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Elaine Green
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 4000 members in the Fanatic Asylum, and I’m sure you’ll recognize a few names in the group. So jump on the bandwagon now, get your qualifying races in and join this new, zany group!

www.halffanatics.com

Half Fanatics at the Rock N Roll San Diego Half Marathon
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

http://www.marathonmaniacs.com
LAKE YOUNGS ULTRA

Lake Youngs Ultra 28.8m (6/8): Shawn Aebi, Sporty Diva Coates, Ron Frederick, Rick "Roadkill" Haase, King Arthur Martineau, Little Leslie, Monte Pascual, The Programmer, Stephanie Puckett, Danielle Ross, Bob Satko, Lisa Switzer, Guy Yogi

http://www.marathonmaniacs.com
In February the Main Maniacs released the Marathon Maniacs book! This book is a collection of stories by members of the Marathon Maniacs. These stories are sure to be encouraging and motivating 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!

10 YEAR ANNIVERSARY (2003-2013)

http://www.marathonmaniacs.com

Wes Waters

Pacal Radley

Maureen Reagan

Denis McCarthy

John Leighton

http://www.marathonmaniacs.com
Vancouver USA Marathon (6/16): Todd Bellamy, Dan Bowman, Cormac Burke, "Runner Lis" Cooper, George Cornett, Kathy Davidson, Jennifer Everett, Steven Ferry, Will "CAK7' Flint, Yvonne Gogolen, Flower Lady Carol Goslin, Christy Hammond, Claudia Hansen, Annie Hernandez, Ted Hobart, Amanda Hoskins, Kelsey Hubbard, Angie Huggins, John Jester, James Klarich, Gary Kobold, Mark Kramer, Pete Nicholson, Kay Pee, David Pearson, tony (tp!) philippi, Tom Scott, Doug Shanks, McGyver, Michael Shilling, Peter Stackpole, Kirk Stafford, Rita White, Steve Wisner
THE FIRST FIVE YEARS: 2003-2008
A DECADE OF MANIACAL CRAZINESS!
A look back at the first 10 years...

THE FIRST FIVE YEARS: 2003-2008

Cartwheels, the sLuG and Tiptoes

Chris Warren

Sam and Tony

Robert Lopez

Bill Barmore

Sean Meissner

Patch Dahl

Amy Yanni

Russ Johnson

Andy Smith

Tim Lawson

Beth Berndt

http://www.marathonmaniacs.com
A DECADE OF MANIACAL CRAZINESS!
A look back at the first 10 years...

THE FIRST FIVE YEARS: 2003-2008

Rick Smith
Team Dolphin
Fiona and Wayne Weight
Peggy Shashy
Mel Preedy

Paula and Steve Boone
Larry Macon and Steve Monk
Doug MacLean
Rodolfo Lucena

Billie Medders, Mike Dooley and Paula Bacon
Lisa Bliss crossing the finish line at Badwater

"Hotrod" Daniel Barton and Jess Mullen
Chester Kalb

Bruce Quam, Dave Conger and Jon Mahoney
Shaun Hamill

http://www.marathonmaniacs.com
THE FIRST FIVE YEARS: 2003-2008

Carol Dellinger

Rob Klein

Ashley Kuhlmann and Andy Fritz

Stu Jackson

Tiffany Phelps

Jack Swanson

Sue Fauerbach

Troy Windsor

Angela Ivory

Sue Fauerbach and Brian Pendleton

Robert Lopez and Brian Pendleton

Cliff Richards and Annie Thiessen

Scott Tomchick

http://www.marathonmaniacs.com
Mayor's Midnight Marathon


http://www.marathonmaniacs.com
The following is a statistical update on the growth of the Marathon Maniacs. It may not mean much to you, but I find it very interesting.

### Monthly Growth

<table>
<thead>
<tr>
<th>Month</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
<th>Yearly</th>
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</thead>
<tbody>
<tr>
<td>Averages</td>
<td>54.4</td>
<td>45.4</td>
<td>51.9</td>
<td>46.7</td>
<td>74.2</td>
<td>60.1</td>
<td>40.1</td>
<td>23.4</td>
<td>28.2</td>
<td>70.2</td>
<td>83.5</td>
<td>84.5</td>
<td>584.4</td>
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<tr>
<td>2012</td>
<td>154</td>
<td>95</td>
<td>126</td>
<td>132</td>
<td>160</td>
<td>147</td>
<td>101</td>
<td>56</td>
<td>71</td>
<td>174</td>
<td>194</td>
<td>182</td>
<td>1592</td>
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<tr>
<td>2013</td>
<td>212</td>
<td>95</td>
<td>170</td>
<td>138</td>
<td>212</td>
<td>133</td>
<td>960</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### New Maniacs for June

- **New Maniacs in June 2013**: 133
- **New Maniacs in 2013**: 960
- **Total Maniacs**: 7388

### State Distribution

<table>
<thead>
<tr>
<th>State</th>
<th>MM</th>
<th>Pct%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington</td>
<td>970</td>
<td>13.1%</td>
</tr>
<tr>
<td>California</td>
<td>588</td>
<td>8.0%</td>
</tr>
<tr>
<td>Texas</td>
<td>459</td>
<td>6.2%</td>
</tr>
<tr>
<td>Illinois</td>
<td>270</td>
<td>3.7%</td>
</tr>
<tr>
<td>Florida</td>
<td>235</td>
<td>3.2%</td>
</tr>
<tr>
<td>New York</td>
<td>202</td>
<td>2.7%</td>
</tr>
<tr>
<td>Virginia</td>
<td>190</td>
<td>2.6%</td>
</tr>
<tr>
<td>Oklahoma</td>
<td>185</td>
<td>2.5%</td>
</tr>
<tr>
<td>Oregon</td>
<td>170</td>
<td>2.3%</td>
</tr>
<tr>
<td>Georgia</td>
<td>150</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

http://www.marathonmaniacs.com
Jules Mann

Emil Cheng

Monte and Patti

Joe Taricani

David Appleby

Edward Mayeda

Shirley Shaw

Paul Gentry

Sabrina

http://www.marathonmaniacs.com
This month’s question: Do you get nervous before a marathon?

Please vote online between now and Aug 10: http://tinyurl.com/MMpollJuly2013

Last month’s question: How do you primarily buy your running shoes?

Most Maniacs support the local running stores when buying new shoes (56%) followed by Online (36%).

Thanks for voting!
Tracey Newhouse runs her 100th marathon!
Noteworthy Accomplishments and Promotions!

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

- **Titanium (10 star) Maniac**: Karen Vollan, Marina White
- **Platinum (8 star) Maniac**: Sandy Hugill
- **Palladium (7 star) Maniac**: None
- **Osmium (6 star) Maniac**: Jean Neely, Ethan Matyas
- **Ruthenium (5 star) Maniac**: So Mei Chan, Darren Raiguel, Sheila Beermann
- **Iridium (4 star) Maniac**: Dave Buchner, Peter King, Jenna O’Horan, Jessica Willis, Patrick Scoco, Angela Frye, Ruby Viryanthara, Hunter Jamerson, Kim Gudenkauf, Maria Taveras, Andrew Flor, Diane Montgomery
- **Gold (3 star) Maniac**: Lennie Groenewegen, Christy Hammond, Melissa Fryback, Nina Reich, Peter King, Jennifer Lawrence
- **Silver (2 star) Maniac**: Richard Valles, Lisa Morin
- **100 Marathons**: Tracey Newenhouse, Jim Kondek

New Titanium Maniacs!!

Karen Vollan
Marina White

Yvonne Kitchingman from Auckland NZ and Susie Ro from Sprokane Washington
Anders and Robert Burke at Stockholm, Sweden
Cathy Bradford
Damaris Rosich-Schwartz
The Running Assassins - Amy Jean Farlee and Keith Schlottman
Nancy Wentink
What's Coming Up in July/August

Marathon/Ultra Calendar between July 15-August 11

Monday, July 15
Badwater Ultramarathon (Ultra-CA)

Tuesday, July 16
I Ran Badwater Challenge (26.2-CA)

Saturday, July 20
Aspen Valley Marathon (26.2-CO)
Lone Ranger Ultra Marathon 24h (Ultra-PA)
Cycle the Goose (26.2-SC)
Cresotar 50m (50mi-SC)
Dirty Burg (50K-MI)
Full mOOn 50k (50K-AR)
Killarney Marathon (26.2-Irl)
Loonies Midnight Marathon (26.2-TN)
Running With the Devil 12h/6h (Ultra-NJ)
Tahoe Rim Trail 100m/50m/50k (Ultra-NV)
Totem to Totem Marathon (26.2-BC)
University of Okoboji Marathon (26.2-Ia)
Vermont 100m/100k (Ultra-VT)
Wild Woman Trail Marathon (26.2-WA)

Sunday, July 21
Capacan 12 Hour Challenge (Ultra-WV)
El Scorcho SieFre (50k-Tx)
Fairlands Valley Challenge 50k/26.2 (Ultra-GBR)
Massey Marathon (26.2-ON)
Pattaya Marathon (26.2-Tha)
Rosaryville Trail Run (50K-MD)
Tracy's Superhero Costume Run (26.2-CA)
Wild Thing Summer Fling (26.2-WA)

Wednesday, July 24
Deseret News Marathon (26.2-UT)

Friday, July 26
24 Hour Ultra Around the Lake 24h/12h/26.2 (Ultra-Ma)
Lakeland 100 (100mi-Gbr)

Saturday, July 27
Aravaipa Vertigo Night Run 63k (Ultra-Az)
Bear Brook Trail Marathon (26.2-NH)
Big Butts 100k/50k (Ultra-Ms)

Sunday, August 4
Blister in the Sun Marathon (26.2-TN)
I Ran Majestic August Double Day One (Ultra-Tx)
Port Gamble Marathon (26.2-WA)
Racing the Planet Iceland (stage race - counts as one) (Ultra-Isl)
Stockholm Ultra 100k/50k (Ultra-Swe)
Thorp Mountain 50k (50K-WA)
Yukon River Trail Marathon (26.2-YT)

Saturday, August 10
Aravaipa Hypnosis Night Run 62k (Ultra-Az)
CAR Victorious Summit (member discount) (26.2-Ca)
Crater Lake Marathon (26.2-Or)
Crystal Lake Marathon (26.2-Mi)
Dirty Girls 24h/12h (Ultra-On)
Howl at the Moon 8h (Ultra-Il)
Kacina Mosa 100k Mountain Challenge Run (100k-Ut)
Mt Sneffels Marathon (26.2-CO)
Paavo Nurmi Marathon (26.2-WI)
Resurrection Pass 50m (50mi-AK)
Squash 50 50m/50k (Ultra-BC)
Wildcat Ridge Romp 100k/50m/50k (Ultra-Nj)

Sunday, August 11
Guerrilla Running Transcending 12h (Ultra-Wa)
Haulin Aspen Trail Marathon (26.2-Or)
Marathon By the Sea (26.2-Nb)
Rainshadow Angels Staircase 60k (Ultra-WA)
Skyline 50k (50K-Ca)

http://www.marathonmaniacs.com
New Maniacs in June 2013

Lisa Trapasso (#7256)
Ovella Jesse (#7257)
Mark Swenson (#7258)
Mary Leicht (#7259)
Allison Martin (#7260)
Elizabeth Mammina-Dincher (#7261)
Katlyn Phillips (#7262)
Donald Kemper (#7263)
Kirk Buckley (#7264)
Brian Nelson (#7265)
Kathryn Ivey (#7266)
Sean Celli (#7267)
Bob Winandy (#7268)
Theresa Straw (#7269)
Brian Ko (#7270)
David Souleles (#7271)
Ken Jesse (#7272)
Buddy Dale (#7273)
Matthew Kennard (#7274)
Scott VerValin (#7275)
Jack Cumming (#7276)
James Hoppe (#7277)
Cory Redifer (#7278)
Nancy Hebert (#7279)
Rachel Noah (#7280)
Griffin Geisler (#7281)
Shane Hipsag (#7282)

Rachel Crocker (#7283)
Sporty Spice (#7284)
Clara "ClaireBear" Alonzo (#7285)
Jennifer Raczka (#7286)
Alayna Pelfresne (#7287)
Crystal Salerio (#7288)
John MacKenzie (#7289)
Thomas Gourard (#7290)
Boris Tannenbaum (#7291)
Frank Urrea (#7292)
Kim Soap (#7293)
Andrew Rohlfis (#7294)
Jessica "Durtii" Kurti (#7295)
Steve Johnson #2 (#7296)
Jennifer Hartley (#7297)
Daniel Goh (#7298)
Alexis Batausa (#7299)
Diana Khaksar (#7300)
Pamela Plyler (#7301)
Tina Hauser (#7302)
Eric Engel (#7303)
Kimberly Gudenkauf (#7304)
Tom Halverson (#7305)
Sue Torf (#7306)
Christine Quinn (#7307)
Tim Panebianco (#7308)
Alan Swankie (#7309)
Alex Portwine (#7310)
Scott Shiba (#7311)
Lucy Ledezma (#7312)
BJ Cobb (#7313)
Shauna Veazey (#7314)
Joe O’Connor (#7315)
Donna England (#7316)
Chris McDaniel (#7317)
Sahar Hendabadi (#7318)

Danny Baker (#7319)
John Vinson (#7320)
Steven Thompson (#7321)
Melissa Sprague-Brentesons (#7322)
Andrew Raleigh (#7323)
Shawn Countrman (#7324)
Michele Countrman (#7325)
Sharon Woijaroski (#7326)
John Wojnaroski (#7327)
Paula Meyer (#7328)
Veronica Goghous (#7329)
Christina Jalali (#7330)
Jo Nall (#7331)
Tim Post (#7332)
Nova Kayne (#7333)
Jeannie Tsai (#7334)
Steve Holland (#7335)
Eddie Schneider (#7336)
Keather Kehoe (#7337)
Darrin Morrill (#7338)
LaVerne Woods (#7339)
Jennifer Wood (#7340)
Nels Bentsen (#7341)
Jan Woodside (#7342)
Charles Seligman (#7343)
Ray Rios (#7344)
Tamar Merriam (#7345)
Jacqueline Smith (#7346)
Fan Ny (#7347)
Budi Januar (#7348)
Syrilann Cooper (#7349)
Bob Sommerville (#7350)
Duane Dow (#7351)
Kimberly Spalsbury (#7352)
Christine Hall (#7353)
Alfred Fordan (#7354)

Jeff Snell (#7355)
Jackie Helfgott (#7356)
Cesar Sangalang (#7357)
Rachel Spatz (#7358)
Michelle Vorj (#7359)
Nikhil Simha (#7360)
Mindy San Jule (#7361)
Robin Wendlandt (#7362)
Darlene Rompogren (#7363)
Michael Rompogren (#7364)
Russell Scott (#7365)
Jon Bell (#7366)
Luis Leon (#7367)
Mark Eelnurme (#7368)
Ria Steffins (#7369)
Ryan Philip (#7370)
Brad Batke (#7371)
Jessica Placek (#7372)
Deidra Dejacono (#7373)
Paul Kentor (#7374)
Riley Qualley (#7375)
Eileen Pontoace (#7376)
Adam Foley (#7377)
Joanne Moss (#7378)
DaleMccashew (#7379)
Kip Eldridge (#7380)
Curt Canter (#7381)
Trevor Myers (#7382)
Daniel Petry (#7383)
Jeri Howey (#7384)
Jennifer Ford (#7385)
Andrew Gorohoff (#7386)
Shawn Soko (#7387)
Shaun Hobson (#7388)

http://www.marathonmaniacs.com
Summer is here! June is always a transition month in the marathon world as the weather gets warmer the races become fewer. I hope everyone has a great summer and gets geared up for a great Fall marathon season!

Happy Running!

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

- Blue Blazes Ultra (OH) 7/12-14/2013: www.blueblazesultra.com
- Make It By Midnight (GA) 7/13/13: http://racerpal.com/races/MIBM.html
- Light at the End of the Tunnel Marathon (WA) 7/14/13: www.brianpen.com/LittleMarathon/Tunnel/default.asp
- Morgan Valley Marathon (UT) 7/27/13: www.morganmarathon.com
- Moose’s Tooth Marathon (AK) 8/18/13: www.bigwildliferuns.org
- Sunriver Marathon for a Cause (OR) 9/1/13: http://sunrivermarathon.com
- Sioux Falls Marathon (SD) 9/8/13: www.siouxfallsmarathonhalfmarathon.com
- Center of Nation Series (SD, ND, MT, WY, NE) 9/16-20/13: http://mainlymarathons.com/center_series
- **Priest Lake 50k/26.2 (ID): www.priestlakerace.com
- Fox Cities Marathon (WI) 9/22/13: www.foxcitiesmarathon.org
- Omaha Marathon 9/22/13: http://omahamarathon.com
- **Platte Valley Companies Monument Marathon (NE) 9/28/13: www.monumentmarathon.com
- New Hampshire Marathon 10/5/13: www.nhmarathon.com
- Triple Lakes Trail Marathon (NC) 10/5/13: http://triplelakesrace.com
- Hartford ING Marathon (CT) 10/12/13: www.hartfordmarathon.com
- Poulsbo Marathon (WA) 10/13/13: www.poulsbomarathon.com
- UnitedHealthcare Newport Marathon (RI) 10/13/13: http://uhcmarathon.com
- Indianapolis Marathon 10/19/13: www.indianapolismarathon.com
- 7 Bridges Marathon (TN) 10/20/13: http://sevenbridgesmarathon.com
- Des Moines Marathon (IA) 10/20/13: www.desmoinesmarathon.com
- Fort Myers Beach Marathon (FL) 11/10/13: www.fortmyersmarathon.com
- Space Coast Marathon (FL) 1/26/14: www.spacecoastmarathon.com
- Mississippi Blues Marathon 1/11/14: www.msbluesmarathon.com
- **First Light Marathon (AL) 1/12/14: www.firstlightmarathon.com
- Celebration Marathon (FL) 1/26/14: www.celebrationmarathon.com
- Miracle Match Marathon (TX) 1/26/14: http://miraclematchmarathon.org

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!!
Dear Prez,

I’ve created a new poetry form, Prez. It’s an evolutionary form, mixing hints of haiku with ironic pentameter. Picture the setting: Carnegie Hall, a murmuring, packed audience comes to a hushed silence; the poet walks to center stage, pauses, his eyes sweep the room, and then he reads, Adagio:

“Superman, Batman, Ironman, Hulk; Supergirl, Batgirl, Spiderman, Thor. Dopey, Sleepy, Sneepy, Doc; Happy, Bashful, Grumpy. Goofy, Mickey, Minnie, Duck; Minnie, Cinderella, Cricket. Charlie Brown, Lucy, Linus, Sally; Schroeder, Peppermint Patty, Snoopy. MarathonJunkie, Pigtails, Hollywood, Yee; Phillippi, Macon, Dolphin, Slug, WalkingDiva, Kino, Birdman.”

The hall, breath-taken and silent, grows in the realization of history happening in their very midst. As one, they rise to their feet, filling the air with a roar of applause and ovation! The imperfectly perfect artistic merging of the balanced and imbalanced of life in its variegated breadth and depth! Bravo! BRAVO!!!

No? Sigh. A guy can dream.

How are you Prez? I was thinking about the evolution of a marathoner’s life, how many phases we experience, and it did remind me a bit of Snow White’s rag-tag fellows, as though over the course of time, we become a little bit of every one of them.

When my Irish golfing buddy suggested that we try a marathon, I laughed out loud. He was cheerfully serious about it though, and so I was cornered. Uncertain I could ever finish one, I rather Bashfully said I would think about it. A day later, I went for a jog.

Well, one year later, as I crossed the finish line (at Disney, come to think of it), a new feeling instantly washed over me. I suppose like landing on the moon, until you do it yourself, there is no good metaphor to relate to someone else the feeling exactly. But Happy? Sure!

Of course, that night I had no difficulty being Sleepy, all through the night.

By Friday, despite a week of stiffness, full-blown Dopey set in, signing up for multiple marathons in contiguous week-ends. With each new one added, I got, well, Goofier. But Yee made me do it.

Schroeder-like discipline for practicing commenced. Daily runs at the track were the ticket from Jiminy Cricket. Springtime made Sneepy ingest Allerest so to make panting possible, but the music of John Williams’ Superman score inspired additional laps that would not have occurred otherwise.

I needed more information, and retreated to my Batcave to read about Phillippi’s and others’ Ironman exploits on the Maniac web-page. Amazed, their stories were just the potion that made this Peter Parker think he could swing from mile-post to mile-post at the mere flick of a wrist. Emboldened, I joined the gym and imagined myself like the Hulks there, replenishing my own muscles of mediocrity.

Races two and three rolled around, but, in reality, with my more Snoopy-like than Schroeder-like levels of practice, by mile 24 in both races, odd twinges in my knee raised a bit of the Grumpy in me. Not to be defeated though, I sought solutions via a new career as an amateur Doc.

It’s all there, Prez. While I keep thinking I am going to be the Wizard of Roads, as yet my races reflect something of the confusion of the Tinman (does he or does he not have a heart? perhaps...) and the Lion (really, is it courageous to limp through the last four miles? perhaps...), though most clearly I surely resemble the Scarecrow, for we have the most in common: we love to play, we dance energetically if clumsily, and, sigh, neither one of us has a brain. But, we have figured out this:

There’s no place like 26.3.

Luvya, Rev