

50 States Marathon★Club

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Members,

The 2009 renewal form is included inside this edition. Please complete and return the Renewal Form and the Personal Profile. We'll use the answers from the profile for future newsletters.

- The year on your address label is the year your dues are paid through.
- You owe annual dues if your address label has 2008 or earlier listed on it.
- If your address label has 2009 or later listed on it, you do not owe dues at this time.
- You may renew for several years in advance if you would like.
- Please update your stats.

You owe \$10 for 2009 dues.

2008

Your Name
Your Address
City, State, ZIP Code

You owe \$20 for 2008 & 2009 dues.

2007

Your Name
Your Address
City, State, ZIP Code

You have already paid your dues.

2009(or later)

Your Name
Your Address
City, State, ZIP Code



Note from the Treasurer:

Our club experienced tremendous growth in 2008 with the addition of 300 new members. A profit and loss statement is included in this newsletter to let our members know how their dues are being spent. Enclosed in this newsletter is the 2009 renewal form. Please return your renewal and dues within the next couple of months. All officers and board members are volunteers and receive no compensation for their services and the club does not have any paid employees.

Sincerely,
Steve Boone
steveboone@aol.com



2008 Profit and Loss

Income

Renewals	\$7,790.00
New Members	\$3,000.00
Donations	\$1,140.00
Merchandise sales	\$8,326.44
Total Income.	\$20,256.44

Expenses

Awards	\$5,276.85
Finisher certificates	\$409.91
Fees (bank/filing)	\$66.00
Liability insurance	\$744.00
Merchandise cost	\$7,200.00
Newsletter	\$8,113.50
Office supplies	\$1,146.90
Postage	\$2,027.79
Reunion expenses.	\$484.14
Telephone conference calls	\$667.04
Total Expenses	\$26,136.13

Net Income (loss). . . . (5,879.69)

Stats, New Members, Demographics

Membership - 1,794

Female - 647

Male - 1,147

Our members have a combined total of more than **107,430** marathons and counting...

If everyone updates their statistics, our count will be even higher!

E-mail updates to your schedule, state count and marathon total count to steveboone@aol.com. Help us out by including your first and last name! Thanks! Keep your e-mail and address current.

Welcome to our New Members:

Andrea Amend-IL
Benny Arogyaswamy-TN
Jim Ballard-AZ
Linda Ballard-AZ
Van Barbre-CA
Bill Berenson-TX
Francois Bernatchez-QC, Can
Carolyn Bibb-GA
Amie Bjorklund-CA
Kenneth Blahut-NJ
Ronald Boss-NY
Melissa Briggs-MO
Joe Church-PA
Peggy Colin-TX
Sharon Crawford-OH

Jennifer Crowther-FL
Lynne Damron-FL
David Darr-OH
Mike DeBlasis-OH
Cindy Desirant-MD
Jim Devaney-TX
Jayme Dorr-CT
Jim Droz-IL
Tina Eaton-NC
Kate Eder-CA
Peter Farmer-NY
Steve Fuller-MO
Jay Gibson-SC
Sanford Ginsburg-IL
John Gonzalez-NY
Fesshaye Haile-VA
Roger Harris-SC
Mary Ellen Hennessy-Jones
Susan Hilal-MN
Yukie Ogura Howard-FL

Peter Hudec-NY
Bob Kennedy-MA
Kay Kistenbroker-FL
Ben Klau-CA
Rachel Klistau-WI
Maureen Knepp-NH
Carol Kopman-IL
Gary Krugger-PA
Thong Kelly Lim-China
Hank Martin-IN
Jay Martin-SC
Mary Victoria McDonald-AR
Joye McElroy-GA
Tyson McGowan-TX
Thomas McKeon
Linda Moody-FL
Robert Moore-NY
Holly Mruz-FL
Patti Muck-TX
Torill Nelson-SC

Kevin Nolan-PA
Nicole Ofstad-VT
Timothy O'Donnell-OH
Karl O'Leary-NY
Margie Palmrose-Mace-OR
Patrick Peterson-IL
Jay Pettit-ON, Canada
Jill Pettit-ON, Canada
Blaine Phillips-UT
Robert Reffkin-NY
Michael Rice-CA
Ryan Robinett-CA
Sabina Roldan-CA
Laura Roman-MD
Kim Ruple-GA
Steve Sawyer-IL
Dennis Schmatz-NJ
Thomas Schmitt-IL
Adam Shank-MN
Rob Simmons-MS

Michael Smith-KS
George Soukas-PA
William Sprouse, Jr.-KS
Paul Starling-NC
Linda Stimson-CA
Nancy Stuparich-FL
Bryndis Svavarsdottir-Iceland
Silvana Tarczy-ON, Canada
Bulent Ugurlu-MN
Jolene Walters-ID
Lisa Ann Weaver-GA
Heidi Weber-MD
Bradley Wedemeyer-VA
Carole Williams-WA
Tom Williams-WA
Helen Wilms-KS
Nora Wilson-TX
Ronald Wright-TX
Mark Zarembo-AL
Stephanie Zehr-FL

Demographics:



AL-24	HI-4	MI-46	NC-40	UT-11
AK-7	ID-12	MN-63	ND-2	VT-6
AZ-15	IL-98	MS-8	OH-85	VA-50
AR-14	IN-49	MO-54	OK-15	WA-43
CA-133	IA-22	MT-5	OR-22	WV-14
CO-53	KS-25	NE-19	PA-63	WI-39
CT-28	KY-32	NV-8	RI-2	WY-7
DE-2	LA-28	NH-11	SC-20	
DC-5	ME-8	NJ-48	SD-3	
FL-112	MD-38	NM-8	TN-24	
GA-74	MA-23	NY-73	TX-160	

AROUND THE WORLD

Australia-1	Sweden-1
Austria-2	Thailand-1
Bermuda-1	UK-5
Canada-22	
China-1	
Germany-3	
Iceland-1	
Japan-1	

Age Group Demographics:

Age Group	Male	Female	Male Finishers	Female Finishers	Marathons	Average # marathons per member
20-29	21	20	2	0	1,115	27
30-39	101	85	4	3	4,759	26
40-49	308	241	46	33	23,198	42
50-59	402	216	106	53	36,828	60
60-69	248	75	105	25	27,738	86
70-79	59	5	33	3	11,092	173
80-88	5	0	5	0	1,785	357

Finishers

Congratulations Finishers *Certified Finisher

* Scott Courtney		Mount Desert Island	Bar Harbor, ME	10/19/08
Gene Bruckert	4th time	San Francisco 1 Day	San Francisco, CA	10/25/08
Craig Watson	2nd time	Richmond	Richmond, VA	11/15/08
* Ed Peters		Seashore	Rehoboth, DE	11/22/08
* Tom Adair	3rd time	Seashore	Rehoboth, DE	11/22/08
Jim Simpson	8th time	Dizzy Fifties 50K	Huntsville, AL	11/22/08
Edson Sanches	5th time	Kiawah Island	Kiawah Island, SC	12/06/08
* Wayne Ratowski		Baton Rouge Beach	Baton Rouge, LA	12/06/08
* Jay Seashore		Kiawah Island	Kiawah Island, SC	12/06/08
* Drew Kudera		Dallas White Rock	Dallas, TX	12/14/08
* Jim D'Haenens		Honolulu	Honolulu, HI	12/14/08
* Douglas Walter		Honolulu	Honolulu, HI	12/14/08
James O'Bryan		Honolulu	Honolulu, HI	12/14/08
* Dedra Trotter		Honolulu	Honolulu, HI	12/14/08
* Ron Knecht		Honolulu	Honolulu, HI	12/14/08
* Christine Merriam		Honolulu	Honolulu, HI	12/14/08
* Mike Herrin		Honolulu	Honolulu, HI	12/14/08
* Richard Vogt		Honolulu	Honolulu, HI	12/14/08
* Jeremiah Gibbons		Zoom! Yah! Yah!	Northfield, MI	01/11/09
* Frank Bartocci	4th time	Hilo to Volcano 50K	Hilo, HI	01/24/09
* Maria Vargas		Maui Oceanfront	Maui, HI	01/25/09
* Lillard Ashley		Valentine	Olympia, WA	02/08/09
* Doan Vu		Lost Dutchman	Apache Junction, AZ	02/15/09
* Dan Adley		Napa Valley	Napa, CA	03/01/09



FINISHER

***Certified Finishers have provided hard copies of at least one item of proof for each of the 50 states:**

- * *Certificate*
- * *Results*
- * *Bib and Medal*

Female Member Finishers – 117 Male Member Finishers – 302

- 29 Members finished in 2001
- 24 Members finished in 2002
- 37 Members finished in 2003
- 41 Members finished in 2004
- 70 Members finished in 2005
- 55 Members finished in 2006
- 68 Members finished in 2007
- 89 Members finished in 2008

So far... 6 members have finished in 2009



100 150

Milestones

200 250



Gene Bruckert	250th
Robert Douglas Britain	100th
Cathy West	100th
Cheri Gross	100th
Mike Swanson	100th
Lauri Fauerbach-Adams	100th
Angela Tortorice	100th
Roger Biggs	500th
Gina Little	300th
Jack Brooks	200th
Pam Penfield	150th
Steve Boone	400th
John Wallace	100th country
Paula Boone	250th
Robert Bishton	100th
Yolanda Holder	100th

New Hampshire
Niagara Falls
OBX
Richmond
Rock 'N' Roll
Las Vegas
Texas
AGM Handicap
AGM Handicap
Genk
Disney
Houston
Tahiti Moorea
Surfside Beach
Snickers
Red Rock Canyon

Bristol, NH	10/04/08
Niagara Falls, Canada	10/26/08
Outer Banks, NC	11/09/08
Richmond, VA	11/15/08
San Antonio, TX	11/16/08
Las Vegas, NV	12/07/08
Kingwood, TX	01/01/09
Bromley, UK	01/04/09
Bromley, UK	01/04/09
Genk, Belgium	01/11/09
Orlando, FL	01/11/09
Houston, TX	01/18/09
Tahiti	02/08/09
Surfside Beach, TX	02/14/09
Albany, GA	03/07/09
Las Vegas, NV	03/07/09



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Member Profiles

Profile for Drew Kudera, CT

Drew has been marathoning for 28 years and has been working on the states for 17. He completed his 50th state at the Dallas White Rock Marathon in 2008. His marathon total is 63 with no ultras to date. His PR was at New York City in 1981 with a 3:14:36. His PW was at the Delaware Triple Crown in 2003 with a 6:22:05. He does three to five marathons a year, although he has had one year with eight marathons. His goals include: Running 100 marathons by his 60th birthday; running every marathon in the New England states; and running an ultra.

He began running in 1974, in his freshman year in high school, to lose weight. "Needless to say, I have gained the 35 pounds I lost back, plus another 50 or so over the years." Drew does not cross train on a regular basis, but an injury will send him to an elliptical or bike and he does light weight training three times a week. He likes to run on a crushed gravel/dirt surface. When asked how his family feels about his running, he says, "It was non-negotiable when I married 15 years ago. My girls are nine and 12 and enjoy traveling. They have not been to many marathons but they loved the one in Hawaii." Usually he runs alone due to time and travel constraints. He enjoys the solitude and thinking time.

Running stories: In 2006 he planned to run Kiawah Island. He received an e-mail about two weeks before the race from a friend, asking if he was running and telling him that his name was not on the entrants list. He made all of his travel reservations but did not sign up for the race! Race management bureaucracy prevented him from entering. In 2005, at the Breakers Marathon, he drove up the evening before the race with his family, but forgot running socks. "Fortunately, I met Bob and Lenore Dolphin—Lenore sent Bob back to the hotel for a pair of socks for me."

Drew has been to every major league ballpark for a game. The first time was in 1993 and he was current with all of the new parks since through the end of last season. "The Mets and Yankees open new ballparks this year. Living in Connecticut makes it easy to get to the new parks—the tickets are another story." He also enjoys reading and coaching his daughter's softball team.

Drew is a consulting actuary and volunteers time for The Casualty Actuarial Society. He is in his third year of being an officer.

Profile for Andrea Amend, IL

Andrea has just started working on her states. She currently has 14 marathons, 12 states, and 0 ultras to her cred-

it. Her plan for 2009 includes five marathons. Andrea's PR was at Grandma's in 1995, a 3:16:30 and her PW was at the ING Georgia in 2007 with a 4:27:39. She hopes to finish the 50 states before she turns 50, and to finish all of these marathons in under four hours!

She started running in high school but lacked motivation. After graduation, she ran 5K and 10K races and won most of them! Her goal for her first marathon was a 3:45, which would qualify her for Boston—and she finished in 3:16. She ran her first marathon in 1995; ran three marathons in three months in 1996, and then took a nine year hiatus due to health problems. In 2006 she ran two marathons and heard about the 50 States Marathon Club. Since it combined her loves of traveling and marathoning, it sounded like a great goal. She has been slowly increasing the number of her marathons. Andrea cross trains with an elliptical trainer and a road bike.

Her family is very supportive of her running. Her husband has completed four marathons with her. Her dad is a big fan and often tracks her races on the computer. Often her dad and mother are with her at races. She has two sons who travel with her when they can and are very proud of their mom. A niece, Kayeleigh, often travels along. Her family usually spends five days sightseeing and touring at marathon destinations.

Her hero is Shawn Fredricks because she has competed in the Hawaii Ironman multiple times and has trained Andrea.

Andrea's other interests include scrapbooking and traveling, particularly to Mexico and the Caribbean. She earns travel money as a registered nurse/surgical assistant.

Profile for Mark Landry, KS

Mark has been working on the states for eight years. He began marathoning in 1975 and took time off to begin again in 1997. He has been having some knee problems and was hoping to return to marathoning in 2008. His PR was at Boston, where he finished in 4:21 in 1975. His profile total is 45 marathons and one ultra, and he has completed 43 states.

His favorite race was Erie, where he enjoyed the deciduous trees along the beach, and his favorite trail was SunMart, due to the variety of ecosystems. His life hero is Charlie Sarran, VA, who devotes his life to doing marathons and to coach-

ing the Jeff Galloway method. He enjoys an occasional hamburger during a race. His hardest marathons were in Idaho and the Bataan Death March in New Mexico. His easiest? Hawaii.

Mark has the perfect occupation for a marathoner—he is a podiatrist.

Profile for Jane Cutting, ID

Jane has been marathoning for 27 years, but has only been working on the states for five. She has completed 167 marathons and seven ultras. Her marathon PR was at San Diego Bay in 1985, a 3:53:39, and her PW was at the Michigan Trail Marathon in 2007, over nine hours. Her ultra PR was at the Desert Classic 50K in California, a 6:21 in 1994, and her ultra PW was—at the same race, in 2000, an 8:01. Jane completed the 50 states running with her husband at the Midsouth Marathon in Wynne, Arkansas in 2008. Goals include finishing the provinces and territories in Canada.



Drew Kudera, CT, runs in New Hampshire



Andrea Amend, IL at New Orleans



Charles and Jane Cutting, ID at the Four Corners

Jane and her husband Charles are legacy runners for the Los Angeles Marathon, which means that they have completed all LA marathons since the start in 1986. They have done as many as 21 marathons in a year (2007). As she gets older, she walks a bit more of her races now since knee problems have developed. She says, "In northern Idaho, it is not always conducive to running outdoors in the winter, so we have our own treadmill, tread climber, elliptical, mini trampoline, etc."

Running stories: The couple did a marathon in Winona Lake, Indiana last year. The morning of the race it was pouring heavily. It happened to be the same weekend that hurricane Ike hit Texas and moved on up to the Midwest. There were tornado warnings that morning, so the start of the race was delayed for about two hours before the tornado warnings were lifted and the RD let them start in the still pouring rain. Eventually the rain stopped and the sun came out, causing it to feel like a sauna! She was hoping that Catalina Island would be her 100th marathon. Race morning was very wet and rainy. They were taken by boat from Avalon to Two Harbors where the marathon started. The mud was very sticky and they sunk down into the mud with every step. It was one muddy marathon with a lot of elevation gain going up and down the mountains on the island. That day it was so foggy and rainy that they missed all of the wildlife that is usually visible. When they ran back down the mountain into Avalon, the water was about a foot deep rushing through the streets.

Jane is a retired dietitian. ■



Mark Landry, KS

John's First Trail

by John Dietrich, KS

To celebrate my birthday and another year of living, family and friends, and running, I ran (walked and stumbled many times) a 50K (31 miles) event at Lake Perry, KS north of Lawrence. This was my first true trail run ultra (longer than a marathon) event. It was 40 degrees and clear and sunny at the start at 8 a.m. This event had a 5K, half marathon (13.1 miles) and the 50K. I knew the course was going to be tough when only 100 yds. into the trail, another runner friend, Tom, fell—not looking good. This was a two loop course that took us up and down and around the rolling hills at Lake Perry. Many times we had a nice view of the lake from the course. It was a single file trail which wound us around Lake Perry State Park.

The aid stations were few, of course, which is the norm for a trail run, but well supplied with the sports drinks and snacks. The snacks were the usual bananas, oranges, and then the extras of pretzels, candy and sandwiches, which ultra people take in large amounts. I had practiced eating regular food other than Gu gels for this run, so the stomach was not going to be surprised. I did snack on pretzels, candy, etc. and I did take my Gu. I had a new water bottle with sports drink, a birthday present from Tom, as he figured I needed a good bottle for a run like this. I was glad I had it. It was 20 oz. bottle, and after the first loop I drank it empty, filling it up at the aid stations each time. So, I did stay hydrated, which is the key to survival in marathons and ultras.

The run did have the rocks to step on. The first loop was a little muddy and slick from the rain the previous three days. I was trying not to slip and fall on the rocks. The first loop was learning the course, the aid stations, etc. By the end of the first loop it was warming up to the mid 50s and 60 degree mark. At the end of the loop Tom was there waiting for me. He and I went on for the second loop after taking in candy, pretzels, the sports drink, etc. I stopped at each aid station and would be there about four minutes—

there were four aid stations.

The second loop warmed up and was dryer. There were a few wet spots, but not bad. Tom backed off half way through the second loop and I took off at my walk-the-rock-sections and jog-the-other-sections pace. Just before the 24 1/2 mile station (which would be somewhere about 22 1/2 or so miles) I took my first official trail fall. I stumbled and went to grab a tree to stay upright. The tree was a dead rotten one, and it went down to the ground with me. It wasn't a bad fall, and it was in the mud. I forced myself up quickly and got moving again. I didn't need to dwell on why I fell. The next section after this was an aid station and a 1.6 mile loop back to this one aid station. On that loop I tripped again—this was a muddy section and face first—not too bad—I am sure Mom would say "Didn't I tell you not to play in the mud?" I got up and got going again. After that it was a five mile stroll to the finish. One more aid station and more supplies and away I went. The shadows in the woods changed throughout the day. What a science experiment to work on if you had the time to really document this! Anyway, with a mile to go, Tom caught up to me and we strolled on in—no more falling down. Tom kept count of his falls—he fell 15 times, a new record he says.

Our time of 7:26:10 was good, I think. The day had been great with clear skies, sunshine, and temperatures up to 72 degrees. To me it was what many called back on June 6, 1944 (D-Day of WWII) "The Longest Day." This was the longest day for me. Other than some of the usual aches and pains, it was not too bad. The marathons on the roads beat you up; the trail runs just keep you going, at a slower pace. As long as you walk fast, you do okay. I am sure my feet took a beating from the rocks on this course, but I did survive. Other ultra friends were there like Ben, Stu and Deb, and others had met before, so, it was good to have their support. I guess we will work on trying to roll with the falls and not worry about how much I bounce when I hit the ground. Now I have another ultra (two ultras) to go with my 82 marathons. ■

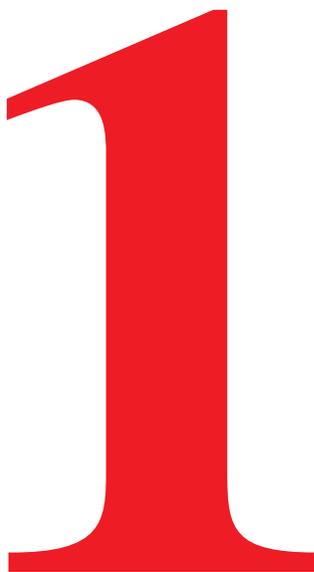
We Run as One

by Tony Blair, NE

As marathon runners, we are family. We share a common experience. We have a mutual respect for one another. Some members of our family run like the wind...and we are proud of them. Some of our brothers and sisters walk more than they run...we are proud of them too. The 20 elders of our clan are held in high regard for their commitment to continue on. The young in our midst are encouraged to grow and learn. Everyone in our family is a winner. Even the last one home is crowned The Slowest of the Winners...a victor just the same. Our family has no eth-

nic, political or religious restrictions. We are one. We come together in the early morning with a single purpose and a common goal, and we do whatever we can to help each other cross the finish line and get our well deserved medallion.

We look at the person running next to us and we see a sister or brother, another human being...nothing more, nothing less. And as we look at them, we smile. We offer a word of encouragement. We want them to succeed. We want them to be proud of what they have accomplished that day. We run with a single purpose...to finish what we came to do. Run your own race. ■



SHORTS:



© THE LAS VEGAS SUN

San Antonio lawyer Larry Macon runs a marathon in 2004. The 63-year-old is attempting the world record for most marathons completed in a calendar year and ran his 103rd race Sunday at the Las Vegas Marathon.

From Wikipedia, thanks to Mike Brooks, ME: In the United States, the most popular goal is to run a marathon in each state (50 in total) of the United States plus Washington, D.C. More than 300 individuals have completed this circuit once and some have done it eight times. Twenty-seven people have run a marathon on each of the seven continents, and 31 people have run a marathon in each of the Canadian provinces. In 2006, two people, Sam Thompson and Dean Karnazes, ran 50 marathon distances on 50 consecutive days in 50 different states. In 1980, in what was termed the Marathon of Hope, Terry Fox, who had lost a leg to cancer and so ran with one artificial leg, attained 5373 kilometers of his proposed cross-Canada cancer fundraising run, thus maintaining an average of over 37 kilometers, close to the planned marathon distance, for each of 143 consecutive days.

On December 14, 2008, 64-year old Larry Macon set a record by running 105 marathons in a single calendar year.

In Europe, a goal among some people is to run the most number of marathon races overall in a lifetime. There is something called the 100-club, for example www.100marathonclub.org.uk. To qualify one must have run 100 races. A German man claims to have run over 1,000 marathon races, but this is disputed, since many of these races had only him as participant, organized by him and his wife from their home.

Other goals are to attempt to run marathons in a series of consecutive weekends (Richard Worley on 159 weekends), or to run the most marathons during a particular year (e.g. Larry Macon ran 93 in 2007), or the most in a lifetime. A pioneer in running multiple marathons was Sy Mah of Toledo, Ohio, who ran 524 before he died in 1988. As of June 30, 2007, Horst Preisler of Germany had successfully completed 1,157 marathons plus 343 ultramarathons, a total of 1,500 events at marathon distance or longer. Norm Frank of the United States is credited with 945 marathons. There are even clubs for people who have run 100 or more marathons; one such club has at least 45 members.



States Marathon Club

www.50statesmarathonclub.com

PO Box 15638, Houston, TX 77220

My 100th Marathon the Hard Way

by Johnny Spriggs, OK

I ran my first marathon in December, 1999. The Dallas White Rock Marathon was going to be my first and last marathon. I had some friends who had run marathons and they convinced me I could do it. I finished it and I was hooked. The next year I ran four, then six the next year, 12 the next and in 2007 I ran 30 marathon or longer races including the Lake Tahoe Triple. Three marathons in three days around Lake Tahoe is as much fun as you can have with running shoes on.

The most surprising thing to me through all the marathons I ran was the number of runners I met who had either run a 100 miler or wanted to run a 100 miler. I was fairly certain that these people were all one brick shy of a full load, had one oar just barely skipping across the top of the water, had a screw loose, you get the idea. To get these people to leave me alone, I told them that I would run a 100 miler for my 100th marathon. Now at the time I said that I had spent seven years getting 50 marathons run, so I thought by the time another seven years had passed, they would be over the whole 100 mile nonsense.

One year later I was at 80 marathons and all I ever heard about was which 100 miler I was going to do. Well, leaving the country was not an option, so I signed up for the Heartland 100 in Kansas. I had run my first 50 miler there and was very impressed with the organization. I had eight months to complete the 19 marathons I needed to get me to number 99. Cool, I won't have to do any long training runs. I ran three double marathons. A double is where you run a marathon in one town on Saturday and then drive or fly to another town and run a second marathon on Sunday. Then I ran the Lake Tahoe Triple the last of September and finished all three marathons, although the third day was a real test.

On the way home from Lake Tahoe, I told my friend, Brian Hoover (who had gone to Tahoe with me) that I felt doing three marathons in three days had to be harder than running 100 miles. It seemed to me it would be much more difficult to start day two and then again on day three. It was so much harder than any of the 50 milers I had run. Yeah, that's it! This 100 miler will be a piece of cake. I was wrong, so wrong.

We took off at 6 a.m. on October 11th in the Kansas wind on the run of my life. Kathy Hoover had signed up for the 100 so she could pace me the whole way. Kathy is a very experienced runner and trainer so I felt very fortunate to have her running with me. Our strategy was to go out slow, walk the hills, and run the rest of it until we were done. At ten miles we were at the back of the pack, but by 60 miles we were passing people who were burned out and walking. At 85 miles we were running and passing runners who could hardly walk. I was dead tired and it hurt to move but compared to the runners we were seeing, I was doing great.

At 90 miles or so I looked at Kathy and said, "OK, I understand why a person would want to try to run a 100 miler. What I don't understand is why anyone would ever want to do another one." She couldn't explain it. She thought maybe the good feeling of finishing made you forget the pain. We kept running and running and running. At 92 miles I thought to myself, "Oh my gosh, I have to go

eight more miles to finish this thing and I can hardly move. It may as well be 800 miles because I can hardly stand up." About that time Kathy looked at me and smiled. She said, "Come on let's finish, you can do it." You can do it, I thought, yes I can, I can do it.

I ran most of the last eight miles and did finish at 26 hours, 34 minutes, 34 seconds. Our crew, Marvin Lee and Brian Hoover, were smiling, clapping, and snapping pictures and all of the sudden I didn't hurt nearly as bad. Hey, it worked, I had forgotten about the pain. It was a very good feeling, the best running experience of my life. I will never forget my Heartland 100 for my 100th marathon experience. Now I have to figure out what to do for my 200th marathon. Are there any 200 milers out there? ■

Johnny is President of the Tulsa, OK Running Club, Ed.

In Remembrance of...

Our friend, Neil Horton, CO, passed away (2/19/09) after a long and courageous battle with cancer. He went in peace and comfort, surrounded by family. Neil is survived by his wife Dian, daughter Michelle (and husband Matt), son Scott (and wife Jane), sister Carol Coombs, sister Judy Lockey, and grandchildren Dustin Lofthouse, Allie Horton, Molly Horton and Sam Horton. A celebration of his life was held Saturday, February 28, 2009 at 2 p.m. at the Pikes Peak Grange in Frantown, Colorado. (3093 N. State Hwy 83 Frantown, CO 80116.)



SHORTS:

From Jarrett Roberts, CO: 2008 has been a very interesting year. Unfortunately, I have not been able to do any marathons this year due to what has been diagnosed as a failing aortic valve. Fortunately, I have surgery scheduled on January 23, 2009 at the Cleveland Heart Clinic (ranked #1 for cardiac surgery) with Dr. Lytle who is considered the top surgeon in the world for aortic valve surgery.

Currently they hope to perform valve repair, but it may end up being a mechanical replacement once they open me up. It does mean open heart surgery with eight to 12 weeks of recovery. However, the local surgeon who I got a second opinion from said I should be cleared to do marathons again by the fall. I am hoping to make the 2010 Texas Marathon my first marathon since my open heart surgery.

Please let the club members know about what I am doing and that I feel this is a great blessing. They found it and it is repairable. As the opening of the '70s show the "Six Million Dollar Man" states, "We can rebuild him... We have the technology. Better than he was before. Better, stronger, faster." In the opinions of my sur-

geons, I should be able to do the marathons faster once I am through with cardiac rehabilitation. Maybe not qualifying for Boston or doing 105 marathons in a year like Larry (give him my congratulations), but actually PRing after open heart surgery.

From Terry Baransy, CA: A belated thanks for the beautiful trophy celebrating and certifying my completing all 50 after Hartford. It is great and came at a good time. Timing is all! I found out I needed a new aorta valve after I returned from Connecticut, and surgery is scheduled for December 15. My running had nothing to do with the problem, but my heart—strengthened by all the cardiovascular exercise—did not present any of the normal symptoms (shortness of breath, pain, pressure, swelling, etc.), and it was just an unrelated fluke that prompted an echocardiogram that showed the problem. Although I feared hearing that my marathoning days might be behind me, my surgeon assures me that I will be able to return to previous levels of activity once I recover. I am aiming for Oklahoma City Memorial (I have done all eight of them) as an incentive to get back on the horse. Meanwhile, my trophy proudly provides a reminder of better days ahead. I hope to see you on the road before long.



Thanks to Jim Boyd, WA, for this picture taken before the start of the Bristol, New Hampshire marathon. It was good to see you again on the East Coast, Jim!



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Joy in Running: Ray Scharenbrock, WI

by Lois Berkowitz

When I first started meeting marathoners almost 20 years ago, everyone already knew Ray or knew about him. Ray had been everywhere and done every race. Now, Ray is closing in on his 10th circuit of the United States; he has done all of the continents, and has visited many foreign countries. By the time you read this, he should have returned from Thailand.



At Ms Blues, Jim Simpson CA, Larry Macon TX, Ray Scharenbrock WI and Henry Rueden, WI.

Ray was born the youngest of 15 kids! He had a sister who died of diphtheria. One of the children was really a cousin who was adopted into the family. He was born during the depression, and his family lived by subsistence agriculture. They had their own milk and eggs, and canned everything. His parents died at early ages compared to today's standards; his father was in his 60s, and his mother in her 50s. They did instill in their children that education was the key to everything. Ray was the first in his family to obtain a college degree, though three sisters obtained nursing degrees. Most of his

nieces and nephews have college degrees. His family members were leaders in their community.

Ray began teaching school in Wisconsin. Initially he taught five subjects, but that was too much of a load, and he transferred to a middle school, teaching English, history and geography. Later, he got a masters degree at the University of Montana, attended the University of Wisconsin, and did work at many other universities. He does have 30 credits past his masters, but never finished his doctorate since it would have required him to take time off from work.

Ray began running in the '70s, when many people did. His officemate ran at lunch, so Ray decided to see if he could do that. Then came five milers, then half marathons, then he thought, "I'll try a marathon." He chose the Milwaukee Marathon in 1982; not confident that he could finish, he told no one. His time was under four hours. As he finished, he saw Mike Gaynor, a fellow teacher, handing out water at the finish. "I did it, Mike!" A physical education coach he knew, later to enter the Hall of Fame at Lacrosse, advised Ray to stick with short distances: That did it! Now he had to try again. He began to meet runners who were "doing it"...Norm Frank, Don McNelly, Lois and Dick Brown. Now, making friends became easy. It was good to get away from teaching experiences, to identify with runners. He would leave school Friday night and return on Sunday.

Still, Ray did not run a lot until he retired in 1992. For a while, his goal was to get ahead of Sharon Mordorski, MN, in numbers. He says that he really doesn't plan a certain number of marathons a year. "There are a couple of weeks where I didn't run." He would have 38 or 39 marathons in a year. Now, he doesn't plan any more doubles. At this interview time, he had a couple of weeks open in February. He says that records are made to be broken, and that several big time runners are "on my tail."

The big question many of us ask is, how do you do it? How do you afford this? Ray says, "I never learned how to spend money. I don't get a new car every year. I have few running clothes. I don't need a lot. I'm single, and I have no children. That's where a lot of money goes for people. I don't go to fancy restaurants; it doesn't appeal to me. I don't drink." Ray has a teachers' pension and social security. He uses IRAs and annuities judiciously.

Ray enjoys life as it comes. His mentors include Theodore Roosevelt and Mother Teresa. One of his great memories is visiting her room in India a year ago. He feels that his ultra and marathon finishes are a gift from God. A big responsibility that God gave him is as principal caretaker for two of his sisters, taking them from decline to death. He enjoys running in Grant Park and coming face to face with deer. He counts the baby ducklings in the lagoon there. He also reads avidly. His book recommendations include "Our Lady of the Forest" and "Snow Falling on Cedars." ■



Ray receives his 9th time finisher award from Tom Adair, Club President.

SHORTS:

our newsletter my RRs are at www.runningahead.com/groups/MastRun/Forum.

The former was on John Dietrich's birthday. He completed his first trail 50k at Rock Creek.

From Michele Smith-Harden, VA: From the Virginian Pilot on Labor Day 2008: "Dressed as a pink bunny, Michele Smith-Harden, of Norfolk, cheers as she takes off from the starting line at Sunday's, August 31, 2008, Rock 'n' Roll Half Marathon in Virginia Beach. Smith-Harden has finished marathons in 37 states and plans to finish all 50 states by December, 2009. "

From Bill Whipp, OH: Hope all is going well for you. I am attaching a picture of Dan Wells and me, taken right after the Green Mountain Marathon in South Hero, Vermont, on October 18th. As you know, Dan completed his 50 states for the first time there and I completed the 50 states for the second time.



From Barbara Wnek, MO: Hi, I ran Detroit yesterday. What a great and beautiful marathon—no altitude either! I made friends with three of the top Kenyan runners. I even gave them my ibuprofen and an energy gel. The one had me try on his red running shoes that he gets paid \$5,000 every race he wears them. They're going to be in San Antonio too.

From Kevin Hatfield, GA: I am running a 24-hour race in Rockingham, NC next weekend, then the Cape Cod & Baltimore marathons next month with Tom. The Pinhoti 100 in AL is new and I'm volunteering there early in Nov., then I'll be busy getting ready for hosting my fourth annual 50k/marathon at Bartram Forest. Hammer Nutrition is giving us lots of E-caps and such this year, it's the first year we've had a sponsor. That's about all that is new with me, except I did go skydiving again in August. I'd always wanted to have my own chute and everything and it was the first time I'd done that. The long training: six-plus hours, was very tough and just about miserable but the jump was fun; it was quite a feeling having my life in my own hands at 14,000 feet. I tossed my pilot chute out around 4,500 feet without any tangled lines, deflated chute cells or such; all went smoothly. ■



Deb Cropper, AK, makes friends with Rudolph at a tree lighting in her home state.



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50 Staters Questionnaire for Mark Landry, KS

50 States Marathon Club member Mark Landry, KS, is researching 50 staters for an independent study in cultural anthropology at the University of Kansas. The questions to be asked are listed here. If you are interested in participating in this qualitative survey, e-mail Mark at mldry4@kc.rr.com. This would be done preferably by email response, but you can fill out the questionnaire below and mail it to him at 10550 Quivira Road #260, Overland Park, KS 66215. As necessary, Mark may call respondents by phone for a lengthier interview. The results of this study will be shared in a future newsletter. Thank you for your participation. ■

1. Were you involved in sports in high school or college; if so what sport? _____ Long distance running? ____
2. How many marathons ____ and states ____ have you completed? Have you retired from running? ____
3. What is your age?
 - Under 30 40 – 49 60 – 69 80 – 89
 - 30 – 39 50 – 59 70 – 79 90 – 99
4. When did you start running? ____ Marathons? ____
5. What is your level of education? High school Trade school College Post-graduate
6. Are you married or single? ____ With or without kids at home? ____
7. Are you employed in your original profession/trade? _____
 - Are you retired? _____
 - Have you taken up a second occupation? _____
8. How would you describe your body build?
 - Thin ectomorphic
 - Average mesomorphic
 - Larger endomorphic
9. What influenced you to do your first marathon?
 - A friend who had done a marathon
 - A running club that included marathoners
 - Media information _____
 - Other _____
10. How did you become aware of the 50 & DC Marathon Group or the 50 States Marathon Club?
 - A running friend
 - A local running club
 - Media outlet Other _____
11. What keeps you running additional marathons? Please describe. _____

12. How many marathons do you strive to run per year? _____
13. Ideally, how many week(s) between marathons would you allow for ample recovery? _____
14. How many doubles (two marathons the same weekend) have you done? ____ Will you do a double again? ____
15. Do your spouse and/or family participate in marathons also? _____
16. What factors help you to complete marathons in 50 states? _____

17. To what degree does health maintenance play in your commitment to marathoning? _____

18. What are the rewards of membership in the 50 & DC Marathon Group/50 States Marathon Club? _____

19. How do you rank and describe yourself with others in your immediate social group; e.g., wife/husband, mother/father, racer, 50 stater, teacher, etc.? _____

20. What else might you share with others about your experience with the 50 States Marathon Club or Group?

Thank you for your contribution!
 Mldry4@kc.rr.com
 10550 Quivira #260, Overland Park, KS 66215

SHORTS:



Al Kohli shows off his cool new license plate.



L to R: Mike Swanson, MN; Tami Harmon, AZ; Brad (B Rad) Schwartz, IL; Erica Millan, AZ; Terri Jones, AZ, Lisa Pass, SC. Front: Linda Goodman, AZ at the San Antonio Rock n' Roll.

From NitaKay LeMay, IL: I returned home to Chicago to a foot of new snow after leaving the Tasmanian summer of 70 F. My marathon, 125 was the 26th running of the Cadbury Marathon on January 4, the only marathon that starts and finishes at a chocolate factory. A record field of 125 marathoners and 352 half marathoners traversed the two loop course on a coned off lane of highway around Hobart. The field included entries from 12 foreign countries and all the states and territories of Australia. David Criniti from Sydney won with a time of 2:29.55. My time of 5:22.54 meant I was not last. Medals and nice tote bags were given to all finishers, but no t-shirts. With the race starting a 6 a.m. there was plenty of time to shower and feed a kangaroo and the emus at the Bonorong Wildlife Park followed by a visit to the colonial village of Richmond. The Royal Botanical Gardens and Port Arthur, the old penal colony were a good way to walk off that lactic acid sourness the next day. Of course Cascade beer brewed there in Tasmania was refreshing. Overall, it felt good to run in shorts after training all December wearing YakTrax. This was my fourth Australian marathon on the way to completing all the Australian states.

From Gina Moore, TX: I am still running, but not marathons...trying to stay trained, but—I'm getting married! Jack and I are planning a May 16 wedding here in central TX...San Marcos...so plan a marathon close (in the heat of May!)



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Membership Renewal

**50 States Marathon Club
PO Box 15638
Houston, TX 77220-5638**

Name _____ Date of birth _____

Address _____ Sex (M/F) _____

City _____ State _____ ZIP Code _____

Home phone _____ Other phone _____

E-mail address _____

Occupation (or retired from) _____

Okay to list e-mail on Web site? Y/N ____ Okay to list state on Web site? Y/N ____

You may pay your dues in advance for the next few years if you would like.

____ Annual dues (1 yr = \$10, 2 yr = \$20, 3 yr = \$30, etc.)

____ Donation

____ Total (due by 5/31/09)

Make check payable to: **50 States Marathon Club**

Marathons completed _____

Continents completed _____

Ultras completed _____

Canadian provinces completed _____

Total marathons/ultras _____

Non USA countries completed _____

States completed _____ for the 1st, 2nd, 3rd, 4th time (circle)

Finishers

Complete this section if you have completed the states, the continents, Canada and/or Australia

Date and location of completion of ALL 50 US states

1st time _____ 2nd time _____

3rd time _____ 4th time _____

Additional times _____

Date and location of completion of ALL 7 continents

1st time _____

Additional times _____

Date and location of completion of ALL 13 Canadian provinces & territories

1st time _____

Additional times _____

Date and location of completion of ALL 8 Australian states & territories

1st time _____

Additional times _____



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Personal Profile for _____ (name) _____ (date)

Years marathoning _____ Age at your first marathon _____

Goals for 2009/2010 _____

On average, how many marathons do you do each year? _____

If you could run any marathon that you haven't already done, which would it be? _____
Because _____

Advice you'd give to a first time marathoner _____

What reply do you give people who ask if you're crazy for doing so many marathons? _____

The most exciting race you've done _____
Because _____

What made you start marathoning? _____

Something about you that folks would be surprised to know. _____

What do you think about while you complete a marathon? _____

What is your secret weapon for a great marathon time? _____

What is your favorite mile you've ever completed? _____
Because _____

My marathon mantra is _____

Rank the following three in each set (1-favorite or most important/3-least favorite or least important):

- Big city race with crowds _____
- Tech shirt _____
- T-shirt _____
- With a friend _____
- Headphones _____
- Healthy food _____
- Boston Marathon _____
- Quantity of marathons _____

- Small town race with small crowds _____
- Cotton T-shirt _____
- Medal _____
- On your own _____
- Talking to people _____
- Junk food _____
- New York City Marathon _____
- Quality of marathons _____

- Trail race _____
- Jacket _____
- Location _____
- With a group _____
- No distractions _____
- Eat what I want _____
- Chicago Marathon _____
- Mix of quantity and quality _____

Personal Bests (PB or PR):

Marathon _____ finish time _____ date _____

Ultra _____ finish time _____ date _____

Personal Worsts (PW):

Marathon _____ finish time _____ date _____

Ultra _____ finish time _____ date _____

Please return profile to: 50 States Marathon Club, PO Box 15638, Houston, TX 77220-5638



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MS Blues Reunion



L to R: Bob Parker, NC; Jeff Galloway of Atlanta, GA, our speaker; and Eric Johnson, NC

Ray Scharenbrock
9 times

Jim Simpson
8 times

CHAMPS

50 States
Marathon Club

Henry Rueden
7 times

Larry Macon
7 times

Gene DeFronzo
6 times

Edson Sanches
5 times

We had a great time in Jackson, MS. There was a great meeting with lots of famous friends in attendance. A few highlights:

- More than 100 at the meeting
- Jeff Galloway was the speaker

Special Awards to

- 9 time finisher—Ray Scharenbrock
- 8 time finisher—Jim Simpson
- 7 time finisher—Henry Rueden
- 7 time finisher—Larry Macon
- 5 time finisher—Edson Sanches
- In addition awards to Tom Adair (3 times), Charlie Gregory, Bob Parker, Dedra Trotter, Claude Hicks, Jim Collins, Robert Bucci, Terry Crapanzano, Chester Kalb, Ed Peters, Mike Herrin, Winston Davis, Dan Wells and Amy Yanni
- Thank you to all who volunteered to set up the room, distribute agendas, and prepare name tags.



Terry Crapanzano, LA is happy to finish!



Fiona Wright, FL, Martha Corazzini, NV, and Chuck Struckness, ND strut after the finish.

First Call to Run Marathon, 1/1/09

by Bob and Lenore Dolphin

A marathoner's New Year's resolution might be to run our favorite event on New Year's Day and start the New Year out right. Until Thursday, January 1, 2009, this wasn't possible because the local races on New Year's Day in the Pacific Northwest were short distance races not exceeding five miles. Thanks to Marathon Maniac Adrian Call, a marathon is now available on New Year's Day.

His First Call to Run Marathon, Half Marathon and 50K event was on the Sammamish River Trail, one of the favorite paved trails in the Seattle area. It was a double out-and-back race for the marathon on this flat trail that's adjacent to one bank or the other of the narrow Sammamish River as it flows north and west from Lake Sammamish near Redmond to Lake Washington near Seattle.

On race morning 60 runners gathered in Bothell, Washington, at a riverside park known as Bothell Landing. In the predawn darkness, we signed waivers, picked up runners' numbers and received directions and race information from Adrian.

The weather was good for running. There was a light rain that soon became a mist and then turned into thin fog. The temperature range was between 37 and 46 degrees, and the wind was calm to moderate along the way.

There were about 15 of us who crossed a park footbridge to the trail and a start/halfway-turnaround/finish line by an aid station for a half hour early start at 7:30 a.m. As we left the Bothell start, the trail had remnants of the December 13-25 snowfalls, and we ran on melting snow in an upstream southerly direction in the first mile. Then we crossed a footbridge where the trail became mostly bare and wet. Along the way we passed Interstate 405, the town of Woodinville, and the Red Hook Brewery, all by way of underpasses to the 6.55 mile turnaround at 60 Acre Park.

It was there that we reversed course and ran back to Bothell where there was a food and drink station at the start/halfway/finish line. Consequently, it was possible to be passed by most runners three or four times during the race. Most of the runners were friendly Marathon Maniacs who exchanged Happy New Year wishes and often slowed down to visit with me before running on. These included runners whom I've know for awhile such as Eric and Michelle Barnes, Jim Boyd, Tony Covarrubias, Arthur Martineau and Michael Shiach.

Running along the river was a delight for winter bird watching. I saw 20 species, and the highlight was seeing a pair of white swans flying overhead near flocks of Canada Geese as they left the green field where they had been feed-

ing. A black and white male Hooded Merganser duck flew several feet above the river, and two Bald Eagles were in a cottonwood tree by the river for us to admire as we ran by.

My run/walk went well as I drifted into nostalgia and recalled many earlier races on this familiar trail. I had fond memories of the former Falls to Gasworks 52 mile events, the previous Seattle Marathon course and the current Super Jock and Jill Half Marathons.

On this day I enjoyed my walk in the last 10K and finished in 6:05:05, 27th of 29 marathoners. I really appreciated the pancakes and hot chocolate in the Bothell Landing recovery area. There was also a wide array of bagels, cookies, crackers and chips that the race director and his volunteers made available for the runners before they left the race area. On the course there had been all of the water and Gatorade that a runner needed and solid food at the half and finish. Who could ask for more?

Congratulations to Tim Zornes who ran his first half marathon in 2:37:00. I enjoyed visiting with him in the early miles.

It was a great marathon experience, and I look forward to running it again on January 1, 2010. Thanks to Adrian Call and his aides for making this marathoner's first resolution possible to complete on New Year's Day! ■

SHORTS:



From Susan Kolbinsky and Tom Adair, GA: Celebrating their 50 states finish with a great cake (above) in Atlanta, GA 11/15/08: Susan Kolbinsky, Winston Davis and Debbie Shelton celebrated with about 60 friends. Anne Rentz, GA was the party organizer. Tom Adair, GA, spoke for about 15 minutes about the 50 States Marathon Club. Susan Kolbinsky is a full time employee with Jeff Galloway. There were about 15 50 States Marathon Club members present and many devotees of the Jeff Galloway method.



Celebrating in Atlanta: Tom Adair, GA; Debbie Shelton, IN; Susan Kolbinsky, GA; Winston Davis and Anne Rentz both of GA.



Dave Bell, CO, displays the world's largest finisher medal, achieved by those who finished The Texas Marathon in January.

From Vince Ferraro, NY: My beloved wife Liz passed away peacefully in hospice yesterday 12/27/08. This New Year's Eve I would have known her for 40 years. We would have been married 37 years this coming February. Please, any 50 staters who have lost spouses, e-mail me, as I feel I need some support from people like myself. My e-mail is enzochemist@juno.com.

From Diane Spicer wife of Frank Spicer, FL: Well, the weekend was just awesome. He ran so well, that he qualified for the next two Boston's. I asked the announcers to mention something about it when he came through the finish and they started talking him up 30 minutes ahead of his time in—saying that they were expecting him and that he was completing his 50th state. And then some family members surprised him and showed up and that really made the

weekend. He loves the shirt—he wore it to dinner with the kids last night and he's wearing it to work today. Thanks so much for your help in making it so special for him. You folks have all really set out for a different and unique goal and not an easy one to accomplish with jobs, families and travel involved. You are all amazing. We'll let you know when we are going to get to the quarterly dinner and I'm sure he'll be sending in his info for the certified status. (Frank finished the states at Hartford, CT on 10/8/08).

From Allan R. Holtz, MN: At age 58, I won the 50-and-over age group at the McNaughton 150-mile run on 4/11/2008, being the only person out of eight starters over the age of 50 to go past 110 miles. Then at the Arkansas Traveller 100 mile run on 10/4/2008 I became one of only six people this year to complete the Grand Slam of Ultrarunning (finishing the Vermont 100, Leadville 100, Wasatch Front 100 and Arkansas Traveller 100) in the same year. Normally Western States would be the first of the series of four 100 mile races, but with the wild fires within a mile of the trail that race was cancelled this year 3.5 days before the scheduled start for the first time in its 35 year history and the Arkansas Traveller a week later was substituted in its place. In January, 37 runners paid to attempt the Grand Slam this year. Ten opted out with the cancellation of Western States; 27 runners started Vermont; and 24 finished Vermont and started Leadville. Those six went on to finish Leadville, Wasatch and Arkansas. I had also finished the Bear 100-mile run a week before Arkansas. That was the first time I had run 100s only a week apart. My 25-hour-45-minute finish time at Arkansas was also my second fastest trail, 100 out of 19 trail, 100 completions—a big surprise to me with such short rest.



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Walt Prescott Successfully Hikes the Appalachian Trail

by Walt Prescott, GA

My bald head and shaggy beard are now history. All that remains is a braided ponytail (my one wild indulgence) and a lifetime of incredible memories. Promises kept... I'm now a thru-hiker. I finished my Appalachian Trail odyssey by summiting Mt. Katahdin on August 27, 2008. It took me 141 days (including seven "zero" days of no hiking) to walk continuously north from Georgia to Maine for 2,176.2 miles with all of my belongings on my back. No slack-packing, no blue blazing, no yellow blazing, no directional hiking to improve the terrain, no RV or crew following me to hand me my dry clothes and hot dinners... I was a "purist" who "hiked my own hike," and I'm so profoundly grateful to be one of the lucky ones to have completed the game of "AT Survivor."

A record 10 days without a shower or clean clothes, and losing so much weight (almost 30 pounds) so that the bones in my knees grated against each other when I tried to sleep... was this what I signed up for back on April 9th? I knew that I was becoming a mere shadow of myself when, on a cold night in Maine, I accidentally put on my long johns backwards and it didn't make a bit of difference because I no longer had a butt. Oh, what a difference in attitude now that the trail is done.

This report chronicles the events of the last 500 miles of my AT adventure, and every mountain I had previously climbed was merely a "warm-up" for what I would encounter in the last two states of New Hampshire and Maine. Record rainfalls (25 continuous days with rain for me) turned the trails into muddy rivers, and it was scary to think that every slippery step I took might be my last. On the cliffs, foot placement had to be calculated to prevent falling and ending my hike. There were many stories of broken bones of fellow hikers, and I was frightened to think that I could also be a casualty so close to finishing my quest. Numerous times I slipped on the wet rocks and ended up on my back, in a stream or gully with my heavy pack under me like a turtle upside down in his shell. One time in the White Mountains I slipped off the trail when the moss covered log I was stepping on broke, causing me to roll over several logs and down off the ledge. One of my hiking companions had to help pull me up onto the trail.



Probably the worst "this isn't good" experience that could have ended the trip for me happened while hiking the Franconia Ridge...an incredibly beautiful, above timberline trail in the Whites. I was really excited about that hike, hoping I'd get some good views because the clouds had broken for the moment. I felt kind of strange and weak during breakfast, then felt a bit stronger during the climb up the Liberty Trail to the ridge. Then I started to feel like crap! My stomach was really hurting and I didn't know what it could be. I kept going, then stopped and sat numerous times until the pain became more intense lower down on my right side in an all too familiar place. I had had to go to the ER in the middle of the night back in December (morphine IV) due to kidney stones...and this was the same intense feeling. DAMN! NOT NOW! I got really weak, but I was able to continue hiking...it took my mind off the pain, and I didn't have many other choices. A storm was brewing over the ridge, so we had to rush to climb over Mt. Lincoln, Little Haystack, Lafayette and Garfield for eight miles while I was passing a kidney stone. I was quite disoriented and staggering by the time my hiking buddies and I arrived at the shelter, where I spent a very uncomfortable, but memorable night. Because of my history, I was fortunately prepared with some heavy-duty pain medication just in case. I felt somewhat better in the morning, but my weakened state stayed with me for the rest of my hike to Katahdin.

Despite the shoe-sucking mud, and a close call with hypothermia in a hail storm on Horn Mountain, Maine was unquestionably my favorite of the 14 states on the trail. As I closed in on the final mountain, the weath-



er gods smiled on me, and I saw some sunny days. The river crossings, that just a couple of weeks previously were over chest high, became passable at waist deep. A highlight for me was an afternoon canoe ride on Little Swift River Pond where my buddy, Boat and I paddled really close to a moose. Another exhilarating experience happened on a secluded beach on Lake Jo-Mary as I skinny-dipped in the refreshingly ice-cold water. But the most anticipated and emotional moment of the entire hike occurred as I grabbed hold of the famous sign on the top of Katahdin. The final steps of my AT adventure...then uncontrollable relief, gratitude and pride of accomplishment.

I'm thrilled to be home with family, but I still can't believe that the AT is done. For a long time, I kept expecting at get up at 5 a.m. and to hike 20 miles or so. When I went into a grocery store I was looking at food for re-supply. I became a trailjournals.com junkie (a website for hiking journals), craving information about how my trail family was doing out there. I had to get all new shoes, because my shoe size grew from a 9 1/2 to a 10 1/2, and I still don't have any feeling in my toes... It's been a tough transition back to "the real world" ... too many people, too much noise, and too many choices. I miss the sounds of the trail ...so foreign to me, living in an urban environment that the first time I heard them, my instant reaction was "what the ... was THAT? The unanticipated and intensely loud thumping of the wings of a sage grouse when it's flushed out of the grasses along the trail...and then matched by the heavy beating of my heart!...The frightening Halloween howl of a coyote as it circles around my campsite; the haunting wail and echoing laugh of a loon after it skids to a stop on a mirror top lake in Maine, and the screech of an owl and the shocking scream of a rabbit as they struggle in the darkness immediately above my tent site in the woods of New Hampshire. There was no sleep to be had for the rest of that night, nor the night that a moose came galloping toward me and then crashing through the woods because I had the audacity to set up camp in the middle of his trail. But the sound I miss the most is the sound of silence...the sound of nothing at all, complete and utter silence.

I'll never forget the tastes of the trail ... (because food was ALL important!) ...Blueberries and raspberries picked fresh from bushes on the side of the trail...snicker bars, bagels and white-chocolate peanut butter... my addiction to whoopie pies (a chocolate cake sandwich with cream filling, found only in northern New England) chocolate milk and Mountain Dews... the best cheeseburgers on the trail at the Port Clinton, PA Hotel, and the Whitehouse Landing in the Hundred Mile Wilderness of Maine. There we had to hike to the far side of Pemaduncook Lake, where we briefly blasted an air horn. Then Bill, the owner of the hostel, came from the other side of the lake in his boat and picked us up...the joys of "trail magic"... Ahhh! There is nothing more refreshing than a cold soft drink found unexpectedly in a stream, or a cooler filled with fruit or Little Debbie Wing-Dings left on the side of the trail by a "trail angel." Trail angels usually are former thru-hikers or family members who give back to the trail without expecting anything in return. Last, but not least, my new best friends, Ben and Jerry. (Did you know that you could eat a pint of ice cream just like a Popsicle by squishing it up from the bottom? It gets a bit messy; especially with a beard, but what else do you expect from us hiker trash). Yes, I miss these tastes. Food now just doesn't seem to have the urgency that it did on the trail.

My best memories of the AT were of the people that I encountered along the way. I couldn't have completed the trail without the help of numerous people, and some will remain lifelong friends. A few were quirky enough to be characters in a Bill Bryson novel. Nona from Nowhere claimed to be a physician who had already hiked the Pacific Crest Trail and the Continental Divide Trail. When I first met her in Pennsylvania, for unknown reasons she refused to allow me and my hiking group to pass her until she had counted to 100. When next we crossed

paths, she was soaking her feet in the spring that was our only water source within 15 miles. No matter how fast we hiked to try to get away from her, she would always appear at our next campsite or hostel because she got rides between the towns. When we thought we finally saw the last of Nona, she surprised us one more time when we met her hiking south-bound in Maine.

I enjoyed hiking with Red and Thought Criminal, who became "a couple" on a freezing night in the Smokies when Red became hypothermic. Thought Criminal climbed into Red's sleeping bag to revive her, and they were together ever since. There were many great people in my trail family, however I developed a lasting bond with three other hikers with similar hiking philosophies and speed. Boat, a computer programmer, Conan, a magician's assistant who worked with David Copperfield, and Recurve, a policeman, hiked with me for the last 500 miles, and we celebrated together on the top of Katahdin by popping open cans of Mountain Dew.

The trail changed me in many ways. There were no epiphany moments for me, but there were many lessons learned. Noah John taught me that if you stop to take a leak, wait till you get a really good view so you can multi-task and enjoy the view at the same time. On a higher note and more importantly, I discovered that I could best learn new things when I'm outside my comfort zone... a major part of this trip. "Easy and familiar" offer few challenges. In the same way that the main character of the book, "Into the Wild" learned that happiness is best when it is shared. I learned that I prefer to be with other people rather than going it alone. I appreciate now more than ever what I have in my life, and hope to never



take those things for granted. However, I also see that I can live my life in a much simpler way, without a lot of "things."

I heard many times on the trail that "it's the journey, and not the destination." Some thru-hikers hiked all the way from Georgia and did not climb Katahdin just to prove their belief in this philosophy. Life happens fast enough without rushing it.

I learned that I could think more clearly, and dream more vividly on the trail...probably because my mind wasn't cluttered with the images seen on TV, newspapers and heard on the radio. It was all my own clutter. I learned the importance of tolerance for people who are different, because in order to survive on the trail we had to get a bit crazy. We lowered our standards with non-PC behavior, and the whole bunch of us looked like hobo homeless people...hiker trash. In the town of Falls Village, CT, a man actually pulled out his wallet and offered me some money...he thought I was begging. A waitress in New Jersey told my group how badly we smelled, but that she was used to dealing with our type of people because she's "worked with retarded adults." The funny thing is that a large percentage of the hikers I met were professionals, such as doctors, lawyers and ministers. Appearances are deceiving. I also learned that patience and perseverance could carry me through challenges that I would not have thought possible.

The five million steps of the AT were worth all the effort I put into it. I packed more of living in my four and one half months on the trail than most people do in four and one half years. I experienced more "highs and lows," made more friends, saw some amazingly beautiful and diverse scenery, tolerated the extremes of Mother Nature, had a license to be ridiculous, tested myself both physically and mentally, and had a lot of fun. It was the toughest thing that I've ever done. But now that it's done, and enough brain cells have died in me (a benefit of getting old?) and selective memory has kicked in, I am looking back on my Appalachian Trail thru-hike as one of the most remarkable experiences of my life. I really miss it, and I'm looking forward to my next adventure. ■



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Steve and Parvaneh Running as a Team

by Steve Holehan, TX

Steve Holehan, TX and Parvaneh Moayedi, TX have run marathons together since Parvaneh started in 2001. Steve ran his first, Houston, in 1999. We always run the same races, but we don't always run together during the race. There are too many variables regarding good and bad days that the fastest runner on any day tries to run as fast as possible. The exception is whenever one of us is injured or if the course may be dangerous then we will usually stick together through the whole race. In general, we run about 3:50 – 4:00 hours depending on race day conditions, heat, injuries, etc. We are running all 50 states for the second time around. We finished our first tour in 2005. Both of us like to travel and run. That makes us compatible. We have completed marathons in seven foreign countries. In a trip that would keep the producers of the amazing race guessing, we ran in Lausanne, Switzerland, Istanbul, Turkey and Athens, Greece in three consecutive weeks. While on that journey we hiked up to Piz Gloria in the Alps, wandered the bazaar in Istanbul and explored the island of Lesbos, in Greece. One of our wildest adventures so far, was when we ran the Gold Coast Marathon in Australia. We chartered an overnight sailing and diving tour on the Great Barrier Reef, but on the second morning our sail boat grounded on the reef and we had to evacuate to another ship. Our story made the local newspaper.

Our greatest challenge is staying healthy. At least one of us is nursing a pulled muscle, stress fracture, flu or cold at any time. Running 18 or more races in a year keeps us from focusing training for just one or two races to really improve our times.



Parvaneh Moayedi, TX and Steve Holehan, TX relax in Australia after the Gold Coast.

Parvaneh has had four fractures on her feet and shins in the last three years, but that hasn't stopped her from running at least one a month, qualifying for Boston many times and placing in age or masters categories. Steve had a surgery on his foot last year and was back running

marathons three weeks later. We find it difficult to follow advice from our doctors.

We are attempting to join the continents club. This spring we will add Antarctica and South America, (Santiago, Chile) to our list, leaving Africa as our last continent. ■

Turning 60

by Robert Hildebrandt, AK

Turning 60 was great. I had waited many years for the event. It feels great that I finally made it. It's better than the alternative. Also being able to run a marathon in all 50 states and to have run at least 100 marathons before age 60 was really good. The front part of 2008, filled with sports injuries, surgery and recovery, wasn't the best. The conclusion of the year is turning out better.

In August I ran Humpy's marathon in Anchorage. My continuing Achilles tendon and foot problems made finishing Humpy's a challenge. Still I had to finish, as I had a streak of 16 finishes at this race that I didn't want to end.

Then I wised up and consulted a different doctor. It was a very smart move. Instead of telling me to stop running and rest on my laurels, the new doctor said, "Let's see if we can solve your problems so that you can continue running." His treatment is working. It's not a total cure but a lot better than I was doing.

In August I ran the Equinox for the 16th time. Although I was slow, my body felt better. Running the Aspen trail and Henderson Road felt good. I enjoyed the Equinox rather

than suffering through it. Thank you, Dr. Dixon.

Next up was turning 60 and the Heartland-50 in Cassoday, Kansas. I wanted to do something special for my 60th birthday. I felt that running a 50-miler for my 60th filled the bill, especially since I was born and raised in Kansas, approximately 15 miles from where this event takes place. Cassoday, Kansas is almost a ghost town of less than 100 residents. But it is the prairie chicken capitol (I never saw a single one). The Heartland is either a 50- or 100-mile ultra run on dirt back roads through the Flint Hills. The Flint Hills are hilly, but Ester Dome is a mountain by comparison.

At 6 a.m. on the 11th of October, the race started in front of the abandoned high school building. After about 1/4 mile of asphalt, we were on dirt roads—a regular freeway—as I saw six pickup trucks in my 14 hours-plus of running. After the sun came up, the sky was clear with no clouds. The temperature was in the 80s, and the wind BLEW the entire race. There were no shade trees, just open Kansas prairie before me as I ran. My right foot was not perfect, and I ran with a taped, rather than permanent, orthotic (it hadn't arrived before my trip.) I ran through the pain that started at about

mile 18. At the 25-mile turn around, my wonderful wife Patsy was waiting with clean socks and a change of shoes, a few words of encouragement and a camera for a photo moment. I slowed way down on the last 25 miles. The first 25 had taken me 6.5 hours, but I had forgotten to refresh my supply of Gu for the second half. Who knows what it was, the wind, no Gu, 25 miles of running, a 59 year—and 364 day-old body, or a combination of all of the above.

At the finish I was greeted by Patsy ringing a cow bell. Amazingly I wasn't last in the 50-miler. I finished and would celebrate my 60th birthday the next day, no worse for wear. I also shaved off my mustache which I had worn for more than 40 years. Patsy had never seen me without it. She says the verdict is still out on whether I should grow it back.

Despite physical problems, 2008 has been a great year. Receiving the "Spirit of the Equinox" award was really a wonderful surprise. Thanks to Dr. Dixon I hope to continue running. Next year I'm staying around home more, and looking forward to completing all of the Flint Hills series races. ■



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Inaugural Rehoboth Beach Seashore Marathon

by Don Arthur, NY

On November 22, 2008, I completed my very first Inaugural marathon at a place I will never forget. I will not remember it for its beauty or even for its beautiful sunrises or sunsets. I will always remember Rehoboth Beach for being the half way point where I reached my 25th state in my quest to complete a marathon in all fifty states to promote the "Gift of Life." I crossed the finish line at 7h: 30m: 29s, to a crescendo of sirens provided by the Rehoboth Police and Fire departments as they celebrated my achievement—amazing considering the weather conditions. The temperature at 7 a.m. was 33 degrees but the wind chill factor made it feel like 20 degrees.

The impact of what I had achieved didn't really hit me until four days later. That is when I lost it and started crying. Not only did I complete my 35th marathon and my 25th state but the heart of my donor "Poochie" has kept me going. God has truly blessed and given me so much to be thankful for. A little over 12 years ago I had no quality of life. Just to walk one block was pure hell. My doctors had given me only a few months to live if I didn't receive a new heart. My greatest sorrow is someone had to die for me to live. I remember my very first letter I received from my donor's mother where she said,



Don Arthur, NY and Deborah Ingram, FL
at Rehoboth Beach, Delaware

"I am the donor's mother and it made me feel good to know that this family did the right thing to help someone." I will never forget the day when I met my donor's family for the very first time. How do you say "thank you" to someone who has saved your life? I wish they could have been there to see me cross the finish line. So many thoughts and feelings were running through me. If only my Mom and Dad could have lived to see

this day. I thought about all of the donor families who have given so much. I wish I could just say "thank you" to each and every one of them for giving the most perfect gift any one can give to another—life. I thought about the candidates awaiting transplants and the fears they have about transplantation, just as I did. If only they could see what I have been able to achieve through transplantation. I thought about the lives that will be lost because they were not able to receive their transplants.

I thought about my two sons, daughter and my grandchildren that I have had the pleasure to see born. I thought about my wife Muriel, whom God has blessed me with and how she has become my core strength. There are so many people and events that have come into my life. I have also been blessed to have two of the best running partners a person could have asked for, Cathy Troisi and Deborah Ingram.

When I crossed that finish line standing in my red Achilles shirt, I stood there feeling very proud and honored to be an Achilles Athlete. This was not just a moment for me to bask in but a moment for every Achilles Athlete to be proud of. You see, my reality says if it weren't for the example that every Achilles Athlete has demonstrated to promote personal achievements, enhance self esteem and lower barriers, I would not be where I am now. I owe my success to you. Yes, Avis—we do try harder! ■

Did You Win?

by Robert Bishton, FL

We all have had encounters with TSA screeners in one form or another: bag diverted to inspect the mystery item (event medal), bag diverted when you have but minutes to catch the flight, etc. I have also been asked countless times by these folks and other adults, "Did you win?" I sent the following to my family members and then thought that my running friends might be interested in how I handled it on one recent occasion.

At the end of my Manchester City Marathon, NH, report I wrote that I found myself needing to drive like NASCAR's Jeff Gordon back to Logan airport in Boston to make my flight. I hadn't changed after the race and approached the TSA stations in uniform. That resulted in a series of short and friendly conversations and central to all was the most popular question posed of runners, "Did you win?" A runner can't help but get just a tad tired of hearing it for the millionth time (children asking me is OK) and I mused that one day I should respond, "Of course I did, that's why I'm wearing this medal." Now fast forward from that event six weeks ago to yesterday.

I'm in Charlotte, NC, to run the Thunder Road Marathon. NASCAR's headquarters is there, stock cars are placed along the route and racing tires are stacked at the finish line. I had met two 50 State and Maniac friends, Craig and Dave MacBean, the night before for dinner, seen them at the start, and briefly ran with Craig, 40. Around mile-1, I told him, "OK, you're warmed up now, go get 'um." Well, Craig did and was there to greet me at the finish line after he finished in 2:59. I ran a 3:33 and Dave, 36, came across in 3:49. Craig and I both thought we had a chance to snag an award, so we headed to the convention center and the awards ceremony. Craig missed out on a 3rd Place age-group award by about a minute, but I hadn't! I went to the podium when my name was called and another medal was hung around my neck. I would later walk back to the finish line area to eat more food and have my picture taken holding up both medals.

As I showered back at the hotel, a thought struck me and that was followed by the development of a plan to be hatched later. I dressed, put on my pumpkin colored event T-shirt and in an hour or so hopped on the bus back to the airport. I then watched the screening area and during a big lull, I decide that now is the time to strike. I approach the lone and bored young woman checking IDs. Both medals are hanging around my neck and clanking together loudly like cowbells, so she looks up at me. She most likely had seen other runners in T-shirts come through, because she perks right up and smiles. As I reach her podium I say, "When I went through screening in Boston last month, I was asked, 'Did you win?' Well, take a look at this," and held up the age-group medal that bore the inscription: Award Winner, 2008 Marathon. With an amazed look and higher pitched voice she excitedly exclaimed, "You won?" I calmly replied, "I came in 3rd in my age-group" but she didn't seem to hear me because she just prattled on and on with all sorts of questions. The commotion caused a second young examiner to come up and the first woman made a hand motion towards my throat (yikes), grabbed my medal (phew), and showed it to the second one while telling her, "He WON the marathon!"

After a minute or two of congratulatory comments, she sent me on my way. Is the fun over? No, not quite. My bag and two trays have been X-rayed and I'm in the process of putting myself back together when the young woman shows up again. "Hey guys, he WON the marathon! Where's your medal?" she asked, still agog over her encounter with someone whom she thought must be a running phenom standing before her. I retrieved it from a tray and handed it to her. She shows it to the older men in the area while I stand there straight-faced and cracking up inside. More questions and congratulations flow forth as I bask in the limelight.

I left the area with a huge smirk on my face and mentally pumping my clenched fist in the air, a la Tiger Woods. Isn't having this much fun illegal? They had all swallowed the bait and I had played it perfectly! Score one for the cowboy! ■

SHORTS:



Ann "Grannie Annie" Singer, NY, and
Jean "Mama Jean" Evansmore, MD,
receive their awards at Des Moines.



Dedra Trotter, CA, at the Honolulu finish.



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Northern Central Trail Marathon, Sparks, MD, 11/08

by Diana Burton, NJ

This was my third full marathon in November. Add a hash-a-thon and a half marathon on the alternate two weekends and my month was full. My body feels it. I had mixed emotions running this many, but it's done and now I have two weeks to rest before my 12th full marathon of '08 occurs, or hopefully occurs, at Charlotte.

This being a trail marathon, plus having a 5:30 cut off time, I was a little bit nervous about finishing in time but I did come in at 5:28 just in the nick of time which really is all I needed or cared to do. The hard packed trail was gorgeous, running to the side of a river or canal and many little waterfalls for miles on end, with one major waterfall at about mile 10. It was an out and back course, very secluded, with many times running in near tunnels of rock. For those of us who like woods, the scenery and most of the surface just couldn't be beat.

I was a little put off after having passed mile post 13 and assuming that in .1 of a mile we'd have the turn-around but it must have been another half mile farther. At this stage of the 26.2 miles, one generally is hunting for something to complain about anyway. The organization was excellent, the course was just what you'd want for a trail, and the total participant numbers were small at something under 500, which I think included teams, the small size evidenced by my getting a second place in my age group. (A carved railroad train in honor of the rails to trails course.)

I'd complain about the last couple miles being asphalt, strong hills, and lots of traffic, but again, marathoners always complain about the last couple miles and these were necessary in order to let us start and finish in the dry and warm elementary school. There they had real toilets without lines and at the end they were serving hot beverages and soup among other usual things like bagels and bananas. The simplicity of the event is not lost on me. Think about baggage claim: we mark our own bag and drop it along a wall with numbers posted. Some runners didn't even bother and left their clothing and bags along hallway lockers.

Monica and Jim are my friends met at Myrtle Beach Marathon earlier this year and they drove about one and one half hours to run and/or be a spectator at this marathon. They stayed over Friday night and through late night Saturday. Jim met me on the course at a couple locations



Diana Burton, NJ, on the Northern Central Trail.

where we walked. This was good for me and he was mindful of his doctor's orders to take it easy pending his bypass operation in a couple days. Norma Walker was at Reykjavik, Iceland where I met her and I'd always meant to try to meet up with her again. She came out as a spectator too. Norma lives about one hour away and knew the vicinity. She found a good choice, a Baltimore-type restaurant for us on Saturday night. While at the marathon I saw Chuck from our running club, and he'd run it the year before and loved it so much he had to come back.

There are a plethora of hotels in the vicinity but I was pleased that Norma had suggested the Hunt Valley corridor where I found an Embassy Suites with complimentary full service breakfast, drinks and hors d'oeuvres, all set in a newly renovated hotel.

This marathon is known as a big Boston qualifier but I'm not so sure that the reason is the course. There were primarily local runners and there are a lot of fast boys. It is typically cool, which helps times, and this is a time frame where the qualifier will give the runner rights to two years' Boston entry. The average runner finished in 4:06 and there were 18 after me—clocked after the finish line was broken down. My final results were 5:28:13, I was second in my age group (by default), 91st female out of 99, 371st out of 413 and again, give me a break, my age graded result was 3:50. The winning times were 2:41 and 3:17. I got a cute little wooden carved railroad car with an engraved metal plaque.

I'd started this marathon feeling really strong but by mile five I realized that I was under a 10 minute pace and was running with some 4:30 marathoners, so I cut back. At the half way point I was on target and doing fine at 2:35, but soon thereafter fatigue set in. I wonder why! It really was fine because I even took time to walk down to the water in one place, to walk with Jim a bit more, and a couple toilet stops.

A word on clothing for this trail marathon: Weather report for nearby Baltimore showed 32 degrees at the start and expected to warm up to about 50 degrees. The race director convinced me that there wasn't a lot of sun and the area was cooler than Baltimore where I was getting these readings. He said he'd wear tights. I had mixed emotions but then found that most of the runners did wear tights. I was quite quickly overdressed in tights, light high tech shirt and light weight tissue thin jacket, topped with a warm hat. It is true that there are plenty of areas without sun, but it's also mostly protected from the winds.

A word about port-a-potties on the course: There aren't. They believe in woods, all of which is fine for the majority of the population of this race, but not for girls in tights. Well, there was one port-a-potty, and I found it on both the out and the back.

It's celebration time, no matter, as this was my 30th marathon in total. It was my 25th state. In two weeks, with the completion of the Charlotte Marathon, I will have run 12 full marathons and ten half marathons in '08. There were five racing events in November and three of them were full marathons. Something to headline for this 63 year old chick! ■

Redding, CA Marathon

by Mary Steinhauser, MI

The January Redding, CA marathon, held the day before Martin Luther King Day, was a warm delight and relief from the middle of a very snowy, cold Michigan winter. The temperature race day started around 40 degrees and warmed to 70+ degrees during the race. The only snow was on nearby Shasta Mountain. The course start was on the road down to the Shasta Dam, across the dam, through a long railroad tunnel, on improved gravel trails, and around a nature filled roundabout on the Sacramento River. It ended running over the Sundial Bridge to the finish line.

I saw birds of all sorts including bald eagles who seemed to be at home cruising the winds over the Sacramento River. Around mile 16, we came to paved trail with lots of cyclists, walkers, and water stations. It was great looking down at the rolling river, the lush hillsides, and some very nice looking houses on the bluffs around the river.

My race performance was another matter. I had hurt my back shoveling snow with a nasty fall. After winding up a three mile section of dirt and stone road with an uphill climb, my back said "no more." I would have quit at mile 13 if there had been anyone there to take my time and give me a ride back. Lucky for me, no one could help me, so on I ran to mile 14. Some aspirin and water helped relieve the pain. Those volunteers were so nice and helpful that I went on to find other runners and more water and sport drink stations.

Remarkable about this marathon was the kind, helpful spirit of the racers and volunteers with wide smiles and words of encouragement. Just before we crossed the end, we ran through the formal gardens past the boy scouts onto the Sundial area. At the end, trophies and pictures of the Sundial Bridge were handed out immediately to those of the 171 finishers who placed.

Following the finish line with its medal and congratulations, we enjoyed Marie Callendar donated pies, soup, buns, and diet pop with vitamins. It was a yummy end. The only flaw was the 10 hour trip out to the marathon and the 24 hour trip back from California to Washington/Dulles on the red eye special. We met many Barack O. supporters as it was Inauguration Day. I had never been to D.C. on such a historic day or run a more picturesque race. ■

SHORTS:



Lora Eklund organized a great pasta feed at the Phoenix Rock 'N' Roll Marathon. L to R: Lisa Carlucci, CA; Lisa Pass, SC; Mary Fischl, CA; Mike Swanson, MN, and Lora Eklund, AZ.

Seeing Double

April

4/4/09 Yakima River Canyon—Yakima, WA www.ontherunevents.com
4/5/09 Peterson Ridge Rumble (60K/30K)—Sisters, OR www.fleefteetbend.com

4/18/09 Ozark Mountain Ridge (50K/26.2/10)—Willard, MO www.omrr.org
4/19/09 St. Louis—St. Louis, MO www.gostlouis.org

4/25/09 Free State Trail (100K/40M/26.2)—Lawrence, KS www.psychowyo.com
4/26/09 Oklahoma City Memorial—Oklahoma City, OK www.okcmarathon.com

4/25/09 Triple Crown Trail—Newark, DE www.traildawgs.org/tc
4/26/09 More—New York City, NY www.moremarathon.com women 40+ only

May

5/2/09 Wisconsin—Kenosha, WI www.wisconsinmarathon.com inaugural
5/3/09 La Crosse—La Crosse, WI www.lacrossefitnessfestival.com inaugural

5/9/09 Lake Wobegone Trail—St. Joseph, MN www.sccr.org
5/10/09 Central States/TIMTAM Ultra—Ames, IA www.geocities.com/timtam50k

5/16/09 Windermere—ID/WA www.windermere-marathon.com inaugural
5/17/09 Capital City—Olympia, WA www.capitalcitymarathon.org

June

6/6/09 Green River—Kent, WA www.greenrivermarathon.com
6/7/09 North Olympic Discovery—Port Angeles, WA www.nodm.com
6/7/09 San Juan—Friday Harbor, WA www.sjmarathon.org

6/12/09 Bear Lake Idaho—Bear Lake, ID www.mammothmarathons.org
6/13/09 Bear Lake Utah—Garden City, UT www.mammothmarathons.org
6/13/09 Utah Valley—Provo, UT www.runuv.com
6/13/09 Teton Dam—Rexburg, ID www.dammarathon.com

6/13/09 Marathon to Marathon—Marathon, IA www.marathon2marathon.com
6/13/09 Chamber Country —Maryville, MO www.chambercountryclassic.com
6/14/09 Swan Lake—Viborg, SD www.myslcc.com

July

7/25/09 Grand Island Trail—Munising, MI run.greatlakesendurance.com
7/26/09 Carrollton—Carrollton, MI www.marathonguide.com

September

9/6/09 New Mexico—Albuquerque, NM www.newmexicomarathon.org
9/7/09 Turtle—Roswell, NM www.dfn.com/runners
9/7/09 American Discovery Trail—Colorado Springs, CO www.adtmarathon.com

9/6/09 Flatlanders 6/12 Hour—Fenton, MO www.active.com
9/7/09 Heart of America—Columbia, MO ctc.coin.org/hoa

9/12/09 Salmon—Salmon, ID www.salmonmarathon.com
9/13/09 Two Bear—Whitefish, MT www.twobearmarathon.org
9/13/09 Montana—Billings, MT www.montanamarathon.org

9/19/09 Bismarck—Bismarck, ND www.bismarckmarathon.com
9/20/09 Governor's Cup—Billings, MT www.montanagovernorscupmarathon.com

9/26/09 Hamptons—East Hampton, NY www.hamptonsmarathon.com
9/27/09 Clarence Demar—Keene, NH www.clarencedemar.com

9/25-27/09 Lake Tahoe Triple—Lake Tahoe, CA/NV/CA www.laketahoemarathon.com triple

Seeing Double

Doubles are marathons and/or ultras which can be run on consecutive days with a drive time of 5 hours or so.

Many of our members enjoy running doubles to help cut down on the costs of traveling to two states separately.

Please check the individual race Web sites before scheduling your trip. If you find other doubles let us know so we can include the races on our schedule. We now have Doubles listed on the club Web site under Schedules on the menu bar.

steveboone@aol.com

Please include race name/date/Web site.

\$ Deals for Our Members \$

Check the Web site regularly for deals

www.50statesmarathonclub.com

Georgia Marathon 3/29/09 Atlanta, GA is offering a **\$10 discount** for the marathon (code: **50STATESMAR09**) and **\$5 off** the half (code: **50STATESHALF09**) when you register through active.com. www.inggeorgiamarathon.com

Olathe Marathon 3/29/09 Olathe, KS is offering a **discount** for the full marathon (code: **RunOlatheFULL**) and the half (code: **RunOlatheHALF**). www.olathemarathon.com

Knoxville Marathon 3/29/09 Knoxville, TN is offering a great **\$20 discount** to our members (code: **Fifty States**). Any questions, please contact the race director, Jason Altman. jason@knoxvillemarathon.com
www.knoxvillemarathon.com

Lake Waramaug Ultras 4/26/09 New Preston, CT is offering a **\$5 discount** to club members and a comp entry to race directors. www.roadntracksports.com/LWUM

Brookings Marathon 5/16/09 Brookings, SD is offering **\$10 discount** for the marathon until 3/31/09. Use the 50 Stater discount online or write "50 Stater" on application. www.brookingsmarathon.com

Delaware Marathon 5/17/09 Wilmington, DE is offering a **\$10 discount** to members. www.delawaremarathon.org

Inaugural Minneapolis Marathon 5/31/09 Minneapolis, MN is offering a **\$10 discount** (code: **50state**). www.teamortho.us/Minneapolis_Marathon

50 States and Country Challenge!

Gifts to first, second, and third persons from each state to sign up.

State and foreign country with most total participants each win stainless steel 750ml water bottle. www.teamortho.us/Minneapolis_Marathon

Deadwood-Mickelson Trail Marathon 6/7/09 Deadwood, SD is offering a **\$10 discount**. Mark that you are a club member on your registration form. www.deadwoodmickelsontrailmarathon.com

Kona Marathon 6/28/09 Kona, HI is offering a **\$5 discount** (mail in application only). www.konamarathon.com

New Mexico Marathon 9/6/09 Albuquerque, NM is offering a **10 percent discount** to our members (code: **50STAT09**). Make sure that you write "50 States Marathon Club member" on the registration form. www.nmmarathon.com



States Marathon★Club

www.50statesmarathonclub.com

PO Box 15638, Houston, TX 77220

Events Directed by Our Members: April 2009 – December 2009

Yakima River Canyon-Yakima, WA 4/4/09
Lenore & Bob Dolphin www.ontherunevents.com/yrcm

Davy Crockett Bear Chase-Groveton, TX 4/11/09
Steve & Paula Boone
www.50statesmarathonclub.com/bear.html

Philadelphia 100-Philadelphia, PA 4/11-12/09
Lauri Fauerbach-Adams philly100.webs.com

Lake Waramaug Ultra (50K/50M/100K)-New Preston, CT 4/26/09
Carl Hunt 860-355-8847 huntcarl@sbcglobal.net

BPAC 6 Hr Distance Classic-Buffalo, NY 4/26/09
Carl Pegels www.wny-ultra.org/bpac
mgunther@buffalo.edu

Tacoma City-Tacoma, WA 5/3/09 **Tony Phillippi**
www.tacomacitymarathon.com

Walker Only-St. Cloud, MN 5/16/09 **Dave Daubert**
tonketails@aol.com

HUMP 50K-White Clay Preserve Park, PA 5/2/09
Hunt Bartine hbartine@yahoo.com
www.udel.edu/johnmack/traildawgs/hump.html

Wyoming-Laramie, WY 5/24/09 **Brent Weigner**
www.angelfire.com/wy2/marathon

Bob Potts-York, PA 5/31/09 **Clay Shaw**
www.bobpottsmarathon.com

Minneapolis-Minneapolis, MN 5/31/09 **Mike Swanson**
www.teamortho.us

Squaw Peak 50M Trail-Provo, UT 6/6/09 **John Bozung**
www.squawpeak50.com

Deadwood Mickelson Trail-Deadwood, SD 6/7/09
Jerry Dunn www.deadwoodmickelsontrailmarathon.com
Reunion Run!

Kat'cina Mosa 100K-Provo, UT 8/1/09 **John Bozung**
www.squawpeak50.com

Leading Ladies-Spearfish, SD 8/16/09 **Elaine Doll-Dunn**
www.leadingladiesmarathon.com

Leanhorse 100/50/50K-Hot Springs, SD 8/22-23/09
Jerry Dunn www.leanhorse.com

Skagit Flats-Burlington, WA 9/13/09 **Terry Sentinella**
www.skagitflatsmarathon.com

Stone Steps 50K-Cincinnati, OH 10/25/09 **David Corfman**
www.stonesteps50k.com rd@stonesteps50k.com

Grand Rapids-Grand Rapids, MI 10/18/09 **Don Kern**
www.grandrapidsmarathon.com

Spinx Run Fest-Greenville, SC 10/31/09 **John Johnson**
www.spinxrunfest.com

Two Cities-Fresno, CA 11/8/09
Nancy Talley & Mike Herman www.runfresno.com

Bartram Forest 50K/26.2-Milledgeville, GA 11/28/09
Kevin Hatfield www.wintertrailrun.net

Baton Rouge Beach-Baton Rouge, LA 12/5/09
Craig Watson www.brbeachmarathon.com

Members: If you are a race director or race organizer and would like to have your race listed in the next newsletter, please contact batzrunner@aol.com.

Club Merchandise



Rain Slickers



Backpacks



Robes



Duffel Bags



FINISHER



Supporter



Your Name

www.companycasuals.com/50statesmarathonclub/start.jsp

Members, Shirts, jackets, bags, ladies, children, headwear, pants, shorts, blankets, and other merchandise is available. Please check out our Custom Embroidery. You can have our logo embroidered on many items. You may also add your name. Give your family your wish list. Great items for family members, too. We now have the logo available in a large size for the back of jackets. It is 7" x 5" with 30,000 stitches.

There is a link on our club Web site under "Merchandise" called "Custom Embroidery."



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Reunion Marathons

Second Quarter 2009
Deadwood-Mickelson Trail
Deadwood, SD
6/7/09
www.deadwoodmickelsontrailmarathon.com

F.Y.I.

Third Quarter 2009
New Mexico Marathon
Albuquerque, NM
9/6/09
www.nmmarathon.com



If you send us an email and let us know you'll be at the reunion, we can send you updated info as we get it.
steveboone@aol.com



Fourth Quarter 2009
Maine Marathon
Portland, ME
10/4/09
www.mainemarathon.com

First Quarter 2010
Little Rock Marathon
Little Rock, AR
3/7/10
www.littlerockmarathon.com



Join us at one or more of these upcoming reunions. We'll have a booth and a meeting at each. Plan to stop by our booth to update your stats and meet other members. We'll have snacks at each meeting! Check the club web site for last minute details.

Future Reunions

Future possibilities: Do you have any suggestions for future reunions? Please offer your suggestions and help with reunions. Contact Charles Sayles at: charles.50sm@csayles.com



www.amazingrunningtours.com/bigfive-marathon.asp

World Tour Event
6/20/09
Big Five Marathon
Entabeni Private Game Preserve
Johannesburg, South Africa

Previous reunions: AK, AR, CA, CO, DE, FL, HI, IL, IA, KS, LA, MI, MS, MO, MT, NY, OH, OK, OR, PA, RI, TN, TX, UT, WA, WI, WY