly, the pace is carried through to the end! Or so I've heard. Alternately, about 2.2, a respite is needed, and then when the finish line comes into view, a move is mustered. But this too is all over in the timespan of the nightly news. Fun again, yes, and an accomplishment, but not likely one's journey's end.

Then there's the 10k. Now we're sensing some glory. Six miles! (with a premonitional point two tacked on the end). You can't be a couch potato and go out and jog six miles, no sir! This sort of thing takes some "ath-a-let-tic" training! Or, if you can gather a bunch of adventurous relatives to enter a 10k on a reunion-picnic sort of day, that race will be the family's story-line for years to come! All sorts of performances, gawky gaits, and maybe a few courageous charges at the end will spark delighted hoots from the crowd, all of which trumps downing extra barbeque.

Then we enter the world of the Half-Marathoners. This is no party trick. 13 miles is longer than most people ever hike. It's been nixed as a distance for bicycle rides. You can't find 13 miles of interstate highway in New Jersey without an off-ramp. And you could run from the southern end of Manhattan clear past everything notable up to the George Washington Bridge yet still be a mile short. Not only do few ever run that, you wouldn't even want to pay the cab fare for the distance. So hats off to half-marathoners. They deserve their joyful lunches and afternoon soirees onto other activities. (No silly decision there: athletic accomplishment and quadriceps that still flex. Nearly genius.)

But I want to do another marathon, Prez.

It isn't the medal. It isn't the phone call I can place proudly to peers, or to my sons who barely believe Dad has a derring-do capacity. Nor do I need the marathon to maintain my superhuman physique. I discovered The Gym to maintain that, so the ultra-maniacs needn't look around for someone else to emulate yet. And it isn't to add to the career total, a number merely mumble-able in light of my Heartiest Congratulations to Jim Simpson and Larry Macon for crossing 1000 this year. Sweet.

No sir, the reason I want to do another marathon is to subdue, once and for all, those last 6.2 miles.

In my ninth marathon, I grunted to Marines on the D.C. sidelines, "Next year you fellows really ought to make this thing 20 miles." Early on, before I knew anything, I knew this: the first 20 miles were one thing. The next 6.2 were another.

The first 20 miles are an event! We hobbiesauruses start out smoothly, posture more or less in place. We have nearly mastered those first five to seven miles. About then, we notice this isn't our usual weekday run in the park. We push through a fairly sublime 10, then notice some distinct slowing.

Mile 13.1 brings a hint of happiness across the mind: it all seems kind of possible. By the mid-teens though, nagging nudges occur in various extremities. Even the neck begins to ache, which is dumbfounding. Last I saw the pictures in the book, nobody much runs on their neck.

Then comes 20 or so, and it all sort of stops. (Shoot, one time, at Miami, it happened to me at 9, which was a real kick in the head, for one can call it a day there at 13.1. "Oh, no. Let's go run the longest half in history," I thought. Hey! You all have your records, I've got mine.)

Occasionally I get all the way to 21 and get to dreaming: is this a day I reach 22? No, no, not usually. But once in a while, Prez? Sigh.

My splits thus far are Ug-ga-Leeee. Meissner, Tony, Ellis, any maniac awake has told me since I was a wee lad to aim for positive splits (running the second half better than the first). Well, I've got troubling news about that. I cannot run that slow that early. But it isn't the second half that's the trouble.

It's the last 6.2.

No other challenge like it exists in the shorter races, Prez. We're out of stored fuel. Every cell is preaching, "Hey Buddy, we're done. You done? We're done. Just so you know. Done double D double O double N. Done. This Shop is Closed."

But I'm going to fix it this year, Prez. For once, just for the fun of it.

Besides, Diana's got me drinking my vegetables....

Luvya,
Rev
dgkien@yaho.com