



MARATHON MANIACS

DECEMBER 2016 NEWSLETTER

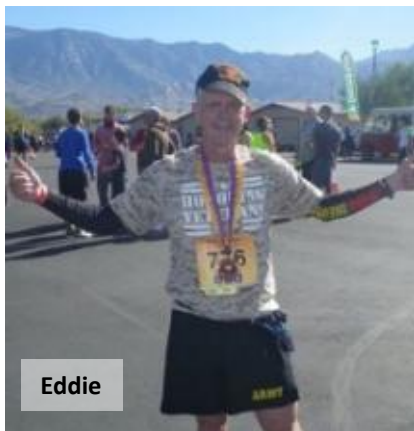
Volume 13, Number 12

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Marlon



Eddie

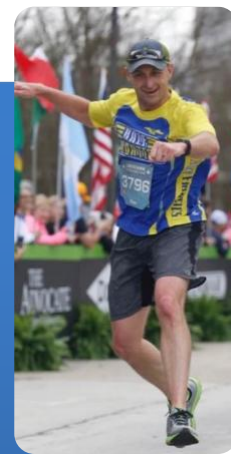


HALF FANATICS

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

Tired of running marathons and ultras (HA!!)?
Need to back down on that weekly mileage
and concentrate on getting faster? Then join
the Half Fanatics (halffanatics.com). There are
currently over 15,000+ 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



TITANIUM MANIACS

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ CLASS OF 2016



Heather Zeigler



Newton Baker



Thomas Perri



Jeanette Santa Teresa



Jim Reimann



Alex Penny



Dan Micola



Don Kern



Alex Feria



George Southgate



Jane Sturzaker



Michael Rhodes



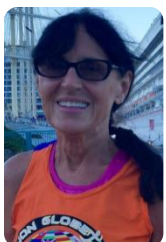
Hector Reyes



Rene Hjorth Pinon



David Bredo



Caren della Cioppa



Jenine Wilson



Christelle Douillet



Mary Chuey



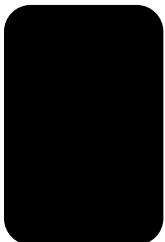
Janice Northrup



Heidi Cardoza



James Green



Scott Porter



Cohen Henry



Enda Cleary



Sandee McKinnon



Sylvia Janet Rivera



Dee Dee Urquhart



David Haring



Nadia Guimont



Lise Friis



Gilberto Sosa



Deb Greene



Sivabalan Pandian



Alicja Grace



Bruce Roberman



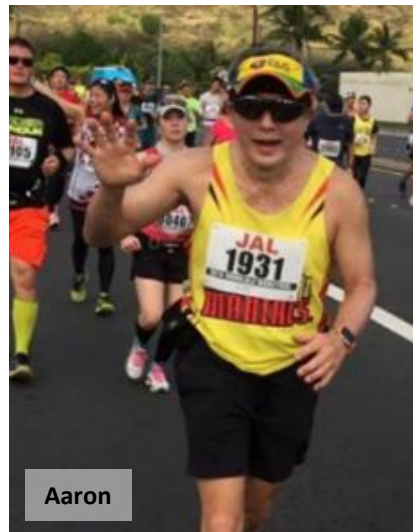
Robert Manon



JR Haney

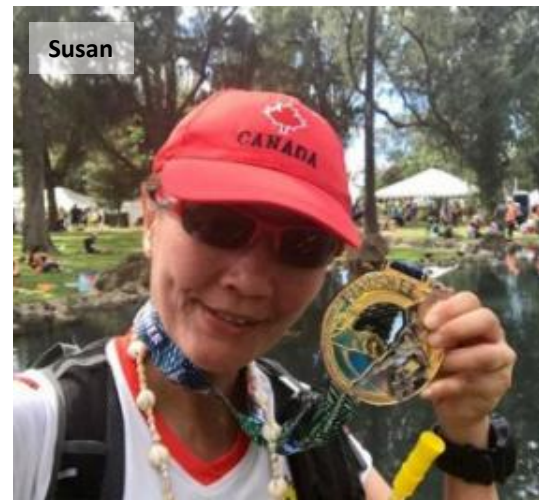
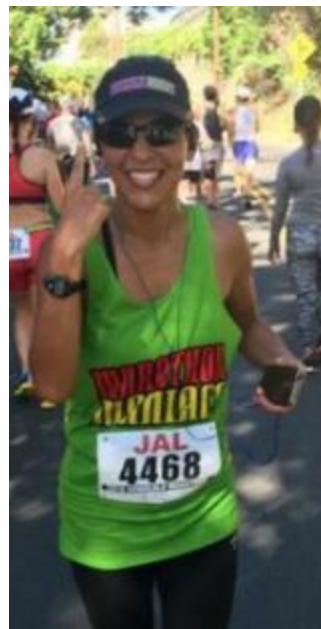


Vemana Sotala



Honolulu Marathon

HONOLULU, HAWAII

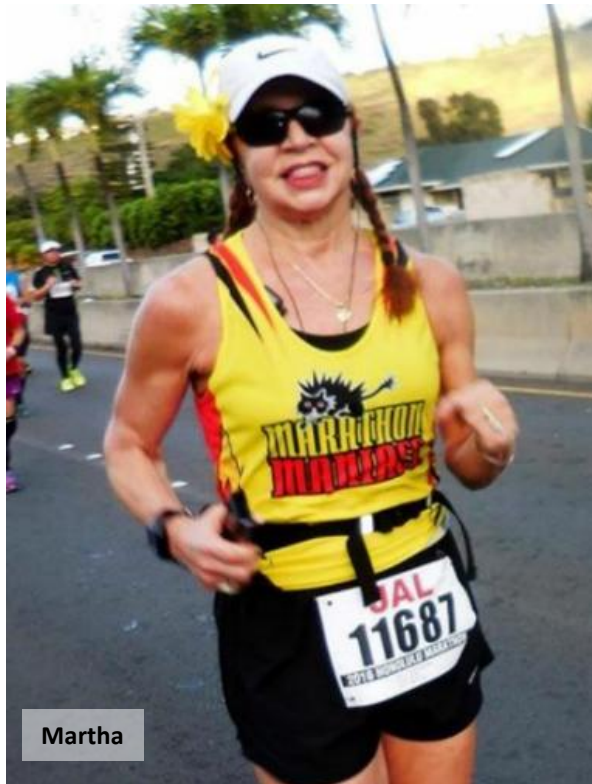




Ed



Glen



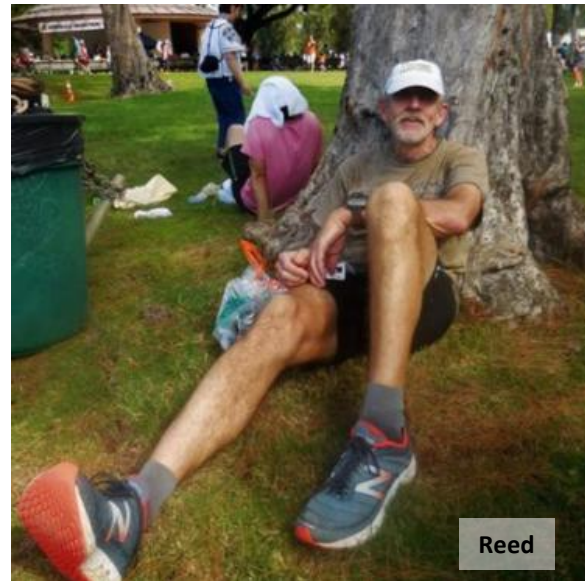
Martha



Chris



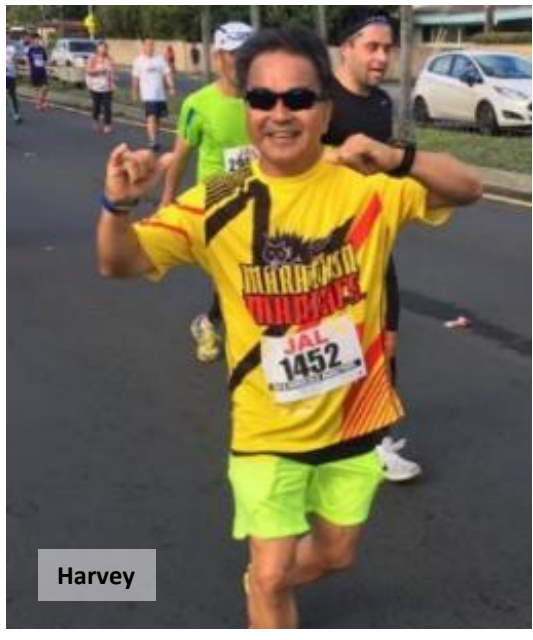
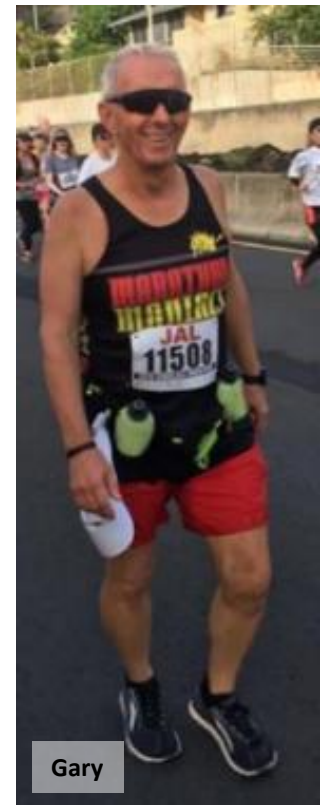
Tom



Reed



Mihaela



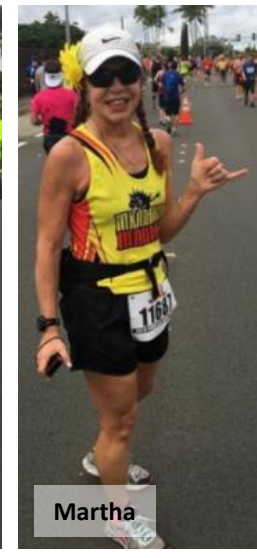
Harvey



Steffen



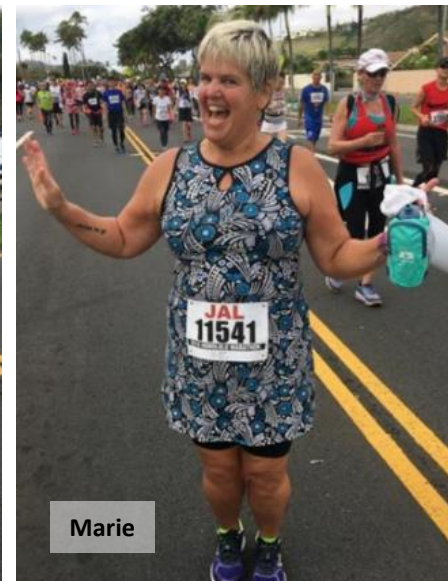
Charles



Martha



Ed



Marie

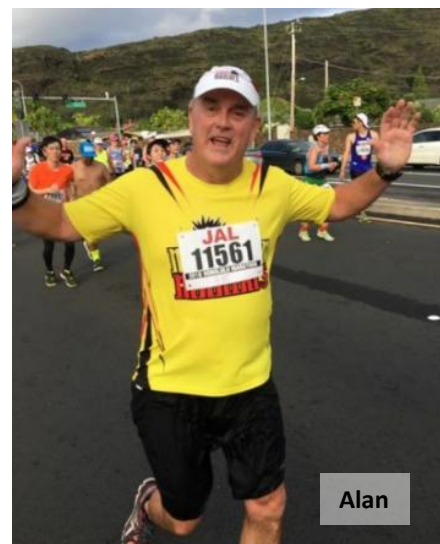


Harvey



Kamika

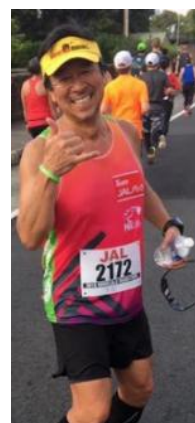




Alan



Don



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>





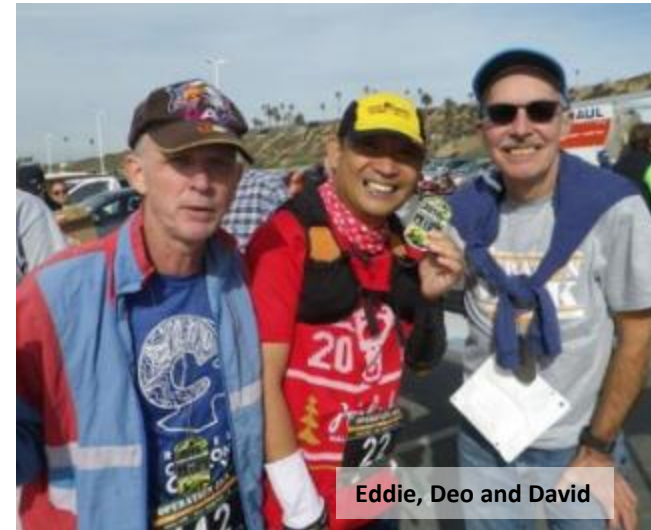
Chris and Scott



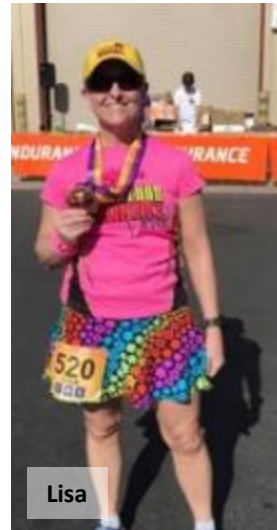
April



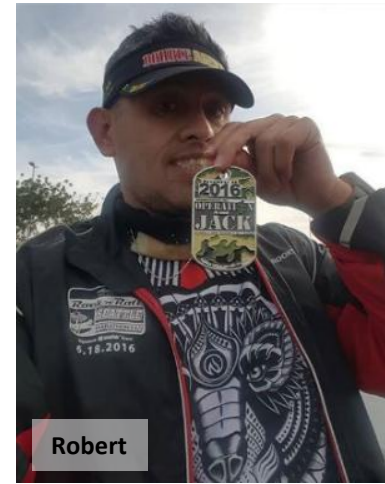
Taslma



Eddie, Deo and David



Lisa



Robert



Max





Ed and Heather



Team Martin



Mitch



Ken

@kenalegre

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



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

JOIN THE MANIACS ON THESE SOCIAL NETWORKS



FACEBOOK:

Marathon Maniac page:

<http://www.facebook.com/pages/Marathon-Maniacs/144969288167>

Marathon Maniacs group:

<http://www.facebook.com/groups/marathonmaniacs/>

INSTAGRAM:

@marathonmaniacs - <http://instagram.com/marathonmaniacs>

TWITTER:

@mainmaniacs - <http://twitter.com/mainmaniacs>

Across all social networks use the hash tag:

#marathonmaniacs

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 NOVEMBER:

Traci Hagerman (#2637)
 rebecca adcox (#2638)
 sheila ware (#2639)
 Jessica Sykes (#2640)
 James Rueffer (#2641)
 Edward Reid (#2642)
 Nick Hawkins (#2643)
 Carolyn Hall (#2644)
 Heather Schry (#2645)
 Kevin Mihalik (#2646)
 Dwight Coleman (#2647)
 Sandra Troutman (#2648)
 Lashira Brown (#2649)

Traci Hagerman (#2637)
 rebecca adcox (#2638)
 sheila ware (#2639)
 Jessica Sykes (#2640)
 James Rueffer (#2641)
 Edward Reid (#2642)
 Nick Hawkins (#2643)
 Carolyn Hall (#2644)
 Heather Schry (#2645)
 Kevin Mihalik (#2646)
 Dwight Coleman (#2647)
 Sandra Troutman (#2648)
 Lashira Brown (#2649)

Traci Hagerman (#2637)
 rebecca adcox (#2638)
 sheila ware (#2639)
 Jessica Sykes (#2640)
 James Rueffer (#2641)
 Edward Reid (#2642)
 Nick Hawkins (#2643)
 Carolyn Hall (#2644)
 Heather Schry (#2645)
 Kevin Mihalik (#2646)
 Dwight Coleman (#2647)
 Sandra Troutman (#2648)
 Lashira Brown (#2649)

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 ★★★★★

- 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.

★★★ 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>



New Titanium Maniacs!!



JR Haney



Vemana Sotala

Upcoming Races!

Marathon/Ultra Calendar between February 4 - March 12

2/4	WHITE ROCK CLASSIC 50K	50K	AR	2/19	Lord Hill Trail Runs	50K	WA
2/4	Aravaipa Elephant Mountain	50K	AZ	2/24	The POSTOAK Challenge (Day 1)	26.2	OK
2/4	Sedona Marathon	26.2	AZ	2/25	Mt. Cheaha 50k	50K	AL
2/4	Death Valley Marathon	26.2	CA	2/25	LOViT 100k	100K	AR
2/4	Sean O'Brien 26M/50K/50M/100K	Ultra	CA	2/25	Phoenix Marathon	26.2	AZ
2/4	Hayes Arboretum Trail Marathon	26.2	IN	2/25	Antelope Canyon Ultramarathon	50mi	AZ
2/4	Red Dirt Ultra	Ultra	LA	2/25	Ultra Adven. Antelope Canyon 50m/55k	Ultra	AZ
2/4	GROUNDHOG MARATHON	26.2	MI	2/25	Orange Curtain 50K/100K	Ultra	CA
2/4	Surfside Beach Marathon	26.2	TX	2/25	Dunes100	100mi	FL
2/4	Rocky Raccoon 100	100mi	TX	2/25	Rock the Comet Marathon	26.2	GA
2/4	Piney Woods Trail Fest 50k	50K	TX	2/25	Ellerbe Marathon	26.2	NC
2/4	Orcas Island 50k	50K	WA	2/25	Blood, Sweat & Beers - NV	26.2	NV
2/5	Surf City Marathon	26.2	CA	2/25	POSTOAK Challenge (Day 2)	50K	OK
2/5	Florida Marathon	26.2	FL	2/25	Three Capes Marathon	26.2	OR
2/5	Tallahassee Marathon	26.2	FL	2/25	Dupont Trail Marathon	26.2	WA
2/5	Rock N Roll New Orleans	26.2	LA	2/25	Ft. Ebey Kettles Trail	26.2	WA
2/5	Tamilnadu Marathon	26.2	TN	2/26	Tokyo Marathon	26.2	JPN
2/5	West Seattle Beach Run	26.2	WA	2/26	Ladiga Marathon	26.2	AL
2/11	Pemberton 50k	50K	AZ	2/26	Five Points of Life Marathon	26.2	FL
2/11	Golden Gate Trail Run Marathon	26.2	CA	2/26	Hyannis Marathon	26.2	MA
2/11	Algonquin 50K	50K	MD	2/26	PostOak Challenge (Day 3)	26.2	OK
2/11	Mid-Maryland Ultra	50K	MD	2/26	Shelby Forest Loop Marathon	26.2	TN
2/11	Mississippi River Marathon	26.2	MS	2/26	The Cowtown Marathon	26.2	TX
2/11	Tarawera Ultramarathon	100K	OTH	2/27	Shelby Forest Loop Marathon	26.2	TN
2/11	Hilton Head Marathon	26.2	SC	2/28	XTERRA GEORGIA "THRILL IN THE HILLS"	26.2	GA
2/11	Rocky 50 (50M & 50K)	50mi	TX	3/4	Diamond Valley Lake Marathon	26.2	CA
2/12	Mercedes Marathon	26.2	AL	3/4	Griffith Park Marathon	26.2	CA
2/12	Fort Smith Marathon	26.2	AR	3/4	Snickers Marathon	26.2	GA
2/12	Hong Kong Marathon	26.2	CW	3/4	Maple Leaf Marathon Day 1	26.2	IN
2/12	Donna Marathon	26.2	FL	3/4	Seneca Creek Greenway Trail Marathon	26.2	MD
2/12	Valentine Massacre Marathon	26.2	NC	3/4	Mississippi 50 Trail Run	50K	MS
2/12	Rock and Roots	50K	OH	3/4	Trail Trashed Marathon	26.2	NV
2/12	Thunderwolves Indoor Marathon	26.2	ON	3/4	Myrtle Beach Marathon	26.2	SC
2/12	Let's Go Haiti Marathon	26.2	OU	3/4	Run Hard Columbia	26.2	SC
2/12	Galveston Marathon	26.2	TX	3/4	Woodlands Marathon	26.2	TX
2/12	Birch Bay Marathon	26.2	WA	3/4	Beaumont Gusher Marathon	26.2	TX
2/12	Birch Bay International Marathon	26.2	WA	3/4	Tinajas Ultras 100K & 50K	100K	TX
2/17	Jackpot Ultra Running Festival	Ultra	NV	3/4	Mountain Marathon	26.2	WA
2/18	Sylamore Trail 50k	50K	AR	3/5	Kagoshima Marathon	26.2	JPN
2/18	Black Canyon Ultras	Ultra	AZ	3/5	Little Rock Marathon	26.2	AR
2/18	FOURmidable	50K	CA	3/5	Napa Valley Marathon	26.2	CA
2/18	XTERRA GEORGIA "THRILL IN THE HILLS"	26.2	GA	3/5	Marathon of the Treasure Coast	26.2	FL
2/18	Frozen Heart 50k	50K	MD	3/5	Maple Leaf Indoor Marathon	26.2	IN
2/18	Febapple Frozen Fifty	50K	NJ	3/5	Vodafone Malta Marathon	26.2	OTH
2/18	Red Rock Canyon Marathon	26.2	NV	3/5	Chattanooga Marathon	26.2	TN
2/18	Hagg Lake Mud Run	50K	OR	3/11	Antarctica Marathon	26.2	AAT
2/18	MSIG Sai Kung 50	50K	SK	3/11	Rock n Roll DC	26.2	DC
2/18	Cross Timbers Trail Runs Marathon	26.2	TX	3/11	Cactus Classic Trail Race	26.2	IL
2/18	Moab Red Hot 55k	Ultra	UT	3/11	Land Between the Lakes Trail Run	50mi	KY
2/18	Woolley runs	26.2	WA	3/11	Labor of Love Marathon	26.2	NV
2/19	Kyoto Marathon	26.2	JPN	3/11	Land Run 50K	50K	OK
2/19	Okinawa Marathon	26.2	JPN	3/11	CRAZY DESERT TRAIL RACE	50K	TX
2/19	The Lost Dutchman Marathon	26.2	AZ	3/11	Sand Hollow Marathon	26.2	UT
2/19	The Arizona Marathon	26.2	AZ	3/11	Elizabeth's Furnace 50k	50K	VA
2/19	Buzz Marathon	26.2	CA	3/11	Spring Run for Fun	26.2	WA
2/19	Pueblo Marathon	26.2	CO	3/12	Barcelona Marathon	26.2	B
2/19	A1A Marathon	26.2	FL	3/12	Zydeco Marathon	26.2	LA
2/19	George Washington Birthday Marathon	26.2	MD	3/12	Lower Potomac River Marathon	26.2	MD
2/19	Warm up Columbus	26.2	OH	3/12	Asheville Marathon at Biltmore Estate	26.2	NC
2/19	Seville Marathon	26.2	SE	3/12	SARR Prickly Pear 50K Trail Race	50K	TX
2/19	Austin Marathon and Half Marathon	26.2	TX	3/12	one city marathon	26.2	VA
2/19	Virginia Beach Distance races	50K	VA				

New Maniacs in December 2016

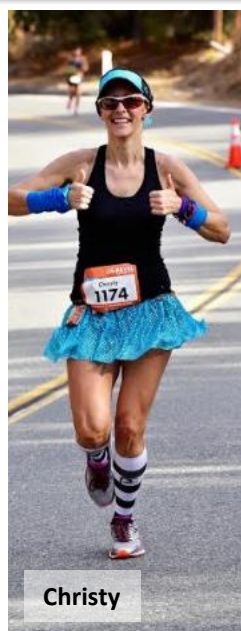
Sharon James (#13396)
Jennifer Long (#13397)
Isaias Castaneda (#13398)
Heidi Bolong (#13399)
Randolph Bolong (#13400)
Paul C. Montenegro (#13401)
Yolanda Anderson (#13402)
Scott Belbin (#13403)
Tina Belbin (#13404)
Christy Buhr (#13405)
Jonathon Schuster (#13406)
Kelly Linman (#13407)
Mike Tweedy (#13408)
Marlo Signoracci (#13409)
Eno Chukwujindu (#13410)
Diana Sanguinetti (#13411)
Virginia Menz (#13412)
LaShaun Chappell (#13413)
Brett Brown (#13414)
Heinrich Mynhardt (#13415)
Heather Swartz (#13416)
Rafal Boni (#13417)
Lawrence Steele (#13418)
Thomas Reinert (#13419)
Shannon Jennings (#13420)
Felipe Martinez (#13421)
Elena Debler (#13422)
Patrick Hoatlin (#13423)
Andrea Boni (#13424)
Roger Kuhlmann (#13425)
Stephanie S (#13426)
Chris Wilson (#13427)
Henrik Hoplarik Franijeur (#13428)

Rashida Ruddock (#13429)
mazen mroueh (#13430)
Marlin Weekley (#13431)
Bradley Thompson (#13432)
Francis Burghart (#13433)
Paul Smoluk (#13434)
Jessica Tan (#13435)
Carrlos Boyd (#13436)
Dawn Demo (#13437)
Michael Barbosa (#13438)
John Colvard (#13439)
HIEW KOK HEONG (#13440)
Mark McKenzie (#13441)
Anita Richert (#13442)
Renee Thomas (#13443)
Ellen Shanklin (#13444)
Graham Foster (#13445)
Tony Lin (#13446)
Kelly Munn (#13447)
Emily Wheeler (#13448)
Jesus Silva (#13449)
Kristie Strickland (#13450)
Jessica Head (#13451)
Budiaman Tang (#13452)
Timmy Morgan (#13453)
Gregory Dubicki (#13454)
Stephen Galloway (#13455)
Karen Ambler (#13456)
Dawn Fletcher (#13457)
Mike Veeder (#13458)
OMOLAYO HARDING-UDOH (#13459)
Bobby Tran (#13460)
Kimberly Danforth (#13461)

Barrett Hopper (#13462)
Marty Syring (#13463)
Warner Smith (#13464)
Max Schellhorn (#13465)
Phillip Williams (#13466)
Jaroslaw Mikolajczyk (#13467)
Allyson Hodge (#13468)
Keith Roberts (#13469)
Meiah King (#13470)
Saville Vasquez (#13471)
Susan Stephens (#13472)
Heather Mastin (#13473)
Misty Woolf (#13474)
Matt Fitzgerald (#13475)
Keith Sherrill (#13476)
Angie thomas (#13477)
Emily Horseman Leising (#13478)
Corey Musonda (#13479)
Salma Bashir (#13480)
Cory Sneddon (#13481)
Kelly Vander Esch (#13482)
Laura Bower (#13483)
REBECCA RUSSELL (#13484)
Niles Pyelshak (#13485)
Angel Perez (#13486)
Ralph Trujillo (#13487)
Jim Murray (#13488)
Candy Williams (#13489)
Jodee Whitworth (#13490)
Diane White (#13491)
Marcus Thornton (#13492)
Michelle Czlapinski (#13493)



Corey



Christy



Mark



Rashida



Deanna



Ila



DEO



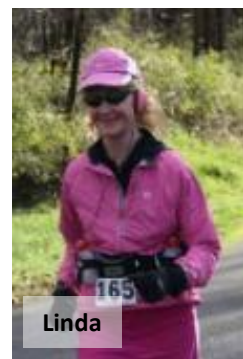
Scott



Chuck



Kathy



Linda



Steve with Monte and Diana

FROM THE EDITOR...

Hopefully everyone had a good holiday season and staying warm. I know there aren't too many races in the county, but hopefully your training for the spring marathon season is going well.

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) for the running warehouse discount.

- Mississippi River Marathon 2/11/17: <https://msrivermarathon.racesonline.com>
- **Fort Smith Marathon (AR) 2/12/17: <http://fortsmithmarathon.com>
- Rock the Comet Marathon (GA) 2/25/17: www.rockthecometmarathon.com
- Ladiga Marathon (AL) 2/26/17: www.ladigamarathon.com
- Little Rock Marathon (AR) 3/5/17: www.littlerockmarathon.com
- Marathon of the Treasure Coast (FL) 3/5/17: <http://treasurecoastmarathon.com>
- Raccoon Mountain Marathon (TN) 3/18/17: <https://runchattanooga.org/rmm/>
- Wicked Marathon (KS) 3/25/17: <http://wickedmarathon.org/>
- Wrightsville Beach Marathon (NC) 3/25/17: www.wrightsvillebeachmarathon.com
- Valencia Trail Race (CA) 3/25/17: <https://valenciatrailrace.com/>
- **Knoxville Marathon (TN) 4/2/17: www.knoxvillemarathon.com
- Hogeeye Marathon (AR) 4/8/17: www.hogeyemarathon.com
- Newport Rhode Race Marathon (RI) 4/15/17: <http://runri.us/newport-race-info/>
- Carmel Marathon (IN) 4/22/17: www.carmelmarathon.com
- Garmin Marathon (In the Land of Oz) (KS) 4/22/17: <http://ozrun.org>
- Coastal Delaware Running Festival 4/23/17: www.codelrun.com
- **Pro Football Hall of Fame Marathon 4/30/17: www.hofmarathon.com
- Wisconsin Marathon 5/6/17: www.wisconsinmarathon.com
- **Colorado Marathon 5/7/17: www.thecoloradomarathon.com
- Eugene Marathon 5/7/16: <http://eugenemarathon.com>
- Providence Rhode Race Marathon (RI) 5/7/17: <http://runri.us/providence-race-info/>
- Brookings Marathon (SD) 5/13/17: www.brookingsmarathon.com
- Shiprock Marathon (NM) 5/13/17: www.shiprockmarathon.com
- Shipyard Maine Coast Marathon (ME) 5/14/17: <https://mainecoast262.com/>
- Vermont City Marathon 5/28/17: www.vermontcitymarathon.org
- **Casper Marathon (WY) 6/4/17: www.runwyoming.com
- Angel Fire Adventure Marathon (NM) 7/2/17: <http://rwcadventures.com/cgi-sys/suspendedpage.cgi>
- Anchorage RunFest (AK) 8/20/17: www.anchoragerunfest.org
- HITS Omaha Marathon (NE) 9/17/17: <http://omahamarathon.com>
- **Greater Binghamton Marathon (NY) 9/24/17: <http://GreaterBinghamtonMarathon.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



Good Day, Mr. President!

(President, in this case, = Mr. Steven Yee, of “Marathon Maniacs”, and so you may read assured this is not a political column, so you need not duck to continue.)

Marathon implies “takes a while”. Perhaps: “a little more than two hours of intense running effort” for a few. For more, “three to five hours of intense effort”, or possibly, “four to seven hours of all-the-effort I could muster.” Outside the box it might mean, “four and a half hours of running while juggling, or basketball bouncing, or simply some story-telling, while ambling that-a-way.”

Do we all learn *anyone* thing from the experience?

We have certainly all heard a same comical bit of insight, often shouted by the obviously boozed: “Heyyyyy! One foot in fron...in frrrrrontt of the otherrrr!” Thanks, Phidippides. I WAS thinking of turning around and trying to make it backwards on my bottom. You know, save wear and tear on the new Hokas.

But in the last few miles does come a same lesson, over many races, gradually absorbed by both the Elite and the Elate divisions. And it is about taking one step at a time, in many challenges of life, and for far longer than may seem agreeable.

Complete the online master’s degree? One course at a time. Rake the leaves? One sweep at a time. Shovel out the driveway? One oomph at a time.

Paint the hallways? AND the ceiling? Please no. One stroke at a time, all morning, stop for lunch, all afternoon, early evening, clean the brushes, and, sigh, rinse and repeat again tomorrow.

Less simple... go visit and sit with dementia-dulled Granma on Saturday, and answer one re-repeated question at a time, over, and over, and over again, as patiently as one step at a time. The sun will rise, travel, and set, and by the time you return home that night she forgot your visit, but she enjoyed the moments as they occurred...occurred...occurred.

Marathons might strengthen one’s ... mental fortitude, and just when it is most needed. Watch, and support however painfully, a friend’s battle with a long-term addiction, or improvise and persist gracefully through your own uphill struggle of whatever kind. The recollection of those suffered 23rd miles may take on an entirely new and moving metaphorical meaning.

Prez, Chris, Tony, thanks yet again. I enjoyed my first couple of marathons, but they would have been about it. Then your goofy Ruthenium and Iridium challenges and inspiring friends kept me in the game. The game has never been easy for me, but you knew that. In confronting the challenge again, and again, gave me more than my fair share of time to think, plot, plan, persist, reflect. Later, as life occasionally tosses its challenges on our trail, the tenacity of trudging through those 23rd miles (orninth), reemerges to inspire a patient, *keep-going*. Sometimes, it makes a great difference.

Thanks for bringing us that, Prez. Thanks. And oh yeah: don’t you forget to visit me someday. But if you do, well then, I’ll come visit you.

Luvya,
Rev
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