



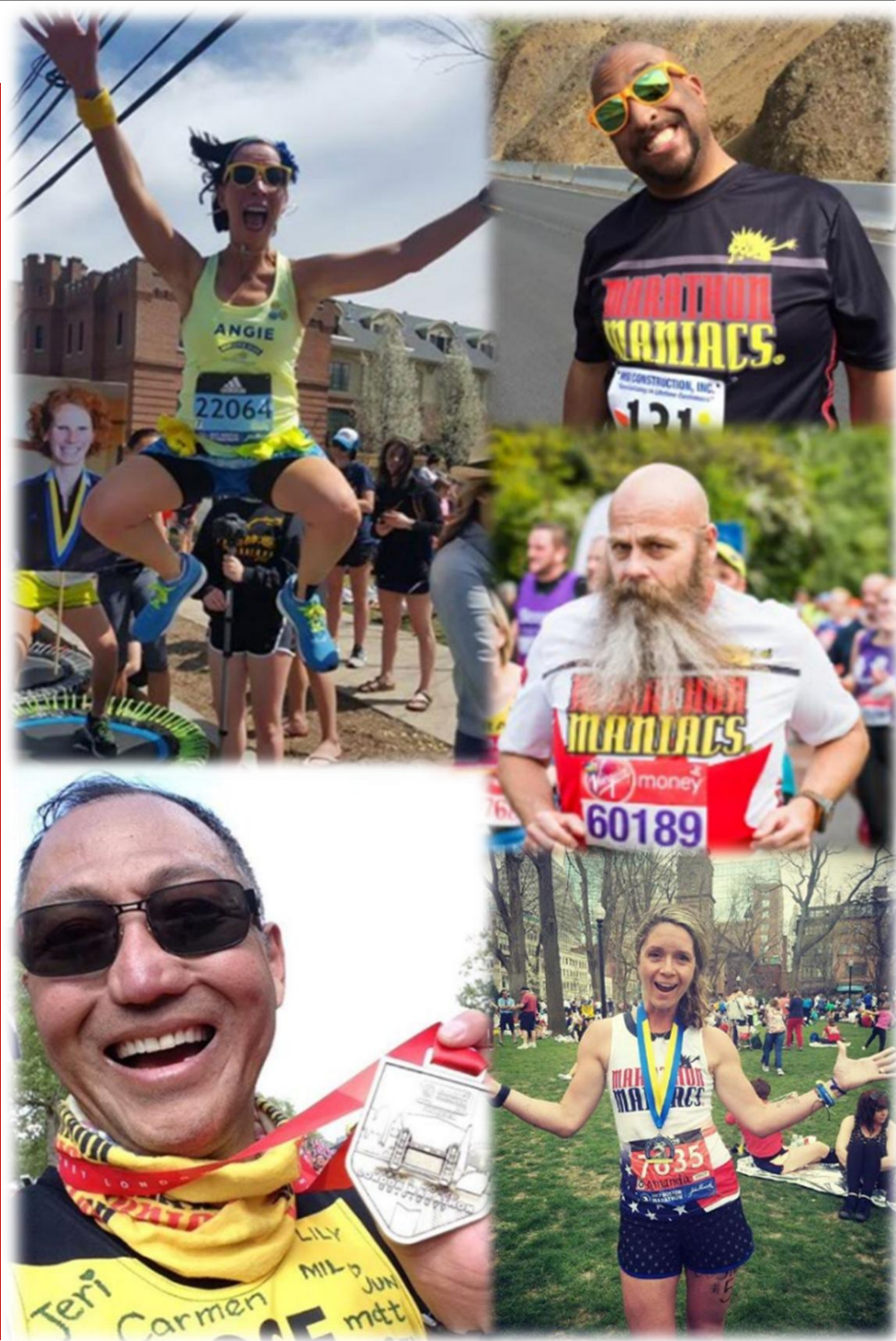
# MARATHON MANIACS

## APRIL 2017 NEWSLETTER

Volume 14, Number 4

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Alexis and Angie with the Prez



Marie and Mel



Merita

## Signature Race Series

### Scheduled 2017 races

FEB 26 / Cowtown Marathon / TX

APR 30 / Tacoma City Marathon / WA

JUL 9 / Mad Marathon / VT

SEP 24 / Fox Cities Marathon / WI

DEC 9 / Tuscon Marathon / AZ

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

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



## RACE - 3

July, 9th, 2017

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

**Receive an extra club medal!**

**Add your name to the race calendar!**

Have you signed up for these races yet? Don't miss out on participating in the Signature Race Series. Members participating in the races will receive a special club medal! For more info visit our website:

<http://www.marathonmaniacs.com/signature-race-series/>





## HALF FANATICS

Marathon Maniacs running half marathons...  
YES, it's true!

Tired of running marathons and ultras (HA!!)?  
Need to back down on that weekly mileage  
and concentrate on getting faster? Then join  
the Half Fanatics ([halffanatics.com](http://halffanatics.com)). There are  
currently over 16,000+ members in the  
Fanatic Asylum, and I'm sure you'll recognize  
a few names in the group. So jump on the  
bandwagon now, get your qualifying races in  
and join this new, zany group!

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





## BOSTON MARATHON

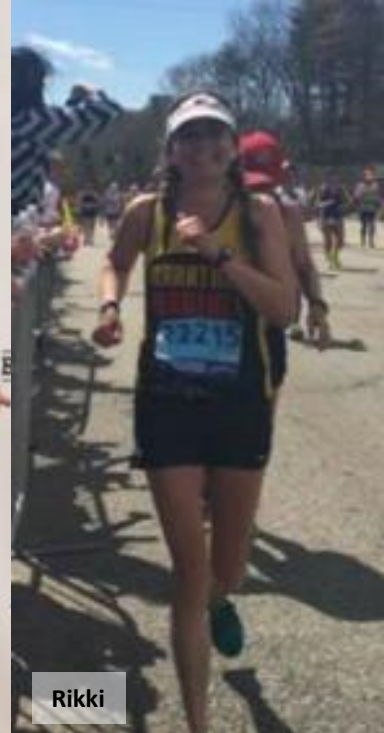
BOSTON, MASSACHUSETTS



Scott and Heather



Gretchen



Rikki



Alejandro



STEVE



Lien



David



Gretchen



Tony and Angie



Pat



Cade



Chavet





Amanda



Drew



Tony



Barry



Heidi

## mini-MARATHON MANIACS®

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

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

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



Tim



## New!

## Pre-Race Group Photo icon added to Race Calendar!

Races with a organized pre-race group photo will show the icon next to the race. If you are running a race and want to organize the pre-race group photo, please email [info@marathonmaniacs.com](mailto:info@marathonmaniacs.com) a picture of the area and a brief description of location and time.

Example:



Brent



Heather and Glen



Julia

Abbi



Kathy





Sandy and Abbi

Janice and Monte



Heidi and Elba



Abbi



Ryan



Eric



Amanda



Sandy

## Regional Ambassador Program

Connecting local runners together.



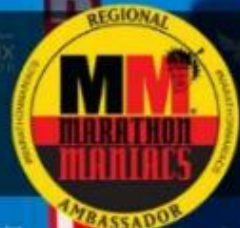
We now have chapters throughout the U.S. that are run by our Regional Ambassadors to help connect local runners together. Find one in your area by visiting our website.

Interested in becoming an ambassador? Send an email to [info@marathonmaniacs.com](mailto:info@marathonmaniacs.com)

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



Brian Wright  
MM#3505  
Nashville, TN





John



Paul



Renee



Available Now!

Women's Classic Tee & Singlet

## New Maniac Gear Item!

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

<http://www.databarevents.com/store/category/1/Marathon-Maniacs>



Available Now!

Men's Classic Tee & Singlet



Julia



Claire



Cyndie and Marie



Alexis



Dan



Glen



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

# Follow us!

Marathon Maniacs | @marathonmaniacs | @MainManiacs



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

Across all social networks  
use the hash tag:

## #marathonmaniacs



Karen



## MT. CHARLESTON MARATHON

LAS VEGAS, NEVADA



Eddie



David



Ryan



Chuck



Stephanie



# DOUBLE AGENTS

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

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

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

For more information visit the Maniacs web site.



## NEW DOUBLE AGENTS IN APRIL:

Courtney Dennis (#2893)  
Tyrone Bush (#2894)  
Chuck Hardy (#2895)  
Amber Hardesty (#2896)  
Ardee Jagt (#2897)  
Kelly Troillett (#2898)  
Karen Thomas (#2899)  
Thelma Gilchrist (#2900)  
Edward "Digger Del" (#2901)  
Megan Owens (#2902)  
Super Megz (#2903)  
Jennifer Maude (#2904)

Scott "The Low Rider" Porter (#2905)  
Ralph Trujillo (#2906)  
Iyasha Bolden (#2907)  
Billy Huggins (#2908)  
Debbie Stewart (#2909)  
Daphyne Jackson (#2910)  
Lee Nathan (#2911)  
Robyn Goodrich (#2912)  
Charles Tobler (#2913)  
Kevin Bradley (#2914)  
Michael Grayson (#2915)  
Tom Karpowich (#2916)

Tara Taylor (#2917)  
Joseph Berry (#2918)  
Yolanda Traylor (#2919)  
Laurie Szogas (#2920)  
Christina Varghese (#2921)  
Lori Talley (#2922)  
Justin Kleinfelter (#2923)  
Jackie Joseph (#2924)  
Jacob Soileau (#2925)  
Marsha Komosa (#2926)  
Wanda Wright (#2927)  
Karen Shideler (#2928)



## MARATHON MANIACS CRITERIA

### ★★★★★ TITANIUM ★★★★★

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

### ★★★★★ PLATINUM ★★★★★

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

### ★★★★★ PALLADIUM ★★★★★

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

### ★★★★ OSMIUM ★★★★★

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

### ★★★★ RUTHENIUM ★★★★★

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

### ★★★★ IRIDIUM ★★★★★

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

### ★★★ GOLD ★★★

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

### ★★ SILVER ★★

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

### BRONZE ★

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

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

DO YOU HAVE

# WHAT IT TAKES

TO BE A MARATHON MANIAC?



Dan and Alexis



## UPCOMING RACES!

### Marathon/Ultra Calendar between June 1– July 7

6/1	Mainly Marathons Heartland (Day 5)	26.2	IA	6/17	Anchorage Mayor's Marathon	26.2	AK
6/2	Mainly Marathons Heartland Day Six	26.2	WI	6/17	Broken Arrow Sky Race	Ultra	CA
6/3	War Eagle 50k	50K	AR	6/17	Leadville Marathon	26.2	CO
6/3	The Loco Go Big or Go Home Challenge!	100K	CA	6/17	River of No Return Endurance Runs	50K	ID
6/3	Ultimate Direction Golden Gate Dirty 30	50K	CO	6/17	Grandma's Marathon	26.2	MN
6/3	North Fork 50m/50k	50K	CO	6/17	Old Gabe 50k	50K	MT
6/3	Sunburst Marathon	26.2	IN	6/17	Nevada Marathon	26.2	NV
6/3	Yankee Springs Trail Run	26.2	MI	6/17	The Great New York Exposition	100mi	NY
6/3	FANS 12 and 24 Hour Ultra Races	Ultra	MN	6/17	Mohican 50M	50mi	OH
6/3	Mainly Marathons Heartland (Day 7)	26.2	MN	6/17	Elijah Bristow 24 hour	Ultra	OR
6/3	Bad Rock 12 hr	Ultra	NC	6/17	Bear Lake Utah	26.2	UT
6/3	Sandhills Marathon	26.2	NE	6/17	Ultra Adv.Bryce Canyon 50m/50k	Ultra	UT
6/3	Cayuga Trails 50 miler	50mi	NY	6/17	Bighorn Trail Run 52M	50mi	WY
6/3	Newport Marathon	26.2	OR	6/17	Bighorn Trail Run 32 miler	50K	WY
6/3	God's Country Marathon	26.2	PA	6/18	Rio de Janeiro Marathon	26.2	BRA
6/3	Texas Trail Running Festival	26.2	TX	6/18	Manitoba Marathon	26.2	CAN
6/3	Squaw Peak 50 Miie Trail Run	50mi	UT	6/18	Estes Park Marathon	26.2	CO
6/3	Old Dominion 100 Mile Endurance Run	100mi	VA	6/18	Rock n' Roll Seattle	26.2	WA
6/3	Green River Marathon	26.2	WA	6/18	Banff Marathon	26.2	CAN
6/3	Vashon Island Ultramarathon	50K	WA	6/24	Canada Goose 150	Ultra	CAN
6/3	Millersylvania Trail Races	50K	WA	6/24	Waterford Viking Marathon	26.2	IRL
6/3	Rainier to Ruston	50mi	WA	6/24	Western States 100-Mile End. Run	100mi	CA
6/3	Stockholm Marathon	26.2	SWE	6/24	Meuller Marathon	26.2	CO
6/4	San Diego Rock 'n' Roll Marathon	26.2	CA	6/24	Run4Troops Marathon	26.2	IA
6/4	Steamboat Marathon	26.2	CO	6/24	Two Hearted Trail Run	26.2	MI
6/4	Black Bear Marathon	26.2	ME	6/24	Charlevoix Marathon	26.2	MI
6/4	Spring Watchung	26.2	NJ	6/24	Harmon Lakes Trail Festival Marathon	26.2	ND
6/4	31st Annual Taos Marathon	26.2	NM	6/24	Running with the Devil	50mi	NV
6/4	The Youngstown Marathon	26.2	OH	6/24	Eagle Up Ultra	Ultra	OH
6/4	Half Sauer Half Kraut	26.2	PA	6/24	Pacific Crest Marathon	26.2	OR
6/4	Deadwood Mickelson Trail Marathon	26.2	SD	6/24	Hell Hath No Hurry	Ultra	PA
6/4	Conquer the Cove Marathon	26.2	VA	6/24	Capt'n Karls (Night) Trail Series	Ultra	TX
6/4	North Olympic Discovery Marathon	26.2	WA	6/24	TOSH Jordan River Marathon	26.2	UT
6/4	Casper Marathon	26.2	WY	6/24	Jackson River Marathon	26.2	VA
6/4	Cork City Marathon	26.2	IRL	6/24	Taylor Mountain Marathon	26.2	WA
6/9	San Diego 100	100mi	CA	6/24	Titletown Ultra	Ultra	WI
6/9	San Francisco Summer Solstice	Ultra	CA	6/24	Bif Five Marathon	26.2	OTH
6/10	Flagstaff Extreme Big Pine 54K	Ultra	AZ	6/24	West Highland Way Race	100mi	GBR
6/10	Marathon to Marathon	26.2	IA	6/25	Maraton Internacional de la Bandera	26.2	ARG
6/10	XTERRA Big Elk Marathon	26.2	MD	6/25	Pichi Richi Marathon	26.2	AUS
6/10	Lighthouse 100/50 Ultra	Ultra	MI	6/25	Tamilnadu Marathon	26.2	IND
6/10	Whitefish Point Marathon	26.2	MI	6/25	Kona Marathon	26.2	HI
6/10	Governor's Cup Marathon	26.2	MT	6/25	Bay of Fundy International Marathon	26.2	ME
6/10	Rail Trail Run 50K & 50M	50K	MT	7/1	Canada 150 Ultra	Ultra	CAN
6/10	Race the Lake	26.2	NY	7/1	thüringenULTRA	100K	DEU
6/10	Timberline Marathon	26.2	OR	7/1	Afton Trail Run	50K	MN
6/10	Utah Valley Marathon	26.2	UT	7/1	Finger Lakes 50	50K	NY
6/10	OSS/CIA	50mi	VA	7/1	Summerlake Loopy Marathon	26.2	OR
6/10	Hatfield McCoy Marathon	26.2	WV	7/1	Night Train 50K Ultra Marathon	50K	VA
6/10	Race to the Tower	26.2	GBR	7/2	Angel Fire Adventure Marathon	26.2	NM
6/11	The Strathearn Marathon	26.2	GBR	7/2	Stars and Stripes Marathon	26.2	OR
6/11	Holcomb Valley Trail Run	Ultra	CA	7/3	Tatur's Midnight Madness 50	50mi	OK
6/11	REVEL Rockies	26.2	CO	7/3	Cook Park Marathon	26.2	OR
6/11	North Face Endurance Challenge	50K	MA	7/4	Foot Traffic Flat Marathon	26.2	OR
6/11	Run the Bends Ultra	50K	MI	7/4	Independence Series (Day 6)	26.2	TX
6/11	Walkway Marathon	26.2	NY	7/6	Inca Trail Marathon	26.2	PER
6/11	Lake Placid Marathon	26.2	NY	7/7	3 Marathons in 3 Days	26.2	AUS
6/11	Swan Lake Marathon	26.2	SD	7/7	Chase the Moon Endurance Run	Ultra	CO
6/11	Light at the End of the Tunnel Marathon	26.2	WA				
6/11	HFM Maritime Marathon	26.2	WI				
6/15	Bear Lake Idaho	26.2	ID				
6/16	Bear Lake Wyoming	26.2	WY				
6/16	Bighorn Mountain 100	100mi	WY				
6/17	Niagara Ultra	26.2	CAN				

## New Maniacs in April 2017

Briggs Alsbury (#13762)  
Jennifer Maude (#13763)  
Heidi De Diego (#13764)  
Doug Miller (#13765)  
Iyasha Bolden (#13766)  
Raymond Yap (#13767)  
Billy Huggins (#13768)  
Edna Reed (#13769)  
Daphne Jackson (#13770)  
Renee Kripplebauer (#13771)  
Jeff Wamser (#13772)  
Jessica Martinez (#13773)  
Robyn Goodrich (#13774)

Donald "Juici" Jones (#13775)  
Yon Kimble (#13776)  
Frannie Montegut (#13777)  
Charles Tobler (#13778)  
Leanne Clark (#13779)  
Roger Morris (#13780)  
Marcia Williams (#13781)  
amy cadriel (#13782)  
Bruce Carter (#13783)  
Michael Grayson (#13784)  
David Dominguez (#13785)  
Michael Hons (#13786)  
Peter Alpern (#13787)

Mark Minichiello (#13788)  
Tara Taylor (#13789)  
Judd Bailey (#13790)  
Yolanda Traylor (#13791)  
Laurie Szogas (#13792)  
Christina Varghese (#13793)  
Scott A Heintzelman (#13794)  
Martin Varghese (#13795)  
Heidy Arellano (#13796)  
Daniel Rowan (#13797)  
Jacob Soileau (#13798)  
Marsha Komosa (#13799)  
Dave Scarpello (#13800)



Janet



Laurie



Meg



Abbi and Sandy



Heidy



Anders



Karen



Sam



Melissa



Scott and Andy



Chris and the Prez



Mandy



Claire



Chuck



Boyd Dunleavy and Steve Walters

## FROM THE EDITOR...

April is often marked with the Boston Marathon. This year would be no different. Hundreds of Maniacs flocked to one of the most prestigious marathons in the world. Many other marathons all over the country drew Maniacs.

Happy Running!

- Steve "Marathon Freak" Walters MM#338

## MANIAC ONGOING DISCOUNTS

Jeff "Boneman" Bollman (#1058)



With the new website comes a new way to identify race discounts. All discounts are now located on the race calendar page. Look for the gold coin following the race name, that signifies a discount. Click the coin and after a brief disclaimer reminding us that discounts are for members only, the code will be revealed along with the amount saved.

The programmers are working on lots of website items and one is a non-race related discount link. Until that's complete, you'll need to email Jeff Bollman ([jeff@marathonmaniacs.com](mailto:jeff@marathonmaniacs.com)) for the running warehouse discount.

- Casper Marathon (WY) 6/4/17: [www.runwyoming.com](http://www.runwyoming.com)
- Deadwood Mickelson Trail Marathon 6/4/17 (SD): [www.deadwoodmickelsontrailmarathon.com](http://www.deadwoodmickelsontrailmarathon.com)
- Pacific Crest Marathon 6/24/17 (OR): <http://whyracingevents.com/event/927/#event-home>
- Angel Fire Adventure Marathon (NM) 7/2/17: <http://rwcadventures.com/cgi-sys/suspendedpage.cgi>
- Madison Marathon (MT) 7/22/17: [www.themadisonmarathon.com](http://www.themadisonmarathon.com)
- Big Sky Marathon (MT) 7/23/17: [www.themadisonmarathon.com](http://www.themadisonmarathon.com)
- \*\*Humboldt Bay Marathon (CA) 8/13/17: <http://humboldtbaymarathon.com/>
- Anchorage RunFest (AK) 8/20/17: [www.anchoragerunfest.org](http://www.anchoragerunfest.org)
- I Run For.... Marathon (NY) 9/10/17: [www.irunforhalfmarathon.com](http://www.irunforhalfmarathon.com)
- Lehigh Valley Marathon (PA) 9/10/17: [www.viamarathon.org](http://www.viamarathon.org)
- \*\*Queen City Marathon (SK) 9/10/17: [www.runqcm.com](http://www.runqcm.com)
- Sioux Falls Marathon (SD) 9/10/17: <http://siouxfallsmarathon.com>
- Fox Valley Marathon (IL) 9/17/17: <http://www.fv26.com/>
- HITS Omaha Marathon (NE) 9/17/17: <http://omahamarathon.com>
- Grand Lake Marathon (OH) 9/23/17: [www.grandlakemarathon.com](http://www.grandlakemarathon.com)
- Greater Binghamton Marathon (NY) 9/24/17: <http://GreaterBinghamtonMarathon.com>
- Quad Cities Marathon (IL) 9/24/17: <http://qcmarathon.org/>
- \*\*Belleville Main Street Marathon (IL) 9/30/17:  
<http://bellevillemainstreetmarathon.itsyourrace.com/event.aspx?id=6976>
- Monument Marathon (NE) 9/30/17: [www.monumentmarathon.com](http://www.monumentmarathon.com)
- New Hampshire Marathon 9/30/17: [www.nhmarathon.com](http://www.nhmarathon.com)
- Maine Marathon 10/1/17: <http://mainemarathon.com/>
- MO' Cowbell Marathon (MO) 10/1/17: <http://mocowbellmarathon.com/>
- Niagara Falls International Marathon (NY or ON) 10/15/17: <https://niagarafallsmarathon.com/>
- Kansas City Marathon (MO) 10/21/17: [www.sportkc.org/marathon](http://www.sportkc.org/marathon)
- End of the Road Marathon (PA) 10/29/17: <http://triviumracing.com/event/endoftheroad/>
- Ocean State Marathon (RI) 10/29/17: [www.runri.us/narragansett-race-info](http://www.runri.us/narragansett-race-info)
- \*\*Charlotte Marathon (NC) 11/11/17: <http://runcharlotte.com/>
- Gobbler Grind Marathon (KS) 11/12/17: <http://gobblergrindmarathon.com>
- \*\*Space Coast Marathon (FL) 11/26/17: [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)
- Cayman Islands Marathon 12/3/17: [www.caymanislandsmarathon.com](http://www.caymanislandsmarathon.com)



**PLEASE RENEW YOUR ANNUAL MANIAC DUES (ON YOUR MANIAC BIRTHDAY)**  
**YOUR DUES HELP MAINTAIN THE CLUB AND KEEP THE COVETED MANIAC GEAR IN STOCK!!**  
**A REMINDER IS SENT WITH THE MONTHLY E-FLASH AND SOME OF YOU ARE OVERDUE!!**

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



Prez,

You aging? Rumor has it you don't run Boston Qualifiers anymore. Huh. You hold the record though, for guys not named Chuck Engle, don't you? 30+ BQ's in one year?

I get it, though. I used to be ... younger too. No really. 30-somethings don't get it. Living life at that age means you're never going to get older. Seemed true to me too at the time.

Or, it means you just are enjoying every weekend as it happens. Even the ones that seem include a 26-miler in the rain. Aaaaaah, the stories we'll bore your grandnephews and nieces with! Priceless.

Heck, even at 47, I planned to break the 4-hour time goal. Got to 4:06 or 7. Always thought I'd make it.

Made a mistake though. Will share, not out of narcissism, but out of simple warning.

Now, some would say, "yeah, you got older." That's not entirely it.

Others would say, "you ran too many marathons!"

No. I never ran too many. I've got no doubles on the score sheet. None. Even better (or worse) I've got no ultra-marathons on the calendar, past or future. And still haven't reached 100.

No. I made a mistake training. TRAINING! Not marathoning.

And so this is an old guy talking to a slightly less old guy about how it could've gone better, all those 26.2's.

Training right.

One thing even you never liked Prez; you said so: stretching. It's tedious. It's not exactly painless. It seems to make you hold your breath a lot, which doesn't add to the fun. Stretching seems even to be a waste of time you could spend running! What a waste. We're all under time restraints. So, hop out of the car, and start 15 seconds of stretching, and start running. HA! That's nonsense.

But it isn't even about just stretching. It's the training. Oh, I got sore plenty of times in marathons. Let's see. Completed 87. Got sore in...87. But not injured.

No, I got injured one winter weekend when on Saturday I ran a challenging, hard-paced 5-miler on a treadmill and set a time record. Way cool. Then the next day, I thought, "Wow, let's set another record for an amazing weekend." And I got out of the car, walked into the gym, and started running. My legs felt a little tight from yesterday, but I thought that would dissipate. I did get the five miles in, though slower, but the stiffness hadn't left like I thought. Later that evening, I sat in my easy chair with my feet crossed on the hassock in front of my chair for, evidently, a wee bit too long. Eventually, I SIMPLY STOOD UP, and heard the pop in my ankle. It wasn't really scary, nor did it hurt much.

18 weeks later I finally had it x-rayed, then MRI-ed, when they found a torn tendon that Mother Nature was improving, and so what could have been surgery 18 weeks earlier was left now by the surgeon to Mother Nature to finish the job. I was soon out jogging and marathoning again, but never again anywhere near the 4:07 idea.

That was 9 years ago. A few lessons:

- 1) Never challenge the Prez to a race.
- 2) Stretch. Hold the stretches a little bit and repeat...many times. No, more than that.
- 3) Warm up for any speed run of any distance. Less important if just a jog, I suppose, but I'm no doctor, just a recovering jogaholic.
- 4) Don't sit for a long time. Get up. Go into the kitchen and ignore the refrigerator, except for a nice cold glass of Water. Beer is over-rated, and over-fattening, and besides, it's the gateway drug to whiskey and scotch, which make you look sillier than an old guy in too short running shorts. If you must sin, I recommend chocolate ice cream. (Then again, I haven't broken 4:07.)
- 5) Eat less. That whole idea that exercise helps you lose weight IS true, but not nearly like eating less. And greener. That is, eat more green stuff.

If you are of a mind to pray, I'll accept your help. If you are not of a mind to pray but wish to suggest I give up the ice cream, I appreciate the thought, but sigh and suggest... you might want to re-consider the praying bit.

Luvya, Rev  
[dgkienz@yahoo.com](mailto:dgkienz@yahoo.com)