

### NEWSLETTER CONTENTS

Half Fanatics	2
Marathon Maniacs Book	4
Marathon Maniac Pacing Team	6
Revel Rockies Marathon	7-8
Mini-Maniacs	8
Light...Tunnel Marathon	9-10
Social Networking	10
Double Agents	12-13
Pigtails Challenge	18-19
2016 Reunion	16
Promotions	17
Calendar	18
New Maniacs	19
Note from the Editor	20
Discounts	21
Rhetorical Revelations from "The Rev"	22-23







## 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](http://halffanatics.com)). There are currently over 14,000+ members in the Fanatic Asylum, and I'm sure you'll recognize a few names in the group. So jump on the bandwagon now, get your qualifying races in and join this new, zany group!

[www.halffanatics.com](http://www.halffanatics.com)





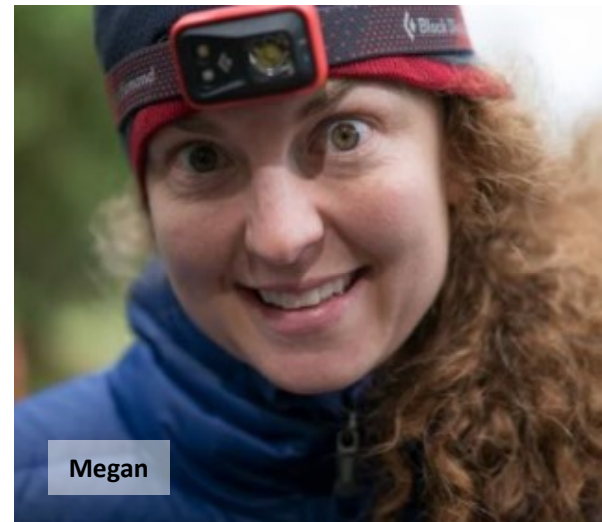
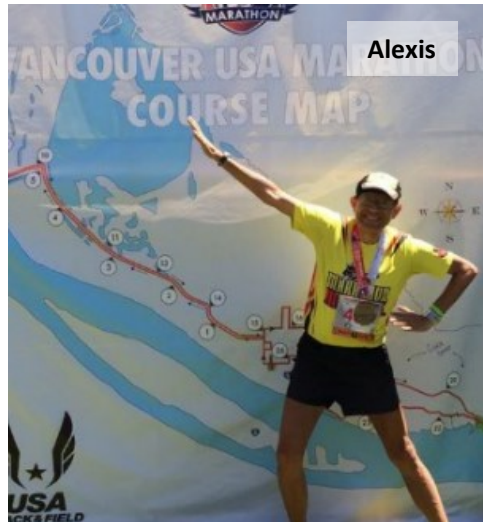


Richard and Arturo



Lee





## 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>







# 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)





Charlotte



# REVEL ROCKIES MARATHON

DENVER, COLORADO



Todd



Jennifer



Jenn







Dave and Denis



Ed



## mini-MARATHON MANIACS®

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

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

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







Matt



Elaine

# LIGHT at the END of the TUNNEL MARATHON

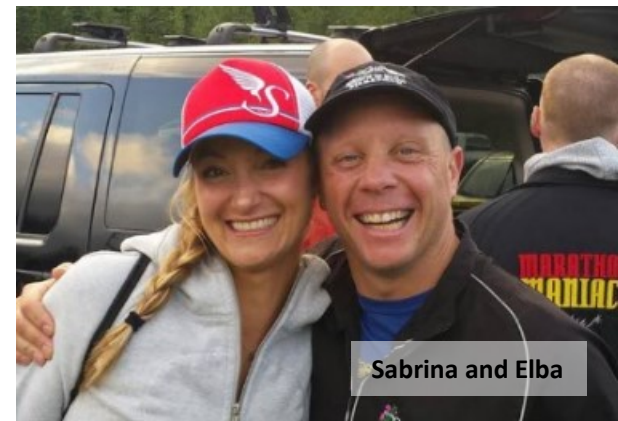
NORTH BEND, WASHINGTON



Christy



PR smile for Sean!



Sabrina and Elba



Stephanie



The Manns





Zach



Monte



Christy



## 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**

@misunshine2

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



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





Janet completes the 50 states for the second time!



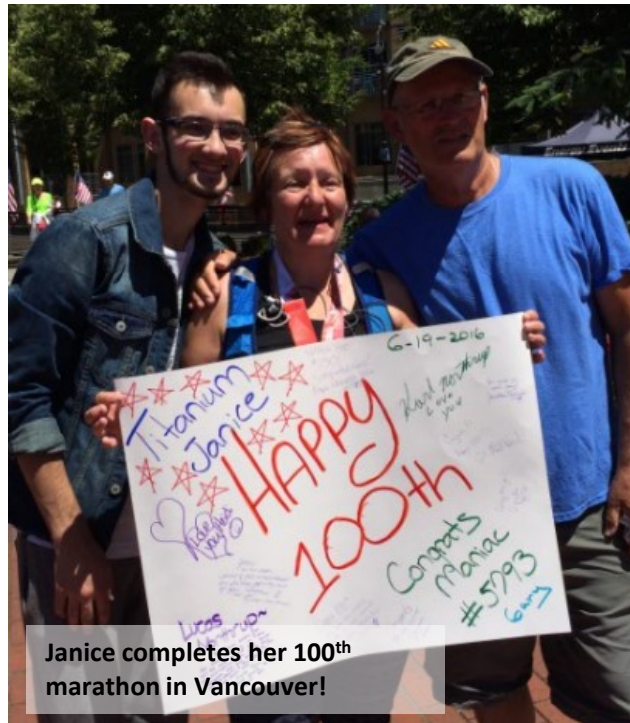
Karen completes her 50<sup>th</sup> state!



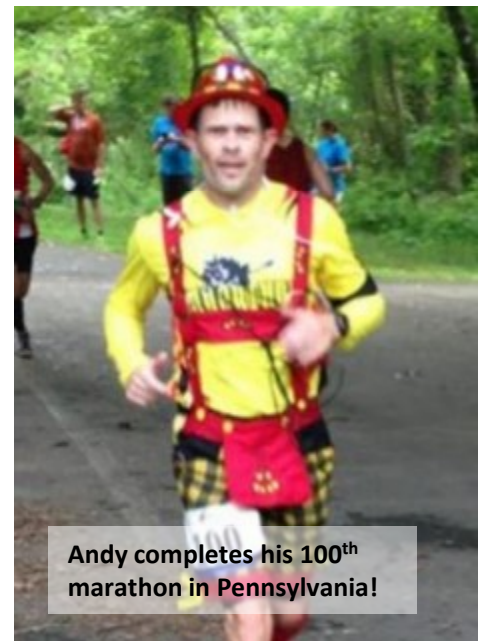
Chuck completes his 100<sup>th</sup> marathon in Alaska.



Steve finishes Titanium for the third time!



Janice completes her 100<sup>th</sup> marathon in Vancouver!



Andy completes his 100<sup>th</sup> marathon in Pennsylvania!



Ed completes his 200<sup>th</sup> marathon in Colorado!



Nancy and Barb finish their 50 states!



Jennifer completes her 100<sup>th</sup> marathon!



# 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.



Shonda



Cindy



# DOUBLE AGENTS

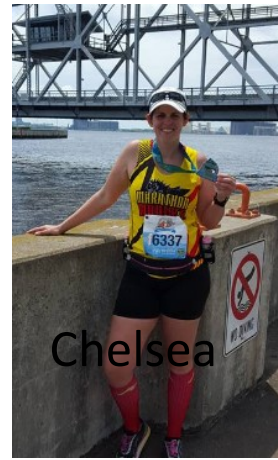
## NEW DOUBLE AGENTS IN JUNE:

Len Bryer (#2490)  
 Sarah Presley (#2491)  
 Lygea Welvaert (#2492)  
 Kellie Cunningham (#2493)  
 Edie Kenney-Perez (#2494)  
 Ivan Cacal (#2495)  
 Staci Geiselman (#2496)  
 Peter Williams (#2497)  
 Zachary Zubiate (#2498)  
 Brandi Weiss-Encarnacion (#2499)  
 Alison Talarcek (#2500)  
 Jenni Seibel (#2501)  
 Joseph Rolnicki (#2502)  
 Christina Knuth (#2503)  
 B.J. Fuller (#2504)  
 Allyn Crowe (#2505)  
 Jen Savage (#2506)  
 Becky Sigler (#2507)  
 Jacqueline Neumann (#2508)  
 ROY SHEPHERD (#2509)  
 Shannon Walker (#2510)  
 Barney Sanchez (#2512)

Alexandria Aiello (#2513)  
 Don Clark (#2514)  
 Cheryl Fraser (#2515)  
 Marsha Nelson (#2516)  
 Mario "The Kenyan" Abramson  
 (#2517)  
 Christina Ovari (#2518)  
 Lisa "Crayola" Keller (#2519)  
 Angela Jones (#2520)  
 Arthur Andrews (#2521)  
 Jennifer Smith (#13005) (#2522)  
 Melissa Wood (#2523)  
 Melody Guenther (#2524)  
 Roz (#2525)  
 Lisa Atencio (#2526)  
 Mac Castro Castillo (#2527)  
 Christy Bowers (#2528)  
 Sandra Cheek (#2529)  
 Donna Roberson (#2530)  
 Helen Yang (#2531)  
 Lori Dencsak (#2532)  
 Bonnie Reimann (#2533)  
 Jamie Sender (#2534)







Chelsea



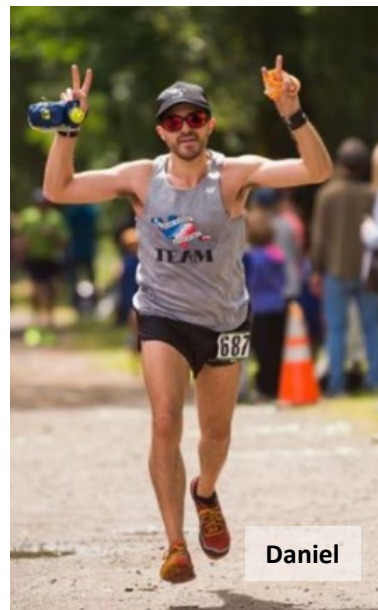
Jim







Chris and Randy



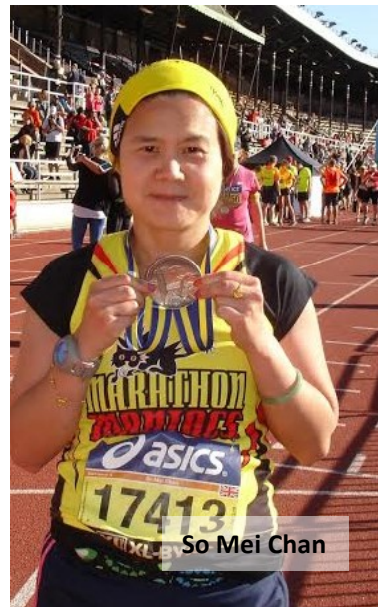
Daniel



Jamie



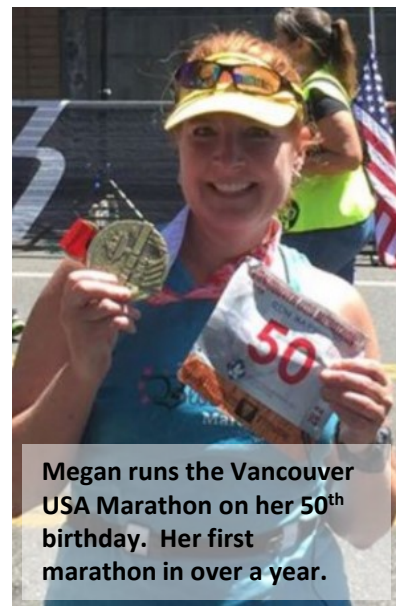
Jan



So Mei Chan



Matt

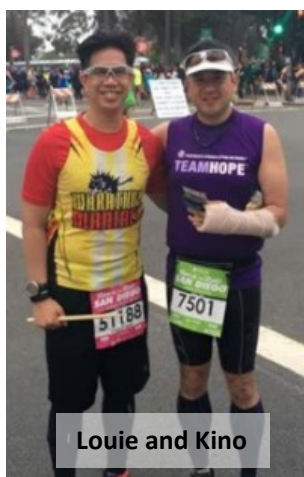


Megan runs the Vancouver USA Marathon on her 50<sup>th</sup> birthday. Her first marathon in over a year.



Bonnie





Louie and Kino



Chris completes a challenging 100 miler than runs a 3:27 at the RNR SD Marathon the next day!



# MARATHON MANIACS 2016 REUNION

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

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

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

More information and updates can be found here:

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





### MARATHON MANIACS CRITERIA

#### 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.

Jenine Wilson, Christelle Douillet, Mary Chuey,  
Janice Northrup, Heidi Cardoza, James Green, Scott Porter

#### ★★★★★ PLATINUM ★★★★★

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

David Haring

#### ★★★★★ 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.

None

#### ★★★★ RUTHENIUM ★★★★★

- 3 Marathons within 3 days.
- 26 - 30 Marathons within 365 days.
- 4 Marathons within a 9 day window.
- 3 Marathons in 3 separate US states within a 10-day time span.
- 13 Marathons in 13 different US states within 365 days.

Jamie Eckles, Heather Rowley, Donald Riffle

#### ★★★★ 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.

Margie Ann Starr Lawrence, Simon Thompson

#### ★★★★ 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.

Carla Stewart

#### ★★★★ 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>

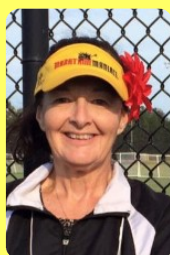
#### New Titanium Maniacs!!



Jenine Wilson



Christelle Douillet



Mary Chuey



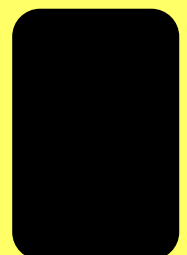
Janice Northrup



Heidi Cardoza



James Green



Scott Porter



## Upcoming Races!

### Marathon/Ultra Calendar between August 5-September 10

8/5	Rio Del Lago	100mi	CA	8/21	Big Wildlife Runs 49k/26.2	Ultra	AK
8/6	Angeles Crest 100 Mile Endurance Run	100mi	CA	8/21	Leading Ladies Marathon	26.2	SD
8/6	Old Farts Marathon	26.2	MI	8/21	Marlette 50K	50K	NV
8/6	Sweltering Summer 8 Hour & Marathon	26.2	MA	8/21	Hampshire 100	100K	NH
8/6	Beyond Black & Back	50K	NV	8/25	The Sri Chinmoy Marathon	26.2	NY
8/6	Green Lakes Endurance Races	50K	NY	8/26	Courmayeur Champex Chamonix	Ultra	AO
8/6	Burning River 100	100mi	OH	8/26	Ultra-Trail du Mont-Blanc	100mi	74
8/6	Ultra Adventures Tushar 93k/Marathon	Ultra	UT	8/27	Erfurt Marathon 3	26.2	TH
8/6	Kat'cina Mosa 100k Mountain Run	100K	UT	8/27	Bulldog 50K	50K	CA
8/6	Logan Marathon	26.2	UT	8/27	Mesa Falls Marathon	26.2	ID
8/6	Danang International Marathon	26.2	60	8/27	Nebraska State Fair Marathon	26.2	NE
8/7	Mosquito Hill Endurance Run	50K	WI	8/27	Lean Horse Ultras	Ultra	SD
8/7	Blister In The Sun	26.2	TN	8/27	East Canyon Marathon	26.2	UT
8/7	Drake Well Marathon	26.2	PA	8/28	Da Nang International Marathon	26.2	33
8/7	Ironman Boulder	26.2	CO	8/28	Santa Rosa Marathon	26.2	CA
8/7	Townsville Running Festival	26.2	QLD	8/28	Bali Marathon	26.2	BA
8/7	Ethio Trail Marathon	26.2	AA	8/28	Shepparton Running Festival	26.2	VIC
8/7	Standard Chartered Kuala Lumpur Marathon	26.2	14	8/28	Perth City to Surf	26.2	WA
8/12	Resurrection Pass 100 miler	100mi	AK	8/28	Marathon SSQ Levis-Quebec	26.2	QC
8/12	Bigfoot 200	Ultra	WA	8/28	Maraton Ciudad de Mexico	26.2	MEX
8/13	Hamster Endurance Runs	Ultra	WA	8/29	Green Lakes Endurance Runs	Ultra	NY
8/13	Paavo Nurmi Marathon	26.2	WI	8/30	Burning Man 50K	50K	NV
8/13	Resurrection Pass 50 miler	50mi	AK	9/1	A Race for the Ages	Ultra	TN
8/13	Nifty Fifty	50K	AK	9/3	Marquette Marathon	26.2	MI
8/13	Helsinki City Marathon	26.2	UM	9/3	Last Man Standing Ultramarathon	50K	ME
8/13	Aspen Backcountry Marathon	26.2	CO	9/3	Black Hugin Challenge	Ultra	KEN
8/13	Mt. Sneffels Marathon	26.2	CO	9/3	Pocatello Marathon	26.2	ID
8/13	Beaver Chase Urban Trail	26.2	IN	9/3	Jackson Hole Marathon	26.2	WY
8/13	Howl at the Moon 8 Hour Ultra	Ultra	IL	9/3	Nebo Marathon	26.2	UT
8/13	Eastern States 100	100mi	PA	9/3	Volcanic 50K	50K	WA
8/13	Crater Lake Rim Runs	26.2	OR	9/3	Badgerland Strider 24/12/6 hour	Ultra	WI
8/13	The Badlands	26.2	ND	9/3	Centennial Trail Run	Ultra	WA
8/13	Tick Tock Ultra	26.2	NC	9/4	Lake Michigan Marathon	26.2	WI
8/13	Wilds Mountain Marathon	26.2	PA	9/4	The Kauai Marathon	26.2	HI
8/13	Beast of Burden	100mi	NY	9/4	Loveland Marathon	26.2	CO
8/13	TARC Summer Classic	Ultra	MA	9/4	Bromo Marathon	26.2	JI
8/14	Steamboat Stinger	26.2	CO	9/4	Saarschleife Marathon	26.2	SL
8/14	Humboldt Bay Marathon	26.2	CA	9/4	Fränkische Schweiz Marathon	26.2	BY
8/14	ENDURun 2016 Stage 7	26.2	ON	9/4	Tupelo Marathon	26.2	MS
8/14	Kuching Marathon	26.2	14	9/4	Run the Rut 50k	50K	MT
8/14	Salisbury 54321 Marathon	26.2	WIL	9/5	Heart of America Marathon	26.2	MO
8/14	Isle of Man Marathon	26.2	OTH	9/5	American Discovery Trail Marathon	26.2	CO
8/19	Anchor Down Ultra	Ultra	MA	9/9	Tahoe 200	Ultra	CA
8/20	MarquetteTrail 50	50mi	MI	9/9	Run Woodstock	100mi	MI
8/20	North Country Trail Run	26.2	MI	9/10	Dick Beardsley Marathon	26.2	MN
8/20	Calico ET Full Moon 51k/26.2	Ultra	NV	9/10	Superior 100/50/Marathon Races	50mi	MN
8/20	Logan View Raider Run	26.2	NE	9/10	Last Chance BQ Marathon Grand Rapids	26.2	MI
8/20	St. Paul Trail Marathon	26.2	MN	9/10	Wabash Trace Trail Marathon	26.2	IA
8/20	Habanero Hundred (100m, 100k, 50k)	100mi	TX	9/10	Revel Big Cottonwood	26.2	UT
8/20	Waldo 100k	100K	OR	9/10	Franklin Mountains Trail Run	50K	TX
8/20	Reykjavik Marathon	26.2	7	9/10	Pine Creek Challenge 100m/100k	Ultra	PA
8/20	Running with the Bears	26.2	CA	9/10	McKenzie River Trail Run	50K	OR
8/20	Run de Vous	50K	CA	9/10	Salmon Marathon	26.2	ID
8/20	Leadville Trail 100	100mi	CO	9/10	Last Chance BQ 26.2 IL	26.2	IL
8/20	Standhope 60K	Ultra	ID	9/10	Marathon du Medoc	26.2	OTH
8/20	Run With the Horses	26.2	WY	9/10	Jungfrau Marathon	26.2	OTH
8/20	Wausau Marathon	26.2	WI	9/10	Lake Chelan Shore To Shore	26.2	WA
8/21	cc-Tunnel Marathon	26.2	WA	9/10	Minocqua No Frills Marathon	26.2	WI
8/21	Pikes Peak Marathon	26.2	CO	9/10	Apple Dumpling	26.2	WI
8/21	Ironman Mont-Tremblant	26.2	QC	9/10	Abebe Bikila Day Int Peace Marathon	26.2	DC
8/21	Edmonton Marathon	26.2	AB				



### New Maniacs in June 2016

Brie Ritchey (#12948)  
Patrick O'Brien (#12949)  
Henry Och (#12950)  
katie Leigh (#12951)  
Shelbie Ewing (#12952)  
Ana Medina (#12953)  
Barry Martin (#12954)  
Jonathan Alsip (#12955)  
Erin Leary (#12956)  
Samantha Stewart (#12957)  
Tracie Winters (#12958)  
Robert Armstrong (#12959)  
Renee Ogden (#12960)  
Wiliam Necel (#12961)  
Sandy Segawa (#12962)  
Josh Shenton (#12963)  
Staci Geiselman (#12964)  
Jacinto Lopez (#12965)  
Sarah Presley (#12966)  
Kellie Cunningham (#12967)  
Ivan Cacal (#12968)  
Nicole Nicholson (#12969)  
Ken Benz (#12970)  
Peter Williams (#12971)  
PETER YAP (#12972)  
Aldona Stungys (#12973)  
Elizabeth Reynolds (#12974)  
Rich Mack (#12975)  
Zachary Zubiata (#12976)

Robert Scholl (#12977)  
Jenni Seibel (#12978)  
Christina Knuth (#12979)  
Paul Erway (#12980)  
Denise Piefke (#12981)  
B.J. Fuller (#12982)  
Kent Vosburg (#12983)  
Allyn Crowe (#12984)  
Eno Nsima-Obot (#12985)  
Christal Wells (#12986)  
Jacqueline Neumann (#12987)  
ROY SHEPHERD (#12988)  
Shannon Walker (#12989)  
Malia Jacobson (#12990)  
Barney Sanchez (#12991)  
Alexandria Aiello (#12992)  
Ocean Pittenger (#12993)  
Don Clark (#12994)  
Rodrigo Lucchesi (#12995)  
Marsha Nelson (#12996)  
Deborah Greenfield (#12997)  
Jessica Sokolowski (#12998)  
Christina Ovari (#12999)  
shawn Hartsell (#13000)  
Brandon Beck (#13001)  
Rebecca Edgecombe (#13002)  
Angela Jones (#13003)  
Arthur Andrews (#13004)  
Jennifer Smith (#13005)

Michael Krecik (#13006)  
Mac Castro Castillo (#13007)  
Melissa Wood (#13008)  
Melody Guenther (#13009)  
Lisa Atencio (#13010)  
Thad Dickinson (#13011)  
Frank Holmes (#13012)  
Jeff Setting (#13013)  
Yoko Shimizu (#13014)  
Luiz Fernando de Oliveira (#13015)  
Wesley Cho (#13016)  
Christy Bowers (#13017)  
Emily Brixey (#13018)  
Saundra Cheek (#13019)  
Diana Weihrauch (#13020)  
Donna Roberson (#13021)  
Deb Saxon (#13022)  
Cindy Bujacich (#13023)  
Bagus Budianto (#13024)  
Suzie Roy (#13025)  
Stephen Spicer (#13026)  
sean cook (#13027)  
Neil Foley (#13028)  
Tracey Gauthier (#13029)  
Mark Palamar (#13030)  
Bonnie Reimann (#13031)  
Jamie Sender (#13032)  
Sherri Grindley (#13033)  
Sheri Hodson (#13034)

## NEW MANIACS



John Duane Rimmer



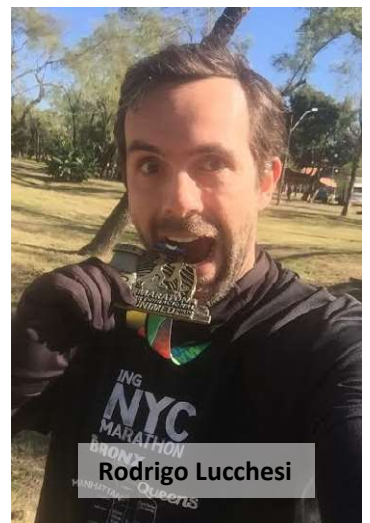
Christal Breeden



B.J. Fuller



MaryBeth  
Lampe



Rodrigo Lucchesi





Terance



Letty and Elizabeth



Anne



Kim



Jess



Steve Walters and Richard Bailey

### FROM THE EDITOR...

June seems to be the transition month from the full swing of Spring marathons to the hot weather that limits marathons. Many Maniacs took advantage of marathons in Oregon, Washington, Colorado, WV/KY, South Dakota and Alaska.

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](mailto:jeff@marathonmaniacs.com)) for the running warehouse discount.

- Endless Summer 6 Hour (MD) 7/30/16: <https://ultrasignup.com/register.aspx?did=37665>
- Idaho Falls MAD Marathon 7/30/16: [www.idahofallsmarathon.com](http://www.idahofallsmarathon.com)
- Lost Turkey Trail Marathon (PA) 7/30/16: [www.lostturkeyultra.com](http://www.lostturkeyultra.com)
- Humboldt Bay Marathon (CA) 8/14/16: <http://humboldtbaymarathon.com/>
- Anchorage Run Festival 8/21/16: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)
- East Canyon Marathon (UT) 8/27/16: [www.eastcanyonmarathon.com](http://www.eastcanyonmarathon.com)
- Lehigh Valley Marathon (PA) 9/11/16: [www.viamarathon.org](http://www.viamarathon.org)
- Queen City Marathon (Saskatchewan) 9/11/16: [www.rungcm.com](http://www.rungcm.com)
- That Dam Hill (ON) 9/17/16: <http://thatdamhill.ca/home/>
- Greater Binghamton Marathon (NY) 9/18/16: <http://GreaterBinghamtonMarathon.com>
- HITS Omaha Marathon (NE) 9/18/16: <http://omahamarathon.com>
- Tunnel Light Marathon (WA) 9/18/16: <http://www.littlemarathon.com/LittleMarathon/TunnelLite/default.asp>
- Monument Marathon (NE) 9/24/16: [www.monumentmarathon.com](http://www.monumentmarathon.com)
- Wild Hog Marathon (ND) 9/24/16: [www.gfmarathon.com](http://www.gfmarathon.com)
- Quad Cities Marathon (IL) 9/25/16: <http://qcmarathon.org/>
- New Hampshire Marathon 10/1/16: [www.nhmarathon.com](http://www.nhmarathon.com)
- Hartford Marathon (RI) 10/8/16: [www.hartfordmarathon.com](http://www.hartfordmarathon.com)
- \*\*Crazy Horse Marathon (SD) 10/9/16: [www.RunCrazyHorse.com](http://www.RunCrazyHorse.com)
- Mohawk Hudson River Marathon (NY) 10/9/16: [www.mohawkhudsonmarathon.com](http://www.mohawkhudsonmarathon.com)
- Baltimore Marathon 10/15/16: [www.thebaltimoremarathon.com](http://www.thebaltimoremarathon.com)
- Kansas City Marathon (MO) 10/15/16: <http://waddellandreedkansascitymarathon.org>
- Des Moines Marathon [MANIAC REUNION!!] 10/16/16: [www.desmoinesmarathon.com](http://www.desmoinesmarathon.com)
- Grand Rapids Marathon 10/23/16: <http://grandrapidsmarathon.com/>
- Naperville Marathon (IL) 10/23/16: <http://RunNaperville.com>
- Ocean State Marathon (RI) 10/30/16: [www.runri.us/narragansett-race-info](http://www.runri.us/narragansett-race-info)
- \*\*Lake Michigan Marathon 9/4/16: <http://lakemichiganmarathon.com/>
- Milwaukee Running Festival (WI) 11/6/16: [www.milwaukeeerunningfestival.com](http://www.milwaukeeerunningfestival.com)
- Raleigh City of Oaks Marathon (NC) 11/6/16: [www.cityofoaksmarathon.com](http://www.cityofoaksmarathon.com)
- Gobbler Grind Marathon (KS) 11/13/16: <http://gobblergrindmarathon.com>
- Space Coast Marathon (FL) 11/27/16: [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)
- Rehoboth Beach Marathon (DE) 12/3/16: [www.rbmarathon.com](http://www.rbmarathon.com)
- First Day of Winter 50K/Marathon (OH) 12/18/16: <https://ultrasignup.com/register.aspx?did=37184>
- First Light Marathon (AL) 1/8/17: [www.firstlightmarathon.com](http://www.firstlightmarathon.com)
- Tallahassee Marathon 2/5/17: [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com)
- Mississippi River Marathon 2/11/17: <https://msrivermarathon.racesonline.com>
- Raccoon Mountain Marathon (TN) 3/18/17: <https://runchattanooga.org/rmm/>



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

Dear Mister President Yee,

Boy oh boy, am I glad I can trust YOU, Sir! Life is difficult in any case, but what with running marathons? We need all the truth we can find to master this frequent marathoning quest, and there's a lot of untruth out there in the world, ever notice that? Gives me the shivers, and I'm aiming to inspire a movement to fix that! We need to face the nonsense (I was thinking of saying bull hockey, but I prefer a bit of dignity in conversation... quaint, perhaps, but I like clean air)... I say, face the nonsense wherever we find it! As it is so easily found on both sides of the street, we all need to consider disempowering it.

"The truth will set you free," Jesus said. Indeed. And so, Rev's guide to:

### Decomposing the Untruths in the World of Marathoning

1) "You're almost there." So you are out on the course, feeling a little ragged, knowing you passed 13 miles, but have otherwise lost track, and some Loud Person on the curb, clacking a clacker, screeches supposedly thoughtful, but actually the mindless words, "You're almost THERE!!!!" Aahhh, no, no, we're not. The banner that says "FINISH"? Can't see it yet, and so misguided measurements that suggest blind faith that the ligaments can manage more liggig doesn't make it true. We may be decidedly nowhere near "there". So? So, understand the complexities and possibilities that ought to be considered in taking on the marathon, pay attention to the details, and proceed carefully.

2) "It's all downhill from here." Remarkably similar to the "You're almost there" lie, it is rarely, rarely ever all downhill from anywhere, even those courses with a net *downhill* total. Even they may have some confounding hill late in the game. Steamtown, one of the country's faster courses, has a whole neighborhood about mile 23 that puts out the family card tables with snacks to reward climbers at the top of their neighborhood's section, a rise so severe that some runners put on clamp-ons, unsheath their ice axes, and hook on to the anchored rope before attempting the ascent.

Lenore Dolphin's Yakima course is downhill, downstream through a river valley canyon, but miles 21 to 23 are so contentious that an optional ski lift has been recommended.

Unexpected gravitational challenges have become a marathon tradition, no doubt, thanks to Boston's Heartbreak Hill, which is a mere ripple compared to Big Sur's double whammy at 10 and then again at the unadvertised roller-coaster punishment at 19-23. So, if you hear a hollerer hollering "It's all downhill from here", hope for another observer with a clearer grasp of things.

3) "You're looking good!" Prez, I appreciate esthetically-pleasing appearances, but after mile 20, even the most impressive of our members need a shower. (Never mind that some of us don't look all that good running from the get-go.) Yet, the Lie comes! Well, what can one do? Smile politely and graciously, implying an acceptance at such fiddle-faddle? No! We must be courageous! Confront the lies with the truth I say





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

Allow me an illustration. At mile 23 at Steamtown one hot day, a lady among seven folks in lawn chairs on the sidewalk greeted me thusly: "You're looking good." Prez, I was not.

Now, while I actually have set a PR in my career, (knowing math as I do, it turns out one HAS to have a PR in there somewhere, no matter the range of numbers one's times include), I was not that day threatening the mark. So, with what waning wits I had left about me, I decided to elevate the national discourse with truth-telling. I disrupted my pace, limped over to her, smiled kindly, but stated firmly, "Ma'am, right now, the only thing around here that's looking good ... is that lawn chair, and you are sitting in it."

She just laughed, so having failed to produce a constructive conversation, I renewed making ambulatory progress in the general direction of the finish line. But we really must try, kindly.

4) This one isn't quite a lie, but in that it is offered so frequently as advice, one expects some sort of insightful wisdom in the content. Lacking such, it has the similar impact of the Outright Lie in being misleading. "Just put one foot in front of the other." Eh? Have we been unwittingly demonstrating some egregious error before The Lesson that perhaps needs the correcting?

5) One final Lie to be debugged, Young Fellow (now, see, that's not a lie: relative to me, your youthfulness is to celebrate, and the greeting stands, acceptable, cheerful even, with a bit of wise yet subtle encouragement to enjoy each day as precious), is a risk to take on. But out on the ledge I'll wander, though a multitude of Maniacs have employed this phrase since the earliest days of the club. I suggest we shake ourselves of the tradition, for reasons worth a listen.

"You can do it!"

Uh, do what, exactly?

You see, there are (how would I know this?) some enthusiastic – yea I say verily verily – overly enthusiastic members who wish to emulate Yee and the Other Two Wise Men and assorted other heroes and heroines in here, and master the craft of frequent marathoning, with some respectable times thrown in now and again as well! This requires some disciplined reaches in training. And sosome of the Club might, say, set training goals that seem brilliant, the stuff of athleticism and progressive progress that might lead, (one MUST dream), to a Boston Qualifying time or the like! Faster, further, stretching runs to one-more mile, add some back-to-back long runs to really develop endurance, all the while remembering, (they say it all the time!) "You can do it!" until... sadly... the mind overrules other parts to keep going when, sigh, they cannot, and one part weakens while being attached to another part that required the first part's strength, and the next thing you know, well, one Can't do it. And suffers down-time to boot. One's own fault, to be sure. But all that cheering of the stump speech... obscured something true.

To review:

- 1) Almost there? "Steady mate, steady. You've still got a bit to go!"
  - 2) "Most of the hills are behind you, but keep some pep in reserve!"
  - 3) Am I looking good? Perhaps better, "Like the effort!!!"
  - 4) Footwork lessons? Now? Leave it at "Forward is good, Sir, forward is good!"
  - 5) Finally, in the "Can-Do, go set the world on fire!" category, perhaps better a kind, "Geez, Louise, know thyself."
- Truth. Truth is good.

Hope it gets contagious soon.

Luvya!

Rev

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