



MARATHON MANIACS

JUNE 2017 NEWSLETTER

Volume 14, Number 6

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Ed



Todd

Signature Race Series

Scheduled 2017 races

FEB 26 / Cowtown Marathon / TX

APR 30 / Tacoma City Marathon / WA

JUL 9 / Mad Marathon / VT

SEP 24 / Fox Cities Marathon / WI

DEC 9 / Tucson Marathon / AZ

****Special club medals given at races!****

(Half marathon option is available at all races. Must be a member to participate in series)



Ashley

Have you signed up for these races yet? Don't miss out on participating in the Signature Race Series. Members participating in the races will receive a special club medal! For more info visit our website:
<http://www.marathonmaniacs.com/signature-race-series/>



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 16,000+ 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





Cade runs his 200th.



Marie runs her 200th.



Shannon runs her 100th.



Todd



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>





Franklin



Brian

REVEL ROCKIES MARATHON

DENVER, COLORADO



Jorge



Laura



Lia



Ben



Sandee



Allen



Emma





Linc



Julia and Steve



Ronita



Chris

CALLING ALL ENDURANCE RUNNERS!!



Do You Want to Contribute to Research Studying the Personality and Mindsets of Endurance Runners?

As endurance runners, we all know that we are a “special breed”. But why is that? What is it about our personalities that makes us want to run (and run, and run)? What is it about our mindset that pushes us to keep going when others stop? The current study aims to answer those questions, but we need your help! You can help us by clicking on the following link (insert link here) and filling out a few surveys. Once you are done, you will be provided with your personality profiles and mindset evaluation. Best of all, you will know that you have contributed to our understanding of endurance runners!



For more information, contact Dr. Kristin Mauldin at kmauldin@calbaptist.edu



Chris

Greg



George



April



Jack



Regional Ambassador Program

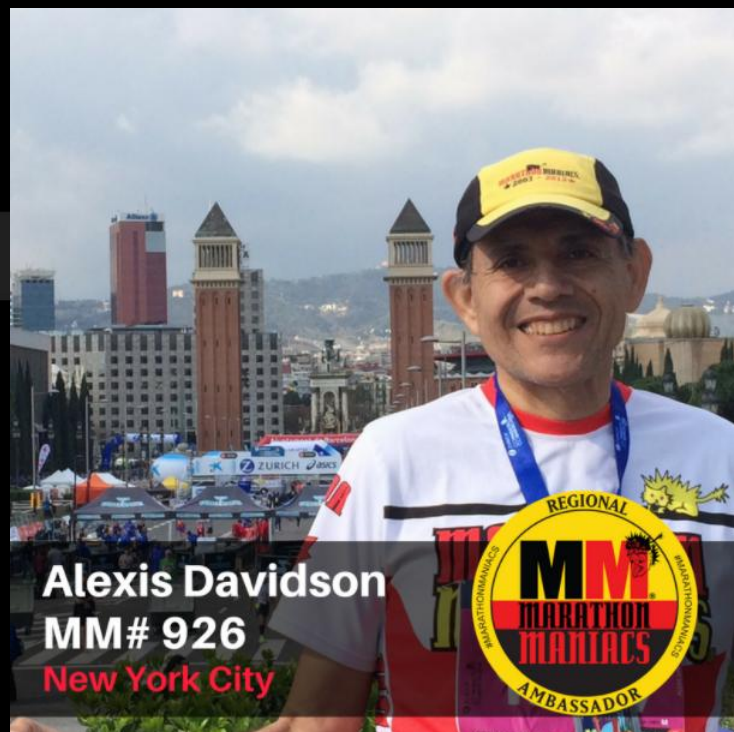
Connecting local runners together.



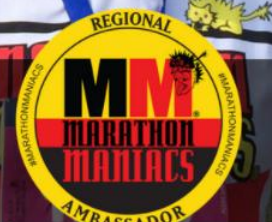
We now have chapters throughout the U.S. that are run by our Regional Ambassadors to help connect local runners together. Find one in your area by visiting our website.

Interested in becoming an ambassador? Send an email to info@marathonmaniacs.com

<http://www.marathonmaniacs.com/Regional-Ambassador/>



Alexis Davidson
MM# 926
New York City





Yolanda



Angie



Karen and Glen



Women's
Classic
Tee & Singlet

New Maniac Gear Item!

Maniac Classic Yellow Singlet/Tee
with Marathon Maniac logo
on front/ back and a smaller
Main Maniac on the back.

[http://www.databarevents.com/store/
category/1/Marathon-Maniacs](http://www.databarevents.com/store/category/1/Marathon-Maniacs)



Men's
Classic
Tee & Singlet



Lisa



SALE 30% OFF

Shirts & Singlet's

SELECTED SHIRTS & SINGLET'S ARE ON SALE NOW ONLINE
FOR \$34.95. GET THEM NOW BEFORE THEY'RE GONE.



Emily



Cyndie and Keely



Shane and Julia

@rrfayolasitompul

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

Follow us!

Marathon Maniacs | @marathonmaniacs | @MainManiacs



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

Across all social networks
use the hash tag:

#marathonmaniacs

DOUBLE AGENTS

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

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

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

For more information visit the Maniacs web site.



NEW DOUBLE AGENTS IN JUNE:

David Johnson (#2962)
Amanda Goodbread (#2963)
Justin Vivion (#2964)
Gail Marie Gilman (#2965)
Jesse Rueckert (#2966)
Jenny Majamaki (#2967)
Thomas Turner (#2968)
Kaitlyn Butts (#2969)
Andrew Angel (#2970)
Angela Hanna (#2971)
Andrea Christman (#2972)

Yolanda Scott (#2973)
Ann Hegstrom (#2975)
Teresa Taylor (#2976)
Debbie Schultz (#2977)
Halicia Lowman (#2978)
Jennifer Tieman (#2979)
Dane Rauschenberg (#2980)
Rylan Reynolds (#2981)
Bruce Bethel (#2982)
Natalie Graiver (#2983)
Tanya O (#2984)

America Styles (#2985)
Vernon Ivy Jr. (#2986)
Aaron Leicht (#2987)
Mary Yeh (#2988)
John Fortes (#2989)
Leticia Guzman (#2990)
Matthew Zang (#2991)
Nancy Goff (#2992)
Maggie Matchin (#2993)
Julia Walters (#2994)
Elyse Johnson (#2995)



Claire



MARATHON MANIACS CRITERIA

★★★★★ TITANIUM ★★★★★

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

★★★★★ PLATINUM ★★★★★

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

★★★★★ PALLADIUM ★★★★★

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

★★★★ OSMIUM ★★★★★

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

★★★ RUTHENIUM ★★★★★

- 26 - 30 Marathons within 365 days.
- 13 Marathons in 13 different US states within 365 days.
- 4 Marathons within 9 days.
- 3 Marathons in 3 days

★★★ IRIDIUM ★★★★★

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

★★★ GOLD ★★★★★

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

★ SILVER ★★★★★

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

BRONZE ★★★★★

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

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

DO YOU HAVE

WHAT IT TAKES

TO BE A MARATHON MANIAC?

New Maniacs in June 2017

| | |
|----------------------------------|---------------------------------|
| Aaron Leicht (#13875) | Kathryn Vignocchi (#13913) |
| Amanda Goodbread (#13876) | Katie Ly (#13914) |
| Amber Elizondo (#13877) | KORY KRICK (#13915) |
| America Styles (#13878) | Kris Koeller (#13916) |
| Andrea Christman (#13879) | Krishna (#13917) |
| Angela Anderson (#13880) | Leticia Guzman (#13918) |
| Angela Hanna (#13881) | Lori Langan (#13919) |
| Ann Hegstrom (#13882) | Lucas Miller (#13920) |
| Antoine Bernier (#13883) | Luís Pires (#13921) |
| bob coffey (#13884) | Maggie Matchin (#13922) |
| Bruce Bethel (#13885) | martina christian (#13923) |
| Carrie lavigne (#13886) | Mary Claude (#13924) |
| Chris Demaske (#13887) | Matthew Zang (#13925) |
| claudia montalban (#13888) | Maurice LaFond (#13926) |
| Curtis Young (#13889) | Meredith Goode (#13927) |
| Daniel Johnson (#13913) (#13890) | Michelle Sisson (#13928) |
| Darren Zabel (#13891) | Nancy Goff (#13929) |
| Debbie Schultz (#13892) | Natalie Graiver (#13930) |
| Dhon Gumban (#13893) | Nathan Napier (#13931) |
| Dominic Denio (#13894) | Ole Toft (#13932) |
| Drew Herd (#13895) | OSY (#13933) |
| Dwayne Miller (#13896) | Patrice White (#13934) |
| elizabeth harms (#13897) | Pkeel98@gmail.com keel (#13935) |
| Elyse Johnson (#13898) | Rudolph van Graan (#13936) |
| Eric Meier (#13899) | Rylan Reynolds (#13937) |
| Gail Hackett (#13900) | Shane Sonnenfeld (#13938) |
| Gail Marie Gilman (#13901) | Sharon Kim (#13939) |
| Gautam Kandlikar (#13902) | Shelley Cook (#13940) |
| Graham Clark (#13903) | Steven Yantz (#13941) |
| Gregory Fend (#13904) | Teresa Taylor (#13942) |
| Halia Lowman (#13905) | Thomas Turner (#13943) |
| Jason Hastings (#13906) | Tim Mahaffey (#13944) |
| John Fortes (#13907) | Tina-Marie Stahl (#13945) |
| Jonathan Rowe (#13908) | Troy Hammond (#13946) |
| Jonathan Wong (#13909) | Vernon Ivy Jr. (#13947) |
| Julia Marino (#13910) | VIVI VONA BONG (#13948) |
| Julia Walters (#13911) | Yolanda Scott (#13949) |
| Kara Chapman (#13912) | |

NEW TITANIUM MANIACS



Sandra Weston



Dave Jones



Donna Dullys



Spencer Olsen



Nancy



John



Gail



Amber



Steve and Julia



Bryan



Donna



Donna



Robert and Karen



April



Marathon Maniacs at the WESTERN STATES 100 AUBURN CALIFORNIA



UPCOMING RACES!

Marathon/Ultra Calendar between August 11 – September 10

| | | | | | | | |
|------|--|-------|-----|------|--|-------|-----|
| 8/11 | Resurrection Pass 100m | 100mi | AK | 8/27 | Santa Rosa Marathon | 26.2 | CA |
| 8/12 | Race the Reserve Marathon | 26.2 | WA | 8/27 | Quebec City Marathon | 26.2 | QC |
| 8/12 | Tiger Mountain Marathon/ 50km | 26.2 | WA | 8/27 | Diablo Trails Challenge | 50K | CA |
| 8/12 | Suncadia MultiSports Festival | 26.2 | WA | 8/27 | Mexico city marathon | 26.2 | MEX |
| 8/12 | Beaver Chase Marathon | 26.2 | IN | 8/31 | Clayton Marathon | 26.2 | NM |
| 8/12 | The Ridge Ultra | Ultra | CA | 8/31 | A Race for the Ages | Ultra | TN |
| 8/12 | Old Farts Marathon | 26.2 | MI | 9/1 | Texline Marathon | 26.2 | TX |
| 8/12 | Resurrection Pass 50m | 50mi | AK | 9/1 | UTMB | 100mi | FRA |
| 8/12 | Cougar Mountain Marathon | 26.2 | WA | 9/2 | Tantalus Triple Trek 30 Miler | Ultra | HI |
| 8/12 | Paavo Nurmi Marathon | 26.2 | WI | 9/2 | Felt Marathon | 26.2 | OK |
| 8/12 | Crater Lake Rim Runs Marathon | 26.2 | OR | 9/2 | Mainly Marathons Northwest Day 1 | 26.2 | OR |
| 8/12 | Mt Sneffels Marathon | 26.2 | CO | 9/2 | Uphill Marathon | 26.2 | BRA |
| 8/12 | Howl at the moon | Ultra | IL | 9/2 | Rockin Chocolate Marathon | 26.2 | WI |
| 8/12 | Sweltering Summer Marathon & 8-Hour | 26.2 | MA | 9/2 | Marquette Marathon | 26.2 | MI |
| 8/12 | Infinity 50k | 50K | MT | 9/2 | Pocatello Marathon | 26.2 | ID |
| 8/12 | Aspen Back Country Marathon | 26.2 | CO | 9/2 | Jackson Hole Marathon | 26.2 | WY |
| 8/13 | Kuching Marathon | 26.2 | 13 | 9/2 | Hamilton NightGlow Marathon | 26.2 | OH |
| 8/13 | Come to Galapagos Marathon | 26.2 | ECU | 9/3 | Olander 24 Hour Ultra Run | Ultra | OH |
| 8/13 | Marlette 50K | 50K | NV | 9/3 | Run the Loop Marathon | 26.2 | PA |
| 8/13 | Humboldt Bay Marathon | 26.2 | CA | 9/3 | Carver Wolverhampton Marathon | 26.2 | GBR |
| 8/13 | Steamboat Stinger Trail Marathon | 26.2 | CO | 9/3 | Kauai Marathon | 26.2 | HI |
| 8/15 | Solidarity Marathon | 26.2 | POL | 9/3 | Tupelo Marathon | 26.2 | MS |
| 8/19 | Black Spur Ultra | Ultra | AB | 9/3 | Frankische Schweiz Marathon | 26.2 | DEU |
| 8/19 | Leadville Trail 100 Mile Endurance Run | 26.2 | CO | 9/3 | Lake Michigan Marathon | 26.2 | WI |
| 8/19 | Lean Horse 100/50/30 | 100mi | SD | 9/3 | Mainly Marathons Northwest Day 2 | 26.2 | OR |
| 8/19 | Moorehead Trail Marathon | 26.2 | IA | 9/3 | Elkhart Marathon | 26.2 | KS |
| 8/19 | NUT 100K & 50K | Ultra | OR | 9/4 | Walsh Marathon | 26.2 | CO |
| 8/19 | Reykjavik Marathon | 26.2 | ISL | 9/4 | Mainly Marathons Northwest Day 3 | 26.2 | WA |
| 8/19 | Backyard Classic | Ultra | KY | 9/4 | American Discovery Trail Marathon | 26.2 | CO |
| 8/19 | Silverton Alpine Marathon & 50K | 26.2 | CO | 9/4 | Heart of America Marathon | 26.2 | MO |
| 8/19 | Run-de-Vous | 100K | CA | 9/5 | Mainly Marathons Northwest Day 4 | 26.2 | WA |
| 8/19 | Tacoma Narrows Half Marathon | Ultra | WA | 9/6 | Mainly Marathons Northwest Day 5 | 26.2 | ID |
| 8/19 | Monster Marathon | 26.2 | NY | 9/7 | Mainly Marathons Northwest Day 6 | 26.2 | ID |
| 8/19 | Logan View Raider Run | 26.2 | NE | 9/8 | Superior 100 | 100mi | MN |
| 8/19 | Mid Mountain Marathon | 26.2 | UT | 9/8 | Woodstock Festival | 100mi | MI |
| 8/19 | Last Call Memorial Run | 26.2 | WA | 9/8 | Wasatch Front 100 Mile Endurance Run | 100mi | UT |
| 8/19 | Trail of the Dragon 50M/50K | Ultra | IA | 9/9 | Freakin Fast Marathon | 26.2 | ID |
| 8/19 | Habanero 100 | 100K | TX | 9/9 | Salmon Marathon | 26.2 | ID |
| 8/19 | Run With the Horses Marathon | 26.2 | WY | 9/9 | Wabash Trace Marathon | 26.2 | IA |
| 8/19 | Trail Run To Sly Park Lake | 50K | CA | 9/9 | Moose Mountain Marathon | 26.2 | MN |
| 8/19 | Summer Blast @ Redmond Watershed | 26.2 | WA | 9/9 | McKenzie River Trail Run | 50K | OR |
| 8/19 | Marquette Trail 50 | 50K | MI | 9/9 | REVEL Big Cottonwood Marathon | 26.2 | UT |
| 8/20 | Trust Trail Fest Marathon | 26.2 | ME | 9/9 | Dick Beardsley Marathon | 26.2 | MN |
| 8/20 | Ironman Mont-Tremblant | 26.2 | QC | 9/9 | Jungfrau Marathon | 26.2 | CHE |
| 8/20 | Pikes Peak Marathon | 26.2 | CO | 9/9 | The Hawk Marathon | 26.2 | KS |
| 8/20 | Leading Ladies Marathon | 26.2 | SD | 9/9 | Last chance BQ GR | 26.2 | MI |
| 8/20 | Edmonton Marathon | 26.2 | AB | 9/9 | Last Chance BQ.2 Marathon | 26.2 | IL |
| 8/20 | Michigan Titanium | 26.2 | MI | 9/9 | Headlands Marathon, 50, 75 & 100 | 26.2 | CA |
| 8/20 | Tunnel Vision Marathon | 26.2 | WA | 9/9 | Patagonian International Marathon | 26.2 | CHL |
| 8/20 | Humpy's Marathon | 26.2 | AK | 9/9 | Old Forge Marathon | 26.2 | NY |
| 8/24 | Sri Chinmoy Marathon | 26.2 | NY | 9/9 | Monocqua No Frills Marathon | 26.2 | WI |
| 8/26 | Petra Desert Marathon | 26.2 | JOR | 9/9 | Lost Soul Ultras 50/100/100 | 50K | AB |
| 8/26 | Underdown Trail Races 50K & 50M | 50K | WI | 9/9 | Pine Creek Challenge Ultras | Ultra | PA |
| 8/26 | Painful Elimination | Ultra | IL | 9/9 | Woodstock Festival (Day 2) | 26.2 | MI |
| 8/26 | MD HEAT | 50K | MD | 9/10 | Rev3 Cedar Point Full Triathlon | 26.2 | OH |
| 8/26 | Mt. Nebo Marathon | 26.2 | UT | 9/10 | Skagit Flats | 26.2 | WA |
| 8/26 | Bulldog 50K | 50K | CA | 9/10 | Queen City Marathon | 26.2 | SK |
| 8/26 | North Country Trail Run | 26.2 | MI | 9/10 | I Run For.... Half Marathon & Marathon | 26.2 | NY |
| 8/26 | Cascade Crest 100 Mile Run | 100mi | WA | 9/10 | Bozeman Marathon | 26.2 | MT |
| 8/26 | Mesa Falls Marathon | 26.2 | ID | 9/10 | Lehigh Valley Marathon | 26.2 | PA |
| 8/26 | Nebraska State Fair Marathon | 26.2 | NE | 9/10 | Sioux Falls Marathon | 26.2 | SD |
| 8/26 | Wausau Marathon | 26.2 | WI | 9/10 | Ironman Wisconsin | 26.2 | WI |
| 8/26 | Moose Mountain Marathon | 26.2 | AB | 9/10 | Erie Marathon at Presque Isle | 26.2 | PA |
| | | | | 9/10 | Holland Haven Marathon | 26.2 | MI |



Larry and Hollie



Ed



Mike



FROM THE EDITOR...

June was an exciting month for me. After six plus months of training I helped my sister to run her first two marathons in a 13 day period to qualify her for the Marathon Maniacs. Additionally I ran a 100 miler and some half marathons.

Happy Running!

- Steve "Marathon Freak" Walters MM#338



Steve Walters and Julia Walters

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.

- Anchorage RunFest (AK) 8/20/17: www.anchoragerunfest.org
- **Freakin' Fast Marathon (ID) 9/9/17: www.freakinfastmarathon.com
- I Run For.... Marathon (NY) 9/10/17: www.irunforhalfmarathon.com
- Lehigh Valley Marathon (PA) 9/10/17: www.viamarathon.org
- Queen City Marathon (SK) 9/10/17: www.rungcm.com
- Sioux Falls Marathon (SD) 9/10/17: <http://siouxfallsmarathon.com>
- Fox Valley Marathon (IL) 9/17/17: <http://www.fv26.com/>
- HITS Omaha Marathon (NE) 9/17/17: <http://omahamarathon.com>
- Grand Lake Marathon (OH) 9/23/17: www.grandlakemarathon.com
- Greater Binghamton Marathon (NY) 9/24/17: <http://GreaterBinghamtonMarathon.com>
- Quad Cities Marathon (IL) 9/24/17: <http://gcmarathon.org/>
- Belleville Main Street Marathon (IL) 9/30/17:
<http://bellevillemainstreetmarathon.itsyourrace.com/event.aspx?id=6976>
- Monument Marathon (NE) 9/30/17: www.monumentmarathon.com
- New Hampshire Marathon 9/30/17: www.nhmarathon.com
- Maine Marathon 10/1/17: <http://mainemarathon.com/>
- MO' Cowbell Marathon (MO) 10/1/17: <http://mocowbellmarathon.com/>
- **Crazy Horse Marathon (SD) 10/8/17: www.RunCrazyHorse.com
- Hartford Marathon (CT) 10/14/17: www.hartfordmarathon.com
- Des Moines Marathon (IA) 10/15/17: www.desmoinesmarathon.com
- Maui Marathon (HI) 10/15/17: <http://mauimarathon.com/>
- Niagara Falls International Marathon (NY or ON) 10/15/17: <https://niagarafallsmarathon.com/>
- Kansas City Marathon (MO) 10/21/17: www.sportkc.org/marathon
- End of the Road Marathon (PA) 10/29/17: <http://triviumracing.com/event/endoftheroad/>
- Ocean State Marathon (RI) 10/29/17: www.runri.us/narragansett-race-info
- **Bowling Green Marathon (KY) 11/5/17: www.bg262.com
- Raleigh City of Oaks Marathon (NC) 11/5/17: www.cityofoaksmarathon.com
- Charlotte Marathon (NC) 11/11/17: <http://runcharlotte.com/>
- **Fort Worth Marathon (TX) 11/12/17: <http://fortworthmarathon.org/>
- Gobbler Grind Marathon (KS) 11/12/17: <http://gobblergrindmarathon.com>
- **Louisville Marathon (KY) 11/12/17: <http://kentuckyruns.com/louisvillemarathon>
- Magnolia Marathon (MS) 11/18/17: www.magnoliamarathon.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 Prez!

I'm sorry I didn't write to you last month Buddy! I had four things get in the way: I was sick, and injured, and then so medicated, it made me forgetful! Mrs. Rev said, "No, you're just old."

But I'm more thoughtful than you thought! I'm treating her to a peaceful trip all by herself to South Dakota to watch the 100-mile run there! And if she gets bored, she can try it!

Now, I'm not much interested in conversations about injuries, but the treatments can be interesting. For anew foot problem, Doc said he would first treat it with steroids (thus ending my comeback attempt with the Cubs), then an anti-inflammatory, and then if it isn't solved after two weeks, on the 30th he will give me a shot! I'll admit, after this year, I was wondering how long it would be before some doctor said, "just put him out of his misery".

When I texted Mrs. Rev about the plan, she responded, "I'm glad he found some actionable ideas to get your foot better! Love you!" I texted back, "If you're not concerned about the actionable action on the 30th, we might need to revisit your use of the phrase 'Love you.'"

What DOES a Maniac do when hamstrung by hamstrings?

Among the more maniacal Maniacs, stories include running just 80 miles of the 100-mile events; running with a detached retina; and hobbling through 26.2 on crutches. Back here on planet earth, we go to the running store, you see? (I stop by the bookstore too, like you, Prez, but I avoid fiction. When I read made-up stuff, it doesn't baffle me as much as real stories. See for reference, Maniac stories.)

Tony keeps telling me to go swim, but ... the chlorine does just awful things to my hair! I have turned to the stairmaster (no impact), to get both race-ready again, and this. Near Colorado Springs is a terrific cross-training experience called the Manitou Springs Incline: uneven, railroad-tie stairs cutting a clean forested path climbing 2,000 feet in one mile, but at altitude – that is, air that lacks, well, oxygen. I'm challenging Davey Bell, but his 56 minutes PR would be, in my prior efforts, well, the stuff of fiction.

From the running store I came back (for the first time ever) with two (!) new pairs of running shoes, and a new watch... which may explain Mrs. Rev's sentiments. But without races or golf, I knew I could get these things AND treat herto a supreme pizza. I thought this would make her really happy. Maybe you should reconsider adding to the Maniac membership application some sort of intelligence portion.

Marine Corps Marathon, Prez, that's the new comeback goal. Meanwhile, I'd appreciate your prayers about the anti-inflammatory part of the plan.

Luvya,
Rev
dgkienz@yahoo.com