



MARATHON MANIACS

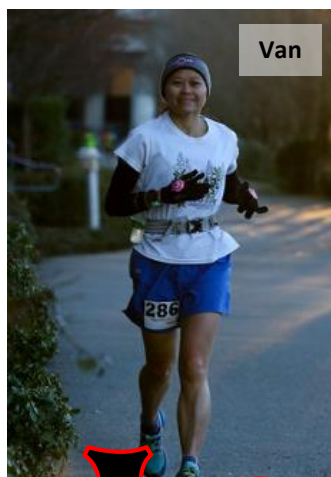
JANUARY 2016 NEWSLETTER

Volume 13, Number 1

NEWSLETTER CONTENTS

Seattle Locks Marathon	2-3
Half Fanatics	3
Louisiana Marathon	4
Marathon Maniacs Book	5
Maui Oceanfront Marathon	6
Marathon Maniac Pacing Team	7
Rock N Roll Arizona Marathon	8
Mississippi Blues Marathon	9
First Light Marathon	9
Social Networking	10
Double Agents	12-13
Lake Youngs Nuts 50k	14
Report from Insane Asylum	15
Promotions	16
Calendar	17
New Maniacs	18-19
Note from the Editor	20
Discounts	21
Rhetorical Revelations from "The Rev"	22-23

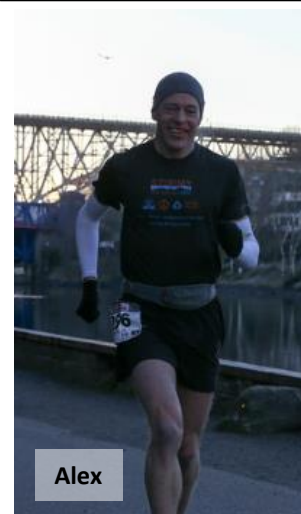




Seattle Locks Marathon

SEATTLE, WASHINGTON

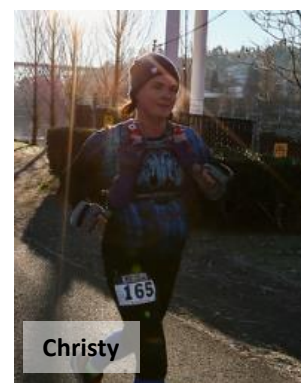




Alex



Jess



Christy



Janis

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 13,000+ 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





Breanna



Louisiana Marathon

BATON ROUGE, LOUISIANA



Al



Tara and Brian



Andrew



Galen



Sue



Tony



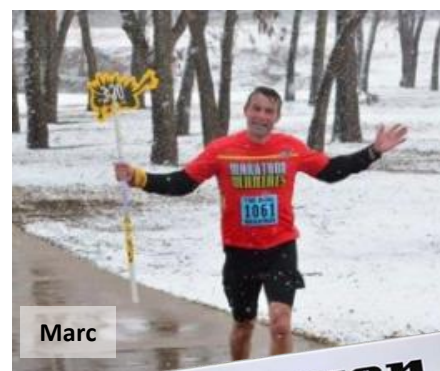
Thomas and Pamela



Heather reaches 10 stars (Titanium)!



David and Gail



Marc



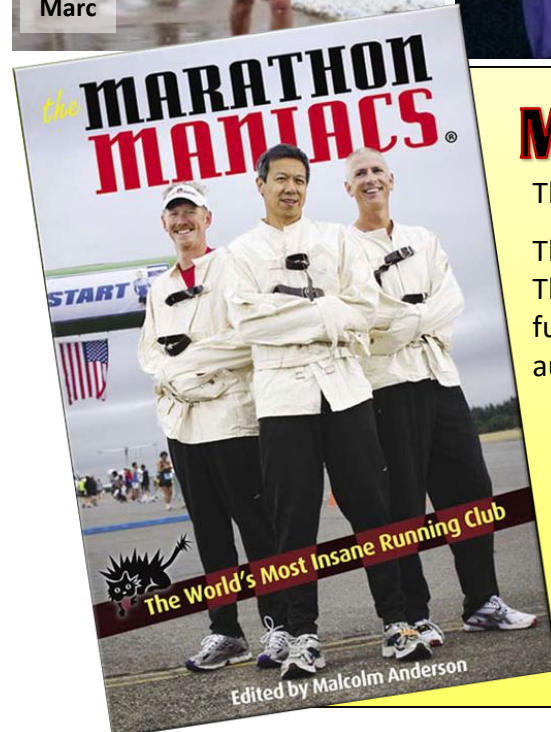
Charlotte



Steve



Jess wins the Coldwater Rumble 100!



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>

Dean



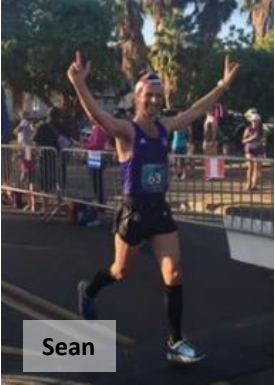
Janet



Maui Oceanfront Marathon

LAHAINA, HAWAII

Sean



Marie and Annie



David and Gail finish their 50th state!

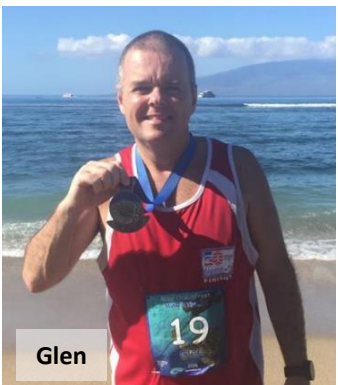
Dan finished his 50th state!



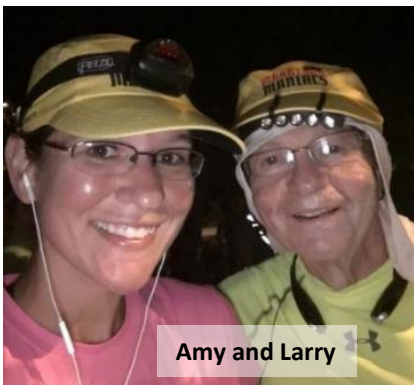
Kerri and Mike



Glen



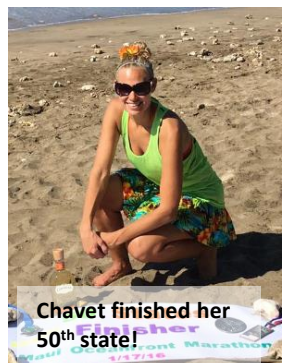
Amy and Larry



Steve finishes his 300th marathon and 50th state!



Chavet finished her 50th state!



MARATHON MANIACS PACE TEAM

The Official Marathon Maniac Pace Teams

Did you know the Marathon Maniacs have an official pace team? Since Maniacs are no stranger to running 26.2 miles many of you are good running these runs.

There are many great reasons to join the pace team and many rewarding aspects to being a pacer.



Requirements to be a Pacer

- Must have completed 15 marathons for your desired distance to pace
- Marathon Pacer: Must have completed the marathon distance 20 minutes faster than your pace time for the full marathon (example: to pace a 4:00 hour you must have run a 3:40 marathon)
- To be in good standing with the Marathon Maniacs and all dues current
- Have your MM race page updated so that we can link your information
- CPR Certification by event date-please contact your local fire department for a FREE class

Pacer Perks

- Free to join!
- Waived entry fee
- Sublimated Pace Shirts
- A chance to carry the coveted maniac cat pace sign
- Discounts on lodging when applicable
- Fun pacing runners to their goal finish time

Best of luck to you securing your spot on the pace team!

For more information on which races we are looking for pacers and on getting signed up please visit:

<http://www.marathonmaniacs.com/marathon-maniacs/pacer-team>

Marathon Maniac Pacing Coordinator: **Sabrina Seher** (MM #3397)



Stephanie



Ryan



Maureen



Fran

Rock N Roll **ARIZONA** MARATHON

PHOENIX, ARIZONA



Jamila



Jennifer



Marilou



Bill





Alison



FIRST LIGHT MARATHON

JACKSON MISSISSIPPI



Michael



Eric and Demetria



Alexis



FIRST LIGHT MARATHON

MOBILE ALABAMA



Mike



Sam



Ila



Ed



Amy



Vickey and Cathy



Carol



Ted



Scott and Loan



Nadia

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



Eric



Paula



Super Sabrina



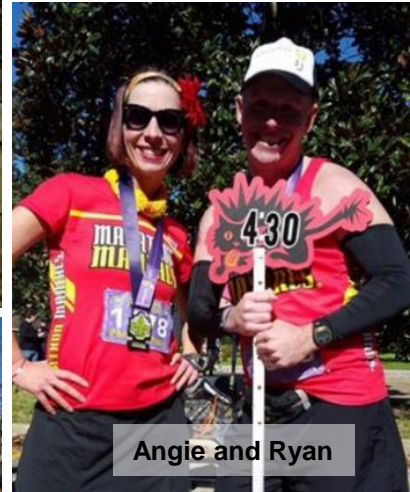
Jen



Bob



Carol and Teal



Angie and Ryan



Marlon



Chris



Nadia

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.



Tricia



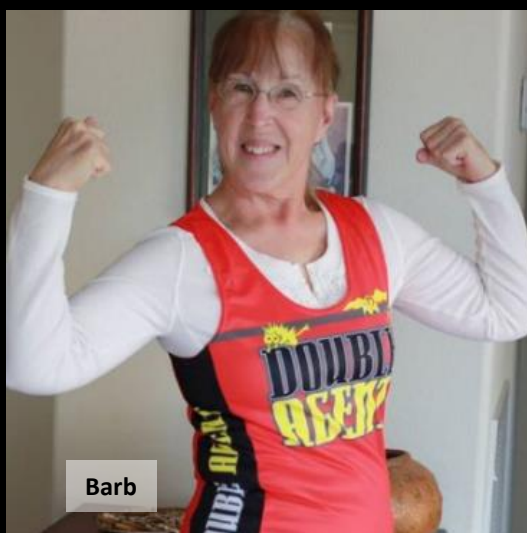
Jamila



Rhonda



Alison



Barb



Ed

DOUBLE AGENTS

NEW DOUBLE AGENTS IN JANUARY:

Karen Clements (#2072)
 Paula Keefe (#2073)
 Robert Gensler (#2074)
 joselito estrella (#2075)
 Quan Chase (#2076)
 Dean Ford (#2077)
 Alissa Yeager (#2078)
 Amy Lewing (#2079)
 Sandra Roberts (#2080)
 Amanda Hoskins (#2081)
 Paul Hoskins (#2082)
 Linda Pulver (#2083)
 Brent Cunningham (#2084)
 Nicara Spechthold (#2085)
 Michelle Jacobson-Kwok (#2086)
 Michael Maddock JR (#2087)
 Peter Vossall (#2088)
 Ryan Hutchison (#2089)
 Ronnie Freeman (#2090)
 Christine Hall (#2091)
 Erin Thompson (#2092)
 Lorna Mazza (#2093)
 Silvia Maldonado (#2094)
 Brenda Hall (#2095)
 Julliette Fahey (#2096)
 Barbara Smith (#2097)
 Heather Tillman (#2098)
 Mike Gonzalez (#2099)
 Brandie Sica (#2100)
 Nicholas Nicholson (#2101)
 Kevin Smith (#2102)
 Gina Swanson (#2103)
 Cheryl Crozier (#2104)
 Ndidi Feinberg (#2105)
 Roger Lenox (#2106)
 Fred Henninger Jr (#2107)
 Kim Benner (#2108)
 Tracy Holland (#2109)
 Jodi Haywood (#2110)
 Liz Andrews (#2111)
 Melissa DeNillo (#2112)
 Laura Comer (#2113)
 Thomas Hrdina (#2114)

Gina Ferlise (#2115)
 Adam Vargulish (#2116)
 Dolores Roberts (#2117)
 Nannette Mereles (#2118)
 Doug Briggs (#2119)
 Elizabeth "Tiggie" Culver (#2120)
 Joellen Shendy (#2121)
 Marian Salmon (#2122)
 Tonia Carroll (#2123)
 Melissa Beasley (#2124)
 Dave Smith (#2125)
 Buffie Veselka (#2126)
 Braden Miller (#2127)
 Telisa Walter (#2128)
 Susan Stacey (#2129)
 Carol Smith (#2130)
 Ronita Bland (#2131)
 Charles McGeachie (#2132)
 Vanessa Yingling (#2133)
 Carra Summers (#2134)
 James Grindeland (#2135)
 Sue Cottrill (#2136)
 Jamie Summerton (#2137)
 Emily Daycock (#2138)
 Phillip Griffith (#2139)
 Jessica Spivey (#2140)
 Eva Capparello (#2141)
 Verne Brummett (#2142)
 Christina Thomas (#2143)
 Linda Ambard (#2144)
 Wendy "Smiley" Sibley (#2145)
 Erica Simmons Ahimah (#2146)
 Malik Owens (#2147)
 Elizabeth Knott (#2148)
 Shelley Hills (#2149)
 Mike Herrin (#2150)
 Gwen Thompson (#2151)
 Steve Patten (#2152)
 Casey Streater (#2153)
 Nikki Morris (#2154)
 Lisa Caskey (#2155)
 Wendy Rodriguez (#2156)

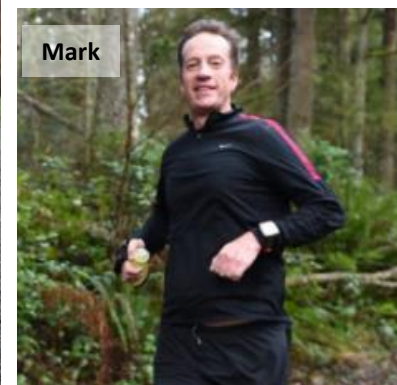
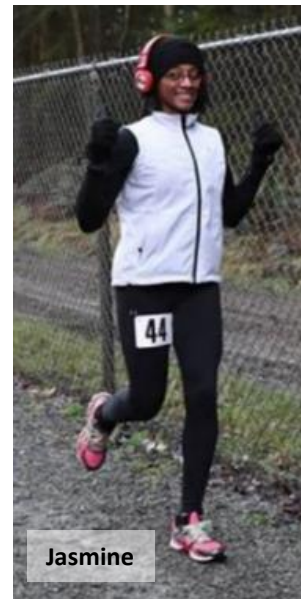


Paul and Amanda Hoskins



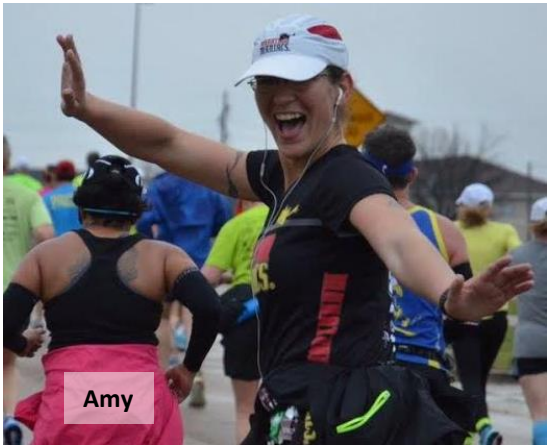
Lake Youngs Nuts 50k

RENTON, WASHINGTON





Tracy Abrom



Amy



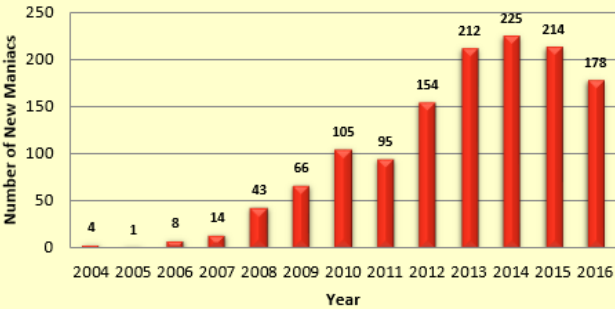
REPORT FROM THE INSANE ASYLUM

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	95.1	67.5	83.8	69.7	106.2	79.5	48.2	29.8	36.5	108.0	128.0	114.4	875.1
Record	225	177	189	138	249	175	101	56	73	257	334	241	2,110
2015	214	129	180	141	178	124	54	45	50	188	238	178	1,719
2016	153	-	-	-	-	-	-	-	-	-	-	-	153

New Maniacs for January



NEW
MANIACS
in
January
2016

153

NEW
MANIACS
in
2016

153

TOTAL
MANIACS
12,404

TOTAL
DOUBLE
AGENTS
2,156

MARATHON MANIACS CRITERIA

New Maniacs at each level

★★★★★ TITANIUM ★★★★★

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

Heather Zeigler, Newton Baker

★★★★★ PLATINUM ★★★★★

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

Michael Rhodes, Jane Sturzaker

★★★★★ PALLADIUM ★★★★★

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

None

★★★★ 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.

Eliot Ephraim, Nadia Guimont

★★★★ 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.

Chris McFaul

★★★ 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.

Randell Hansen, Rob Robertson

★★★ GOLD ★

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

None

★ SILVER ★

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

None

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!!



Heather Zeigler



Newton Baker

Upcoming Races!

Marathon/Ultra Calendar between November 26-January 1

2/19	Maritime Marathon	26.2	NS	3/6	Napa Valley Marathon	26.2	CA
2/20	Tagaytay 60Km Ultramarathon	26.2	RIZ	3/6	Little Rock Marathon	26.2	AR
2/20	FOURmidable	50K	CA	3/6	Chattanooga Marathon	26.2	TN
2/20	FebApple Frozen 50	50K	NJ	3/6	Beaufort 60k Ultramarathon	Ultra	
2/20	Black Warrior 50K	50K	AL	3/12	Graveyard 100	100mi	NC
2/20	Montara Mountain Trail Run	26.2	CA	3/12	Trail Trashed Ultra - Marathon	26.2	NV
2/20	Thrill in the Hills	26.2	GA	3/12	Peytons Wild and Wacky Ultra	50K	SC
2/20	Surfside Beach Marathon	26.2	TX	3/12	Buzzard Day 50k & 100k	50K	OH
2/20	Olde Girdled Grit 50k and Marathon	Ultra	OH	3/12	A Run Through Time Marathon	26.2	CO
2/20	Ultra Adventures Antelope Canyon 50m/55k	Ultra	AZ	3/12	Mountain Marathon	26.2	WA
2/20	Calico Red Rock Canyon Marathon	26.2	NV	3/12	Land Between the Lakes Trail Run	26.2	KY
2/20	Aravaipa Elephant Mountain	50K	AZ	3/12	A Stroll in the Park	Ultra	GA
2/20	Blackwater Trail Challenge	50K	FL	3/12	Aravaipa Mesquite Canyon 50k	Ultra	AZ
2/20	Maple Leaf Indoor Marathons	26.2	IN	3/12	Antarctica Marathon	26.2	AAT
2/21	Five Points of Life Marathon	26.2	FL	3/12	Rock n Roll DC	26.2	DC
2/21	NYCRuns Central Park Marathon	26.2	NY	3/12	Montgomery Marathon	26.2	AL
2/21	Q50 Trail Extravaganza 50m/50k/26.2	Ultra	LA	3/12	Calico Labor of Love 50m/50k/26.2	Ultra	NV
2/21	Warm up for Boston	26.2	OH	3/12	Marin Ultra Challenge	50K	CA
2/21	Frozen Heart 50k	50K	MD	3/12	Crazy Desert Trail Races	50K	TX
2/21	Dry Creek Trail Marathon	26.2	TN	3/12	Ellerbe Marathon	26.2	NC
2/21	El Paso Marathon	26.2	TX	3/13	Lower Potomac River Marathon	26.2	MD
2/21	Lord Hill 50k	50K	WA	3/13	run deo run trail race	50K	CA
2/21	Shelby Forest Loop Marathon	26.2	TN	3/13	Palm 100k/50k	Ultra	FL
2/21	Off the Beaten Track	50K	OTH	3/13	Newport News One City Marathon	26.2	VA
2/21	Roots Rock Fishline	50K	WA	3/13	Marato Barcelona	26.2	VI
2/26	LoViT 100m	100mi	AR	3/13	Zydeco Marathon	26.2	LA
2/27	LOViT 100k	100K	AR	3/13	Asheville Marathon at Biltmore Estate	26.2	NC
2/27	Gusher Marathon	26.2	TX	3/13	Tobacco Road Marathon	26.2	NC
2/27	Post Oak Challenge Day One	50K	OK	3/13	Puerto Rico Marathon	26.2	PR
2/27	Blood, Sweat, and Beers	26.2	NV	3/13	Northern Trails Marathon	26.2	NC
2/27	Orange Curtain 100K/50K	Ultra	CA	3/13	Yokohama Marathon	26.2	
2/27	Phoenix Marathon	26.2	AZ	3/18	Jerusalem Marathon	26.2	
2/27	Cummins Falls Marathon	26.2	TN	3/18	Howard Aslinger Endurance 12hr/24hr Run	Ultra	MO
2/27	Three Capes Marathon and Marathon Relay	26.2	OR	3/19	Grasslands Trail Run	26.2	TX
2/27	Sycamore Canyon 100K	100K	CA	3/19	Lake Martin 100	Ultra	AL
2/27	Salmon Falls 50K	50K	CA	3/19	Pac Rim 24 hour	Ultra	WA
2/27	Soggy Bottom Endurance Ultra	26.2	MO	3/19	Georgia Death Race	Ultra	GA
2/27	Mount Cheaha 50K	50K	AL	3/19	Chuckanut 50k	50K	WA
2/27	Richland Run Fest	26.2	WA	3/19	Catalina Island Marathon	26.2	CA
2/28	Vodafone Malta Marathon	26.2	OTH	3/19	Ultra Adventures Monument Valley 50m/50k	Ultra	AZ
2/28	Rock N Roll New Orleans	26.2	LA	3/19	Valley to the Sea	26.2	HI
2/28	Cowtown 50k/26.2	Ultra	TX	3/19	Raccoon Mountain Marathon	26.2	TN
2/28	Hyannis Marathon	26.2	MA	3/19	Sand Hollow Marathon	26.2	UT
2/28	Tokyo Marathon	26.2		3/19	Antelope Island Buffalo Run	100K	UT
2/28	Kilimanjaro Marathon	26.2		3/19	JC Stone 50k	26.2	PA
2/28	Post Oak Challenge Day Two	26.2	OK	3/19	Badwater Cape Fear 50M/50K	26.2	NC
2/29	Leap Day Marathon	26.2	OR	3/19	Vegas Moonlight Ultra	26.2	NV
3/5	Seneca Creek Greenway Race	50K	MD	3/19	Running the Shoals Marathon	26.2	AL
3/5	Way Too Cool 50k	50K	CA	3/19	Savin Rock Marathon	26.2	CT
3/5	Delano Park	26.2	AL	3/19	HAT Run	50K	MD
3/5	Sierra Vista Trail Runs	50K	NM	3/20	A2A Race for Mercy Marathon	26.2	OK
3/5	Griffith Park Trail Marathon	26.2	CA	3/20	B&A Marathon	26.2	MD
3/5	Carl Touchstone Memorial Mississippi Trail 50m/50k	Ultra	MS	3/20	Virginia Creeper Marathon	26.2	VA
3/5	Dupont City Trail Marathon	26.2	WA	3/20	3rd Annual Train Track Trek	50K	CA
3/5	Tejas Trails Pandoras Box of Rox 50m/26.2	Ultra	TX	3/20	Titi 100	100K	14
3/5	Myrtle Beach Marathon	26.2	SC	3/20	Oakland Running Festival Marathon	26.2	CA
3/5	Woodlands Marathon	26.2	TX	3/20	Shamrock Marathon	26.2	VA
3/5	Albany Marathon	26.2	GA	3/20	Seabrook Lucky Trail Marathon	26.2	TX
3/5	Run Hard Columbia Marathon	26.2	SC	3/20	Big Island International Marathon	26.2	HI
3/5	Green Jewel 50k	50K	OH	3/20	Georgia Marathon	26.2	GA
3/5	Old Pueblo 50 Mile	50mi	AZ	3/20	Ocean Drive Marathon	26.2	NJ
3/6	Long Play Race	Ultra	FL	3/20	Bataan Memorial Death March	26.2	NM

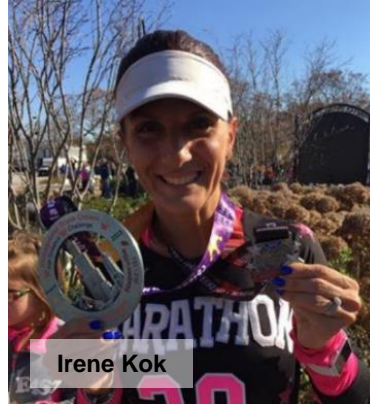
New Maniacs in January 2016

Douglas Spencer (#12253)
Jacqueline Whitney (#12254)
Kathleen Bauer (#12255)
Michelle Forshner (#12256)
Hugh Roger Thompson (#12257)
Jeff Mescal (#12258)
Scott "The Low Rider" Porter (#12259)
David Wood (#12260)
Paul Pirillo (#12261)
Sheldon Samuels (#12262)
Dean Ford (#12263)
Quan Chase (#12264)
Peter Vossall (#12265)
Amanda Georgiades (#12266)
Alissa Yeager (#12267)
Erika Tsang (#12268)
Gerard De Leon (#12269)
Paul Hoskins (#12270)
Michelle Smith (#12271)
Jada Snider (#12272)
Jeff Brown (#12273)
Linda Pulver (#12274)
Brent Cunningham (#12275)
Scott Struck (#12276)
Nicara Spechthold (#12277)
kate lee (#12278)
Will Fulgueras (#12279)
Michelle Jacobson-Kwok (#12280)
Heather Kralj (#12281)
Josh Sarath (#12282)
Laura Collins (#12283)
Riva "Road Runner" Brown (#12284)
Emily Gray (#12285)
Heidi McKee (#12286)
Justin McKee (#12287)
Ryan Hutchison (#12288)
Ronnie Freeman (#12289)
Kari Gormley (#12290)
Julliette Fahey (#12291)
Jason Bangos (#12292)
Christine Hall (#12293)
Erin Thompson (#12294)
Lorna Mazza (#12295)
lea hayduk (#12296)
Helena Smith (#12297)
Silvia Maldonado (#12298)
Brenda Hall (#12299)
Bill Misk (#12300)
Barbara Smith (#12301)
Heather Tillman (#12302)
Janice Leister (#12303)

Taiwo Bada (#12304)
Brandie Sica (#12305)
Bobbie Hartsuff (#12306)
Jan Pitchford (#12307)
Whitney Cole (#12308)
Kevin Smith (#12309)
Cheryl Crozier (#12310)
Fred Henninger Jr (#12311)
debbie svenson (#12312)
Irene Kok (#12313)
Ndidi Feinberg (#12314)
Roger Lenox (#12315)
Stephen Bernstein (#12316)
Tatiana Schember (#12317)
Jackie Pryer (#12318)
Kim Benner (#12319)
Tracy Holland (#12320)
Liz Andrews (#12321)
Kimberly Hunter (#12322)
Melissa DeNillo (#12323)
Adrian Paul (#12324)
Anne Rice (#12325)
Kinsey McKenrick (#12326)
Laura Comer (#12327)
Glen Stanley (#12328)
Thomas Hrdina (#12329)
Justin Chan (#12330)
Adam Vargulish (#12331)
Larry W Carpenter (#12332)
Steve Garrett (#12333)
William Garrett (#12334)
Joseph Peter Byron Boucher (#12335)
Sharon Brady (#12336)
Doug Briggs (#12337)
Dolores Roberts (#12338)
Robyn Larkin (#12339)
Bryan Cox (#12340)
Lori Hast (#12341)
Eric Smith (#12342)
Derek Zardus (#12343)
Joellen Shendy (#12344)
Erica Watts (#12345)
Corinne Fortin (#12346)
Marisa Zappala (#12347)
Marian Salmon (#12348)
Jabus Hamm (#12349)
Dr. Bryon Solberg (#12350)
Curtis Ralston (#12351)
Paul Hutchens (#12352)
Melissa Beasley (#12353)
Dave Smith (#12354)

Margaret Kopacz (#12355)
Jennifer Abate (#12356)
Jennifer Moran (#12357)
Telisa Walter (#12358)
Susan Stacey (#12359)
Melissa Zimmermann (#12360)
Suzanna Turanyi (#12361)
Benjamin Dean (#12362)
Aaron DeBord (#12363)
Carol Smith (#12364)
Susan Ketchum (#12365)
Keith Levitsky (#12366)
Raj Patel (#12367)
Ronita Bland (#12368)
Giannina Mixco (#12369)
Charles McGeachie (#12370)
Courtney Hale (#12371)
Geoffrey Meyer (#12372)
Emily Daycock (#12373)
Mitch Goldstein (#12374)
Alexandra Servia (#12375)
Kristen Riley (#12376)
Jessica Spivey (#12377)
Eva Capparello (#12378)
Verne Brummett (#12379)
Kevin Bradley (#12380)
Mont McClendon (#12381)
Harriett Stevenson (#12382)
Christina Thomas (#12383)
Bernard ODonnell (#12384)
Stacy Goff (#12385)
Erica Simmons Ahimah (#12386)
Mindy Simonson (#12387)
Malik Owens (#12388)
Mary Clinton (#12389)
Elizabeth Knott (#12390)
Scott Benson (#12391)
Serena Flood (#12392)
Alex Penny (#12393)
Christopher Hasegawa (#12394)
Robert Garza (#12395)
Elsa Koutsavakis (#12396)
Rosa Eshoo (#12397)
Casey Streater (#12398)
Trisha Turner (#12399)
Nikki Morris (#12400)
Wendy Rodriguez (#12401)
Maria Fe Godbey (#12402)
Bonnie "Finishing is Winning" Humphrey (#12403)
Michael Luthanen (#12404)
Jessica Kozuki (#12405)

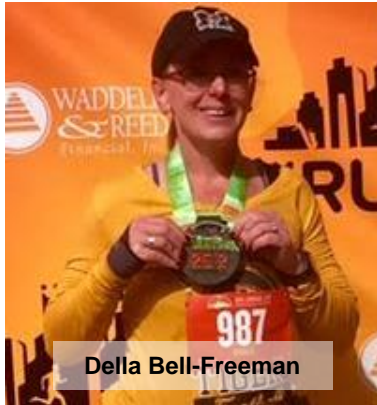
NEW MANIACS



Irene Kok

Dolores Roberts

Matt Quast

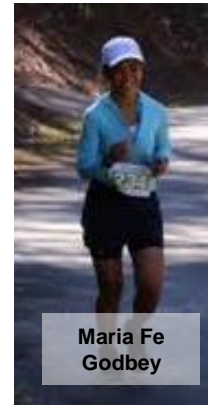


Della Bell-Freeman

Jenny Moon

Paul Hoskins

Laura Comer



Bryon Solberg

Kevin Smith

Suzanna Turanyi

Maria Fe Godbey

Angela Bess



Jane Sturzaker, Cheryl Symons and Merle Want



Harriett Stevenson



Carol



Alison Black



Alicja



Amanda and Ken



Jim



Ed



Robert



Marie and Dean



Steve Walters and Les Omura

FROM THE EDITOR...

How's winter going? Are you managing to get your runs in despite the weather? Are you traveling to the southern states to get your races in? Whatever the case might be, keep at it. Winter will be over soon.

February promises to be exciting with the Olympic Trials in LA.

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.

- Phoenix Marathon 2/27/16: <http://thephoenixmarathon.com>
- Cowtown Marathon (TX) 2/28/16: www.cowtownmarathon.org
- Myrtle Beach Marathon (SC) 3/5/16: www.mbmarathon.com
- New Mexico State Park Series 3/5-3/6/16: <http://mainlymarathons.com>
- Chattanooga Marathon 3/6/16: www.chattanoogaamarathon.com
- Little Rock Marathon (AR) 3/6/16: <http://littlerockmarathon.com/>
- Marathon of the Treasure Coast (FL) 3/6/16: <http://treasurecoastmarathon.com>
- Asheville Marathon (NC) 3/13/16: <http://ashevillamarathon.com/>
- Zydeco Marathon (LA) 3/13/16: <http://zydecomarathon.com>
- Raccoon Mountain Marathon (TN) 3/19/16: <http://runchattanooga.org/rmm/>
- Wrightsville Beach Marathon (NC) 3/20/16: www.wrightsvillebeachmarathon.com
- Dust Bowl Series 3/23-3/27/16: <http://mainlymarathons.com>
- Tomoka Marathon (FL) 3/26/16: www.tomokamarathon.com
- Queen City Marathon (MD) 4/2/16: www.runthequeencity.com
- Knoxville Marathon (TN) 4/3/16: www.knoxvillemarathon.com
- Blooms to Brews Marathon (WA) 4/10/16: <http://bloomstobrews.getboldevents.com/>
- Hogeys Marathon (AR) 4/10/16: www.hogeyemarathon.com
- **Blue Ridge Marathon (NC) 4/16/16: <http://blueridgemarathon.com/>
- Carmel Marathon (IN) 4/16/16: www.carmelmarathon.com
- Garmin Marathon (KS) 4/16/16: <http://ozrun.org>
- **Salt Lake City Marathon 4/16/16: www.saltlakecitymarathon.com
- Whidbey Island Marathon (WA) 4/16/16: www.whidbeyislandmarathon.com
- Riverboat Series 4/17-4/23/16: <http://mainlymarathons.com>
- Coastal Delaware Running Festival 4/24/16: www.codelrun.com
- HITS Kiwanis Kingston Classic Marathon (NY) 4/24/16: <http://hitsrunning.com/hits-kiwanis-kingston-classic/>
- Colorado Marathon 5/1/16: www.thecoloradamarathon.com
- Eugene Marathon 5/1/16: <http://eugenemarathon.com>
- Providence Marathon (RI) 5/1/16: www.runri.us
- New Jersey Marathon 5/1/16: www.thenewjerseymarathon.com
- Tacoma City Marathon 5/1/16: www.tacomacitymarathon.com
- **New River Marathon (NC) 5/7/16: www.newrivermarathon.com
- Wisconsin Marathon 5/7/16: www.wisconsinmarathon.com
- Brookings Marathon (SD) 5/14/16: www.brookingsmarathon.com
- Shipyard Maine Coast Marathon 5/15/16: <http://mainecoast262.com>
- Fargo Marathon 5/21/16: www.fargomarathon.com
- Vermont City Marathon 5/29/16: www.vermontcitymarathon.org
- Casper Marathon (WY) 6/5/16: www.runwyoming.com
- Deadwood Mickelson Trail Marathon (SD) 6/5/15: www.deadwoodmickelsontrailmarathon.com
- Windermere Marathon (WA) 6/5/16: <http://windermereamarathon.com/>
- **Bear Lake Marathons (WY, UT & ID) 6/9-6/11/16: www.bearlakeendurance.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



Hiya, Mr. Runner Man!

How are you, Prez? Happy New Year! All set to jog a skajillion marathons, you know, as training runs for running two kabillion marathons? Of course you are! You are PREZ, and you HAVE to re-gain your impeccable running form so you can beat Mr. Hollywood again!

Between you and me, Prez, you better practice, because it turns out not only are Sir Christopher AND Professor Tony planning to leave you in their macadam dust, I, my very own self, Reverend of the Pokeyfeet, am fixing to start out some nice quiet race next to you, ambling along, a little chitter chatter here and there, and then surprise you by lasting at your brisk pace more than three miles, more than five, more than seven miles with you, amazing you no doubt, and then, stunningly, incredibly, unbelievably, about mile 23, pulling away! Yessir, that's my 2016 plan! I figure, it's my year, see, because Peyton AND Carolina are going to the Super Bowl, my #2 NFC and #1 AFC teams, and I-know-who's team is home eating nachos.

Oh my, pardon my manners. I am *sooo sorry* your fellers' Seahawk wings didn't fly very high against SuperNewton's panthers. *{Well, honestly I'm not really sorry. I just feel bad for you, buying that greenish shirt with the funny number and all.}*

The Super Bowl is a LOT like a marathon:

- 1) it takes practice to get there;
- 2) plenty of anticipation until the big day comes;
- 3) the start is always exciting;
- 4) it requires tremendous athletic stamina to compete well;
- 5) there are clearly two halves, and that second half can be a humdinger;
- 6) strategy and tension are involved, in that great, exciting way;
- 7) they each take about three - to - forever hours of your day, and
- 8) we're pretty tired when they are over.

Then again, the Super Bowl is *nothing* like a marathon.

- 1) I can't play in one, but I can run in NY, or Chicago, or even Boston if things go right...alright, YOU can run in Boston, if things go right...
- 2) those players keep sitting down during the game! Ha! I won't call them wimps, though, because
- 3) they tend to be bigger -- much bigger -- than marathon runners,
- 4) but then again, they take a break (can you believe that?) mid-way through, and watch a fireworks show. Huh!
- 5) And they only get to play the thing once a year. Prez, we have *options*!
- 6) One point for them though: we pay to play, but they get paid to play. (Aaah. *"One small difference in a word, one giant leap for the wallet."*) Oh well. Nothing like marathons.

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

A more beautiful comparison for the marathon is the always poetic Springtime, which we're really starting to look forward to over here in the northeast, let me tell you. And that in itself is one thing springtime and marathons have in common: we really look forward to them.

This year in particular, I am really looking forward to both, to do them well. For your new member-friends still just finding their marathon game, the day inevitably comes years from your "now", when one's performances hit a valley, a winter of your career, for whatever reasons: age, injury, or distractions of life that interfere with training. But with a little bit of luck and fortuitous twists of fate, a second chance may present, and the flowers start to peak out of the ground once more, and the spring, and the marathon, reconvene.

In those early miles of spring, we plant the seeds, use just the right amount of water, all in the cool of the early morning, leading to the disciplined work of the middle miles, each one passing with satisfaction, in anticipation of eventual success, if only we just take care of business, a mile at a time, the sun warming up and massaging our backs. Then, the numbers pass, the flowers bloom, the vegetables ripen, the berries can be tasted, and the triumph of goals are reached and celebrated for work well done, and we rest content, a tad sore, but happy.

See what your one post-race conversation over a decade ago with Maniacs #2 and 3 has wrought? Upwards of 11,000 people thinking: "yeah, I'm a Maniac. It's a new year. I've Got to go run another marathon." And off the couch we go, yet again, and again and again, in part because of this maniacal momentum you launched. Your contribution is incalculable to the lives of "normal" people like me towards keeping our heads in the game, sneakers on our feet, and gel blocks in our cupboards. Thanks for that for all of it. We are healthier because of you all.

2016 has arrived, and there are marathons to run, and I'm already using leftover winter for preparation. And you'd better be too! Because enough sentimentality... this rabbit is a-scampering about mile 23, just when you least expect it! Where are we going this year, eh?

Luvya,
Rev
dgkienz@yahoo.com