



MAY 2017 NEWSLETTER

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The Flying Pig



Ken #11844



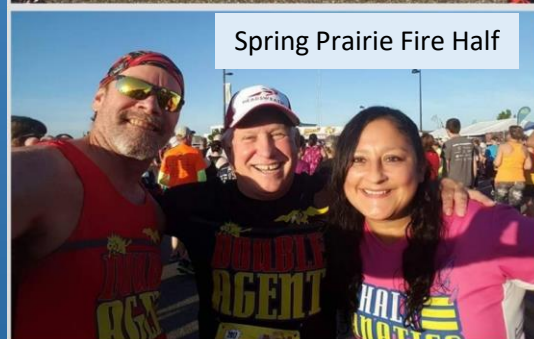
Oregon Spring Half



Marine Corps Historic Half



Snohomish Women's Run



Spring Prairie Fire Half



St. Michaels Running Festival

Follow us!

Half Fanatics | @halffanatics | @MainFanatics



USE #HALFFANATICS TO BE FEATURED!

<http://www.halffanatics.com/>



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Did you earn the 2nd Signature Race Series medal at Tacoma City? Well you cant stop there!

Come to Vermont and earn the 3rd medal at the [MAD MARATHON](#) on July 9th!

Half Fanatic Reunion Race!



October 1st, 2017

Branson, MO

Grand County Half Marathon

Perks Include:

Custom Club Finisher's Medal

Custom Club Shirts For All Members

Race Bag

Race Water Bottle

Finisher Cowboy Hat

\$20 race discount for all members in good standing



Signature Race Series

2017-2018



RACE - 3

July, 9th, 2017

www.madmarathon.com

Receive an extra club medal!

Add your name to the race calendar!

News from the 4th signature Race of 2017

Fox Cities Marathon and Half Marathon!

<http://conta.cc/2os00wr>



Signature Race Series is here.

The Maniacs / Fanatics have partnered with some AWESOME races around the country to bring you the 1st annual Signature Race Series.

For more information visit: <http://www.marathonmaniacs.com/signature-race-series/>



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MAY PHOTOS



Rose #3059



Mwenyewe #7836, Lisa #579



Marine Corps Historic Half



Vernon #11363



Mike #4282



Anita #7613



Kelly #11870



Steve #21, Julia #131



Historic half



Christi #13551



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DID YOU KNOW?



Join Races

Join races and see who else has joined on the Race Calendar. Simply log on to the Half Fanatics web page, go to the Race Calendar under "Races" menu, and find the event you're interest in. Click Join Race if you're going. A box will display so you can let people know about it on Twitter and Facebook. To see who else is going, click the number shown under Member Count. When you join races, they automatically appear on your Upcoming Events.

If you can't find the race you're looking for, you can request to add it. Just fill out the Race Request form and submit it.

May had **170** race events listed on the Half Fanatics Race Calendar.

The top five events attended by Half Fanatics were:

Flying Pig, Tinker Bell, OneAmerica 500, Running with the Cows, and Marine Corps Historic Half were the top 5 attended by Half Fanatics on our race calendar.

- **The Flying Pig** is a bit hilly, but a whole lot of fun! The crowds are amazing all along the course for this well-organized weekend of events.
- The **Disney Tinker Bell Half** in the California parks had a new course this year from past events. As usual it was crowded, and many people were a little frustrated by the extra security.
- Everyone loved the **OneAmerica 500 Festival Mini Marathon!** The highlight of the run is being on the Indianapolis Motor Speedway itself, plus back-of-the-pack support is tremendous.
- The one consistent comment about **Running with the Cows** was the great post-race food! Plenty of friendly support on the rolling hilly course, and of course the wonderful sights -- and smell -- of farm country. Moo!
- You want the hill? You can't handle Hospital Hill at the **Marine Corps Historic Half!** Lots of support along the course and Marines everywhere.

Are you running a race?

Have the perfect spot in mind for a Group Race Photo?

Send us an email at info@marathonmaniacs.com

Be on the lookout for Group Race photos on the Race Calendar at marathonmaniacs.com & halffanatics.com



What Moon Level am I?

Want the system to calculate your stats for you? Make sure you're adding your races to the database. To add a race you've completed select "Member", "My Races", click the "add race" icon. At a minimum all you have to enter is the race name, date, state and select the distance. Login to the Half Fanatics web site and give it a try. Add all your completed races. Maybe you leveled up and don't know it!



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MAY PHOTOS



Be #10359



Horse Capital Half



Delaware Marathon Running Festival



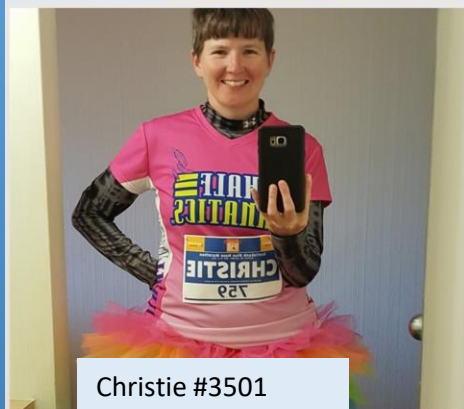
Lynda #10478, Kathy #4501



Chris #8786



Cleveland Half Marathon



Christie #3501



Pat #13327, Carol #1890



Laurie #9266, Mike #8704



Adam #2630



Joplin Half



Anita #7613



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MAY PHOTOS



Smith Rock Half



Marine Corps Historic Half



James #10632



Tina #16109



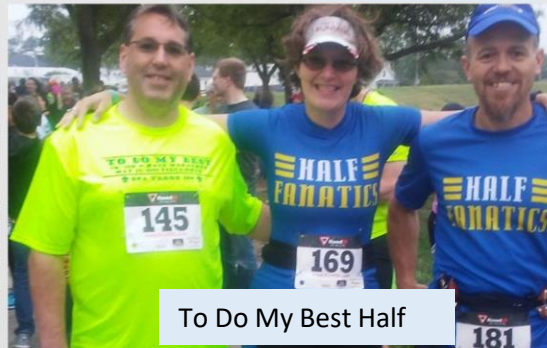
Mike #10291



Ken #11844



Tangel #14356



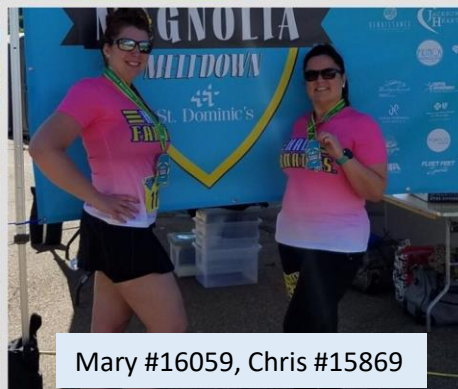
To Do My Best Half



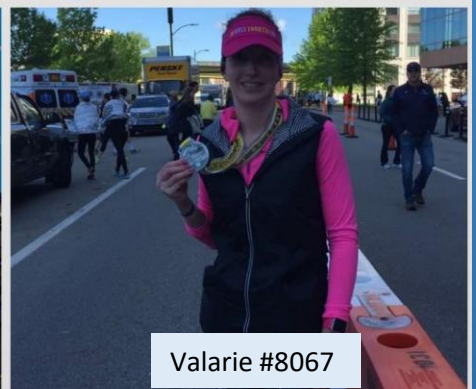
Rose #3059



Superhero Half



Mary #16059, Chris #15869



Valarie #8067



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THE SUN

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

MERCURY

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

VENUS

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

EARTH

- 31 - 37 Half Marathons within 365 days.
- 16 Half Marathon in 16 different US states* within 365 days.
- 6 Half Marathons within 16 days.
- 4 Half Marathon in 4 Days.

MARS

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

JUPITER

- 4 Half Marathons in 23 days.
- 19 - 25 Half Marathons within 365 days.
- 2 Half Marathons in 2 days (or 48 hours) must finish both races!
- 9 Half Marathons in 9 different US states* within 365 days.

SATURN

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

URANUS

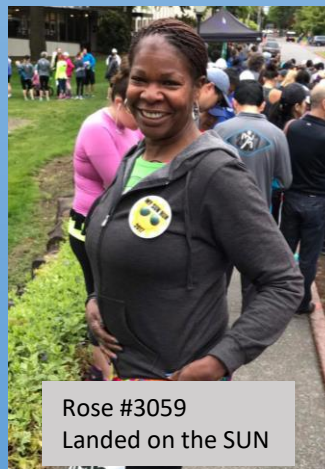
- 3 Half Marathons within a 16 day time frame.
- 6 Half Marathons in 6 consecutive calendar months.
- 8 - 11 Half Marathons within 365 days.

NEPTUNE

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

Congratulations to all the Half Fanatics who achieved their goals.

If you would like your promotion mentioned in the newsletter, please send your name, HF number and Moon level to: half fanaticnewsletter@gmail.com.



Rose #3059
Landed on the SUN



Joseph # 11588
landed on Mars



Megan #11301
Landed on Mars



Joey #9146
Landed on Mars

Joel #10563 also
landed on Mars



Anoosh #15575
Landed on Uranus

HALF FANATICS MEMBERSHIP

To be a Fanatic, Half Marathon times are not an issue, just that you finish your races. Also that you are having fun! After all, isn't that why we do this? All races need to be official events, no training runs will count! If you fit the criteria, You too can be a Half Fanatic!

Visit <http://www.half fanatics.com/membership> to join!



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MILESTONES

Congratulations to the following Half Fanatics who reached a milestone this month! Let me know if you reach one too! Send me an email at halffanaticnewsletter@gmail.com.



Kathy #4501
50 State Finisher



Kevin #158
100th Half



Thomas #4932
100th Half



Kerrilee #9060
50th Half!



Donna #3401
75th Half!



Seher #9677
50th Half!



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SUN LEVEL FANATICS

1890 Carol "Ponytail" Earles	AR	350 Jen Knife	IN	3196 Kris Howell	OK
3264 Teal Clark	AR	623 Jeff Davenport	IN	3208 Rick Howell	OK
3872 Mary Pugh	AZ	825 Michael Hoyt	IN	3983 Pam Mitchell	OK
6395 SparkleRunR	AZ	2154 Allison Leer	IN	7543 Heather Tillman	OK
6464 Ila Brandli	AZ	2666 Danny Hartley	IN	21 Steve "Marathon Freak" Walters	OR
462 Tony "Endorphin Dude" Nguyen	CA	5110 Judy Tempel	IN	4560 Kellie Follett	OR
518 Christy Bentivoglio	CA	16130 Megan Rose Osborn	IN	4575 Cj Follett	OR
1398 Dee Dee "Titanium Turtle" Urquhart	CA	3201 Sid Colliatie	KS	12210 John Gonzales	OR
1559 Leanne "Leanimal" Lowden	CA	7047 Betsy Readinger	KS	13322 Stephanie Goodman	OR
1834 Dobermaniac	CA	2838 Kelly 'Racy' Mink	KY	116 Lauri Fauerbach Adams	PA
2021 Lance Null	CA	8315 Sue Ledwith	MA	7836 Mwenyewe Dawan	PA
2113 Ryiah Nevo	CA	13790 Linda Ambard	MA	14951 Kenneth King	PA
3591 Callie Ullman	CA	8848 Benjamin McBride	MD	586 Andrea "Rhode Hazard" Herrmann	RI
3622 Joao Fernandes	CA	2361 Kristen Pearlless	MI	2489 Crazy Yeti Titanium Sun Everest Bachand	RI
3646 Robert "Latino Heat" Manon	CA	6020 Heather DuBay	MI	10478 Lynda Britt	RI
3717 Marissa de Luna	CA	15233 George Rose	MI	5345 Tawanna Dennis	SC
4407 Eric Ratcliff	CA	3031 Melinda Marble	MN	232 Laura Qualman	TN
4581 Cortney Pierce Jantzer	CA	6552 Jim "Minnesota" Reimann	MN	508 Sherry Ricker	TX
6506 Rachel Ross	CA	6840 John Weeks	MN	1879 Suzanne Petro	TX
7363 Deborah Lazerson	CA	2262 Becky Kellhofer	MO	5477 Adrienne Mynatt	TX
8696 John Carr	CA	2287 Calix "Fastmann" Fattmann	MO	8786 Chris Bouchard	TX
10103 Felipe Sattler	CA	2569 Shirley Kramer	MO	13145 Jonathan Olivares	TX
13806 Meilissa Lum	CA	3735 Karen Hoff	MO	13791 Mike D Flores	TX
13898 OC Runner	CA	5290 Greg Burreuss	MO	15250 Dallas Paetzold	TX
513 Rebecca "Bad Ass" Walker	CO	441 Wendy "Smiley" Sibley	NC	2150 Michelle Johnson 2	VA
822 Laura Bishop	CO	555 Maureen "Team Fluffy Runner" Bowen	NC	4210 Hollie Ashby	VA
45 Gerda Kalb	FL	1725 Jeanne Holmes	NC	4979 Mark Parrotte	VA
46 Chester "Southernmost Walker" Kalb	FL	8514 Ronita Bland	NC	11590 Jessica Norles	VA
382 Elizabeth	FL	8019 Mary Albrecht	ND	12966 Lisa LeVeque	VA
2908 Maryann Buma	FL	4022 Titanium Sun Rucker	NE	90 1/2asLuG	WA
3644 Seth "Fun Fact" Kramer	FL	6293 Tammy K	NJ	94 Tamara Mackey	WA
4681 Michelle "Race Mama" Dusseau	FL	8117 Tracey Newenhouse	NJ	772 Keith Collingwood	WA
9875 Cori Parnes	FL	8537 Christopher Falconio	NJ	881 Seattle Road Runner	WA
2764 David Grudzien	GA	14456 Clint Burleson	NM	1246 Janice Northrup	WA
2863 Myrna Anderson	GA	104 Karen "Evil Twin" Vollan	NV	1457 Steven Ferry	WA
4501 Kathy Davidson	GA	2115 Danielle Borgo	NY	1538 Vicky Baker	WA
5517 Yvette Todd	GBR	6120 Donna Dullys	NY	1690 Deb Greene	WA
12783 Johannes Heym	GBR	7273 Cathy Troisi	NY	2617 Robin Canell	WA
2099 Kamika Smith	HI	8807 Jim Diego	NY	3059 Rose Sporty Diva Coates	WA
4492 Ann Hegstrom	IA	12914 Bill Murphy	NY	3934 Chris Ellenwood	WA
4555 DL "Kilted Tortoise" Dean	IA	2385 Mildred Aponte-Soto	OH	4753 Sandra Harvie	WA
7764 Dannie Reynolds	IA	2754 Tanya Lomac	OH	5294 Mary Ann Mason	WA
8483 Michelle Mexcur	IA	4114 Giselle Cieza	OH	6155 Lisa Seidel	WA
177 Kimberlee "Runs in a Dress" Bratcher	ID	4154 Kimberly Appell	OH	8510 Carolyn Zakrzewski	WA
8576 Andrew Martin	IL	6763 Mary K Chuey	OH	9947 Djamal Pullom	WA
				12352 Marie Schaff	WA
				3891 Denise Beyer	WY

States without SUN achievement: **YOU** could be the first for
 AL, AK, CT, DE, IA, LA, ME, MS, MT, NH, NC, ND, SD, UT, VT, WV, WI
 *We do have members from GBR!



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MAY PHOTOS



Terri #11944



Marine Corps Historic Half



Carol #1890,
Pat #13327



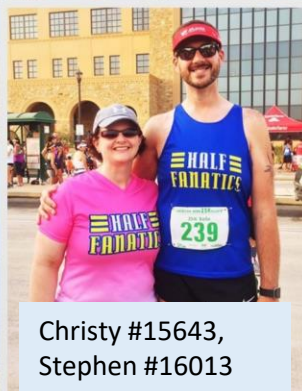
Robin #6054



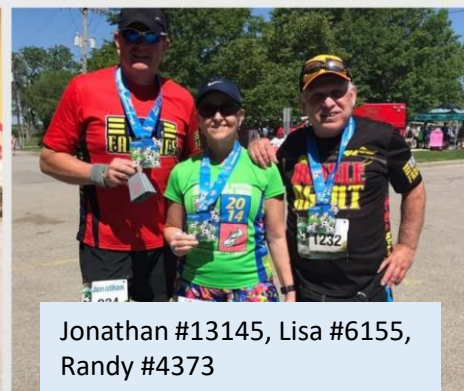
Snohomish Women's Run



Ryan #12469



Christy #15643,
Stephen #16013



Jonathan #13145, Lisa #6155,
Randy #4373



Delaware Marathon Running Festival



Joey #9146



Enid #11285



Mainly Marathons New England Series



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MAY PHOTOS



Jennifer #12296



Marine Corps Historic Half



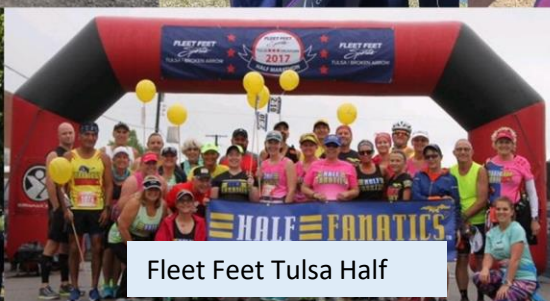
Nikisha #14406



Martha's Vineyard Half



Running With The Cows



Fleet Feet Tulsa Half



Lisa #12354



Magie #12737



Tina #16109



Marine Corps Historic Half



Race 13.1 Greensboro NC



Gregory #8068



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HALF FANATICS REGION PAGES

Half Fanatics Facebook group pages have been setup in regions across the USA and beyond. If you live in one of the areas, connect with your local chapter!

Region:

- [Albuquerque, NM](#)
- [Anchorage / South Central Alaska](#)
- [Atlanta, GA](#)
- [Augusta, GA](#)
- [Austin, TX](#)
- [Baltimore, MD](#)
- [Baton Rouge, LA](#)
- [Birmingham, AL](#)
- [Buffalo, NY](#)
- [Central Arkansas / Little Rock](#)
- [Central Gulf Coast / Mobile](#)
- [Chattanooga, TN](#)
- [Chicago / Western IL](#)
- [Cincinnati, OH](#)
- [Colorado Springs, CO](#)
- [Dallas Fort Worth, TX.](#)
- [Denver, CO](#)
- [Des Moines, South Central IA](#)
- [Detroit, MI](#)
- [European](#)
- [Greensboro, NC](#)
- [Honolulu, HI \(Oahu\)](#)
- [Houston, TX](#)
- [Kansas City, MO](#)
- [Knoxville, TN](#)
- [Lincoln / Omaha NE](#)
- [Long Beach, CA](#)
- [Lubbock / West Texas](#)
- [Miami, FL](#)



Region:

- [Memphis, TN](#)
- [Nashville, TN](#)
- [New Orleans, LA](#)
- [Northern New Jersey](#)
- [Northwest Arkansas](#)
- [North Dakota](#)
- [Oklahoma City, OK](#)
- [Orlando, FL](#)
- [Panama City / Gulf Coast, FL](#)
- [Portland, OR.](#)
- [Philadelphia, PA](#)
- [Phoenix, AZ](#)
- [Raleigh / Cary, NC](#)
- [Richmond, VA](#)
- [Rochester, NY](#)

Region:

- [Sacramento, CA](#)
- [Salt Lake City, UT](#)
- [San Antonio, TX](#)
- [San Diego, CA](#)
- [Seattle, WA](#)
- [Shreveport, LA](#)
- [Springfield, MO](#)
- [St Louis / SW Illinois](#)
- [Tacoma / South Puget Sound](#)
- [Tampa / St. Petersburg, FL](#)
- [Tulsa, OK](#)
- [Twin Cities, MN](#)
- [Virginia Beach, VA](#)
- [Washington DC](#)
- [Wichita, KS](#)



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UPCOMING JULY RACES

7/1	Bristol Independence Rhode Race	13.1 \$	RI	7/15	Pottstown Half Marathon	13.1	PA
7/1	Red, White, & Blues Run Half Marathon	13.1	OR	7/15	Christmas in July Half Marathon	13.1	IN
7/1	Summerlake Loopy	13.1	OR	7/15	Shoreline Half Marathon	13.1	NY
7/1	Karner Blue Half	13.1	WI	7/15	Sockeye Half Marathon	13.1	AK
7/2	Stars and Stripes	13.1	OR	7/16	Craft Classic Half Marathon	13.1	CA
7/2	Epic Canadian Half	13.1	NS	7/16	Mainly Marathons Prairie Day 1	13.1 \$	MN
7/2	Angel Fire Half	13.1 \$	NM	7/16	Summer Half Classic	13.1 \$	OR
7/3	Cook Park	13.1	OR	7/16	Rock 'N' Roll Chicago	13.1 \$	IL
7/4	Red, White & Boom Half Marathon	13.1	MN	7/16	Her Tern Half	13.1	AK
7/4	Foot Traffic Flat Half Marathon	13.1	OR	7/16	Napa to Sonoma Wine Country Half	13.1	CA
7/4	Brownville Freedom Run	13.1	NE	7/16	Narragansett Summer Running Festival	13.1	MA
7/4	Longmont Half Marathon	13.1 \$	CO	7/17	Mainly Marathons Prairie Day 2	13.1 \$	ND
7/7	Burn Your Half Off	13.1	TN	7/18	Mainly Marathons Prairie Day 3	13.1 \$	SD
7/8	Burn Your Half Off	13.1	TN	7/19	Mainly Marathons Prairie Day 4	13.1 \$	IA
7/8	Ironman 70.3 Muncie	13.1	IN	7/20	Mainly Marathon Prairie Day 5	13.1 \$	NE
7/8	Cougar Mountain 20	20mi	WA	7/21	Mainly Marathons Prairie Day 6	13.1 \$	KS
7/8	Bryce Canyon Half Marathon	13.1	UT	7/22	Mainly Marathons Prairie Day 7	13.1 \$	MO
7/8	Sand Creek Half Marathon	13.1	CO	7/22	Summer Splash Prairie Dog Half	13.1 \$	CO
7/8	Indiana Women's Trail Run	13.1	IN	7/22	Oregon Summer Half	13.1	OR
7/8	Hobbler Half Marathon	13.1	UT	7/22	Madison Half Marathon	13.1 \$	MT
7/8	Dances With Dirt - Devil's Lake	13.1	WI	7/22	13.1 Race Detroit	13.1	MI
7/8	Shipyards Old Port Half Marathon	13.1 \$	ME	7/22	Half Way to Christmas Half	13.1	OH
7/8	Twilight Half	13.1	WA	7/22	Bad Bass Half Marathon	13.1	CA
7/8	Fit for Life Half Marathon	13.1	ID	7/23	Big Sky Half Marathon	13.1 \$	MT
7/9	Missoula Half Marathon	13.1	MT	7/23	West Seattle Beach Run - Summer Fling!	25K	WA
7/9	Shoreline Half	13.1	CA	7/23	Kamloops Half Marathon	13.1	BC
7/9	Fueled by Fine Wine	13.1	OR	7/23	San Francisco Second Half Marathon	13.1	CA
7/9	Mad Half Marathon	13.1 \$	VT	7/23	San Francisco 1st Half Marathon	13.1	CA
7/9	Yukon Do It! - Summer Edition	13.1	WA	7/29	Jack n Jill Downhill Half (Day 1)	13.1	WA
7/10	Skagit Flats	13.1	WA	7/29	Frank Maier Half Marathon	13.1	AK
7/15	Minnesota Nuthouse	13.1	MN	7/29	Eagle Creek Trail Half Marathon	13.1	IN
7/15	Bear Cupboard Run	13.1	WI	7/29	Urban Wildland Half Marathon	13.1	MN
7/15	Kill Bill's Oyster Dome Challenge	25K	WA	7/29	Timpanogos Half Marathon	13.1	UT
7/15	Olympia Lakefair Half Marathon	13.1	WA	7/30	Jack n Jill Downhill Half (Day 2)	13.1	WA

*You can find these races (and many more) on the Race Calendar at: <http://www.marathonmaniacsdb.com/fanatics/events>

The races above with \$ have discounts. Look for the gold coin on the race calendar page, which 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. **RACE DIRECTORS - PLEASE SEND YOUR RACE DISCOUNT CODES to Jeff Bollman jeff@marathonmaniacs.com**



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MAY PHOTOS



Julie #16232



LiGerald #16145



Martin #16190



Sherry #16166



Catory #16191

Lifetime Membership



SAVE MONEY WITH A LIFETIME MEMBERSHIP.

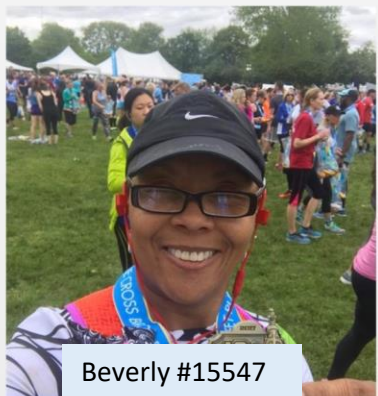
Portland Rose Festival Half



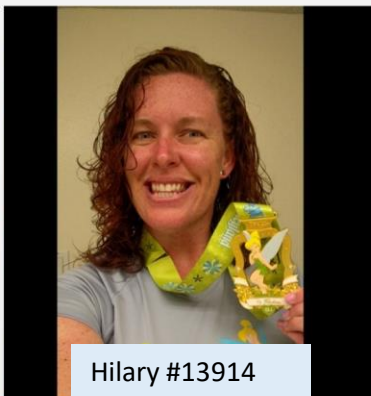


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MAY PHOTOS



Beverly #15547



Hilary #13914



Aaron #10564



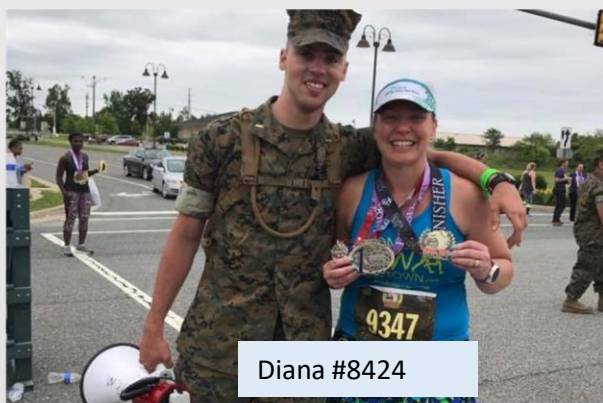
Chuck #10903



Jen #4273



Felicia #11494



Diana #8424



Amador #4128



Jeanette #13166



John #8785



Ade #11892



Andrea #15632



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FANATIC GEAR

We switched manufactures and are having a close out sale on all our old shirts & singlet's. Order yours today before it's gone!!

SALE!

HALF FANATICS 13.1

**30% OFF
SELECTED SHIRTS
& SINGLET'S**

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

EXPO SCHEDULE

The Gear Guy will be at the following event
Expos with club gear for
Marathon Maniacs and Half Fanatics:

Mad Marathon Expo
July 9th

Fox Cities Marathon Expo
September 24th

Tucson Marathon Expo
December 9th

Tobacco Road Marathon
March 2018

FANATIC POLL

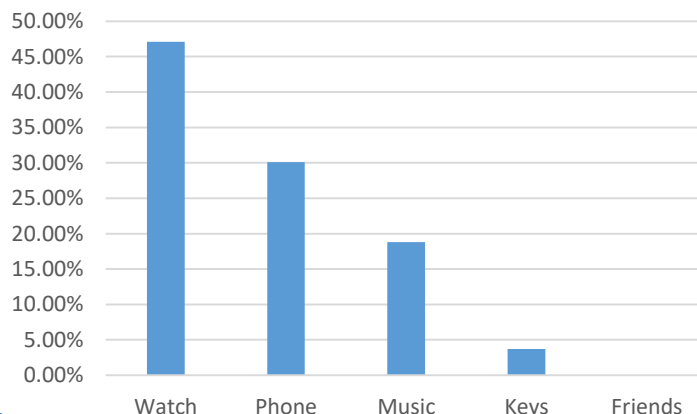


Each month there will be a "Fanatic poll" posted online. Please take a few moments to answer this poll. Results will be in the next newsletter.

This month's question:
**How far in advance do you schedule
races/events?**

Please submit your response at:
<http://survey.constantcontact.com/survey/a07ee8n2kizj3g1oya4/start>

Last month's question:
You cannot run without....?





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Get your child moving! An 8 week running program with fun and challenging running activities.

Mission

- To introduce our youth to the physical and emotional positive effects of running.
- To increase the physical activity of our youth.
- To create a positive environment where all participants are equal.
- *Hard work and determination will be rewarded at the end of the journey!

Find out more at: <http://www.halffanatics.com/flying-fanatics>.



Flying Fanatic #5 took first place in his age group! Get your child moving with our kids club! WTG Alex!

*If you would like us to give a shout out to your Flying Fanatic, email information to halffanaticnewsletter@gmail.com

FROM THE EDITOR

Hello everyone. What crazy weather we have had in the Pacific NW and throughout the country. Hope you're getting out there more often. Looks like many are settling into summer-like temperatures. Remember to hydrate!

Want to share your "why you run", your achievements, goals, and any stories? Did you have a really great run -- or a horrid one? Are you celebrating any milestones: 50 half marathons? 100? 1000? Did you level up? Shoot me an email to include you in the next newsletter! halffanaticnewsletter@gmail.com

-Kellie Follett #4560



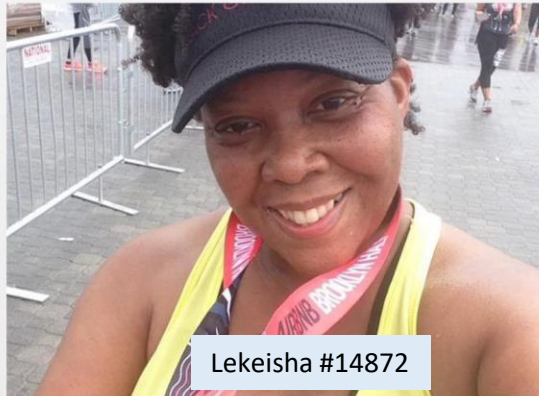


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MAY PHOTOS



Suzanne #15362



Lekeisha #14872



Shannon #15326, Lisa #15325



John #13617



Travis #14683



Lorelei #12254



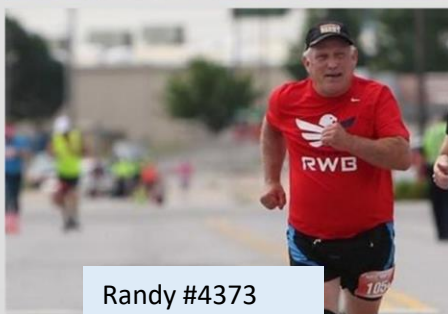
Khasmir #5145



Ruben #15909



Melissa #9945, Greg #14245



Randy #4373



Natalie #9449



Ronald #15826



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MAY PHOTOS



Shelina #7054



Samuel #15562



L Newman #9324



Joey #9146



Tondra #5540



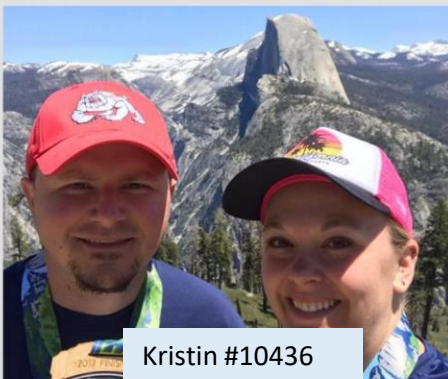
Jameka #15271



Melissa #9945



Susana #7682



Kristin #10436



Teresa #15263



Ronita #8514



Paula #6154



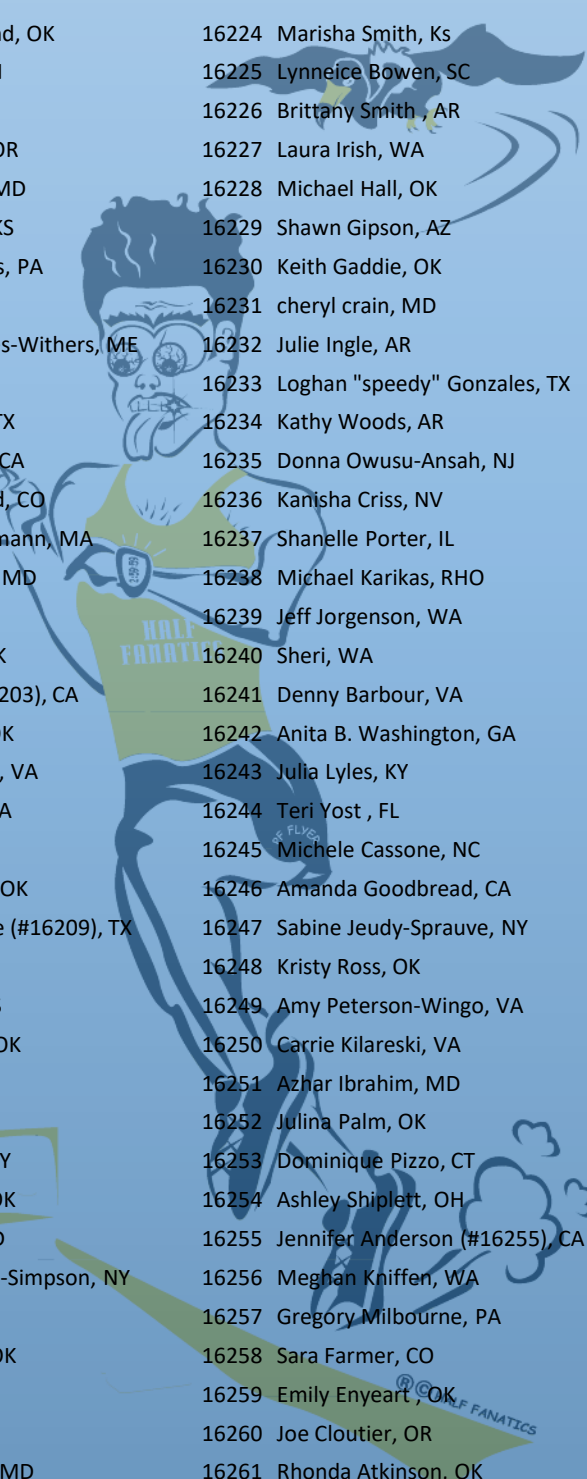
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WELCOME TO THE ASYLUM! NEW APRIL 2017 HALF FANATICS



- | | | | |
|--------------------------|-------------------------------------|--------------------------------------|-------------------------------|
| Chris Conway, RI | 16186 Dean R. Richmond, OK | 16224 Marisha Smith, Ks | 16262 Susan Nottoli, IL |
| Laura Killeen, VA | 16187 Earl Brammer, IN | 16225 Lynneice Bowen, SC | 16263 Ericka moore, NJ |
| Rachel Kahn-Troster, NJ | 16188 Jeff LeRoy, GA | 16226 Brittany Smith, AR | 16264 Lin Daniel, TN |
| Cammie Sifford, AR | 16189 Quinn Damitio, OR | 16227 Laura Irish, WA | 16265 Peg Russell, OH |
| Kelley Hartsell, TX | 16190 Martin Denard, MD | 16228 Michael Hall, OK | 16266 Adam Carroll, OK |
| Kayla Miller, PA | 16191 Catory Bradley, KS | 16229 Shawn Gipson, AZ | 16267 Theresa Carroll, OK |
| Wayne Mitchell, WA | 16192 Deborah williams, PA | 16230 Keith Gaddie, OK | 16268 Tammy Dotson, CO |
| Trevor Maczuga, BC | 16193 Julie, WA | 16231 cheryl crain, MD | 16269 Patty Phillips, MO |
| Richard Quinlan, AZ | 16194 Christopher Bates-Withers, ME | 16232 Julie Ingle, AR | 16270 Linda Weathers, OK |
| Deena Winham, OK | 16195 Kathy Daloia, IL | 16233 Loghan "speedy" Gonzales, TX | 16271 Tracey Stiles, OK |
| Karen Shideler, LA | 16196 Suzanne Smith, TX | 16234 Kathy Woods, AR | 16272 Elizabeth Jones, AZ |
| Roksana Alavi, OK | 16197 Barbara Rausch, CA | 16235 Donna Owusu-Ansah, NJ | 16273 Tina Chirgwin, MA |
| Tim Sellers, TX | 16198 Christina Hatfield, CO | 16236 Kanisha Criss, NV | 16274 Jennifer Buchan, MN |
| Randell Hansen, CA | 16199 Melissa Zimmermann, MA | 16237 Shanelle Porter, IL | 16275 Amber Skrent, MI |
| Andrea Dolan, OK | 16200 Verdar Ashford, MD | 16238 Michael Karikas, RHO | 16276 Lilli Gensler, MD |
| Wendy Sadler, TN | 16201 Sherry Boyd, CT | 16239 Jeff Jorgenson, WA | 16277 Cassandra Camp, Okl |
| Karen Chamusco, FL | 16202 Lacy McGrew, OK | 16240 Sheri, WA | 16278 Samantha Buckingham, CA |
| Rich Handzo, NJ | 16203 Carol Smith (#16203), CA | 16241 Denny Barbour, VA | 16279 William Reynolds, TX |
| Sherry Clarke, WA | 16204 Leah Manning, OK | 16242 Anita B. Washington, GA | 16280 Amy Long |
| Laura Braunbeck, MD | 16205 Geneva Williams, VA | 16243 Julia Lyles, KY | 16281 Amanda Hauser, WI |
| Brendan Nelson, OK | 16206 Shanna Large, MA | 16244 Teri Yost, FL | |
| Cozette Thomas, MI | 16207 Kelly Rakus, NJ | 16245 Michele Cassone, NC | |
| Angela Remines, KY | 16208 Chanel Johnson, OK | 16246 Amanda Goodbread, CA | |
| Julie Neuburger, MO | 16209 Michelle Monroe (#16209), TX | 16247 Sabine Jeudy-Sprauve, NY | |
| Gia DiDonato-Sroczenski, | 16210 Paula Powell, KS | 16248 Kristy Ross, OK | |
| Mandy Berkley, KS | 16211 Amy Cottrell, MS | 16249 Amy Peterson-Wingo, VA | |
| Daisy Seal, WV | 16212 Timothy Fisher, OK | 16250 Carrie Kilareski, VA | |
| Misty Calderon, CA | 16213 Lylia Clavé, null | 16251 Azhar Ibrahim, MD | |
| Brittany Chappell, AR | 16214 Alysia Korelc, TX | 16252 Julina Palm, OK | |
| Julia Glick, VA | 16215 Tracey Rohrer, NY | 16253 Dominique Pizzo, CT | |
| Shannon Bickham, OK | 16216 Jason Redman, OK | 16254 Ashley Shiplett, OH | |
| Laura Allen, OK | 16217 Janet Archer, MD | 16255 Jennifer Anderson (#16255), CA | |
| Teresa Keppler, MI | 16218 Kathleen Hughes-Simpson, NY | 16256 Meghan Kniffen, WA | |
| Gretchen, DE | 16219 Julie Greene, AR | 16257 Gregory Milbourne, PA | |
| vanessa bogenholm, CA | 16220 Mark Wheeler, OK | 16258 Sara Farmer, CO | |
| Tinesa Siebert, OK | 16221 Rob Faber, WA | 16259 Emily Enyeart, OK | |
| Courtney branch, Okl | 16222 Eric Hupp, IA | 16260 Joe Cloutier, OR | |
| Bobbi Barrett, AR | 16223 Briana Williams, MD | 16261 Rhonda Atkinson, OK | |





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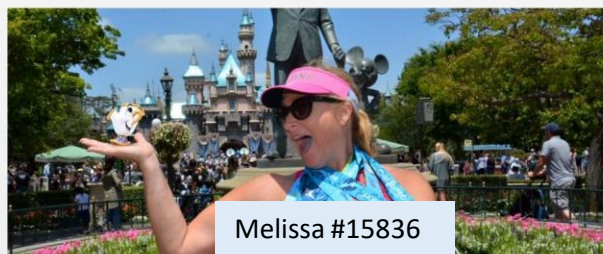
MAY PHOTOS



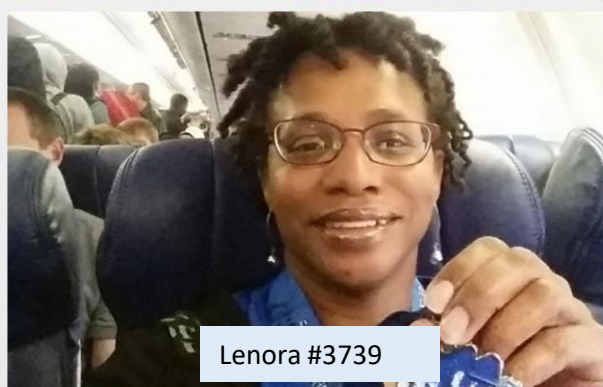
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Yulonda #15886



Melissa #15836



Lenora #3739



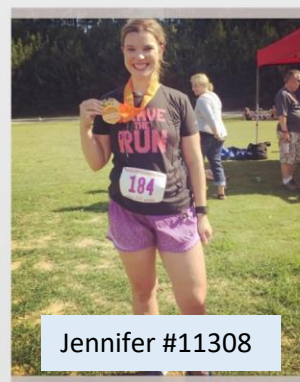
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Teon #7350



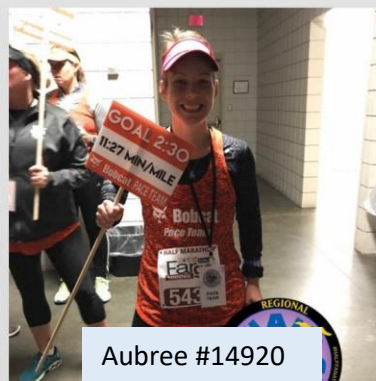
Kerrilee #9060



Jennifer #11308



Juanita #15954



Aubree #14920



Stacey #11453



Vernon #11363



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OUR WHY... WHY WE RUN

We all have our reason we run – our why – and it’s what gets us out the door most days. The more I run, the more people I meet, the more I’m learning about what brought others on their journey. Each month, I want to share as many of your whys as possible. Send me [email](#) to share yours.

I am a licensed massage therapist. Even though I specialize in runners and running-related injuries, recently I had the good fortune to work on a little girl who is 8 years old. She’s currently living in a children’s hospital in Portland, OR, waiting on the right match to have a bone marrow transplant. She is the daughter of a friend of a friend who came to me for a massage a few weeks ago with shin splints. Over the course of 3 massages, we got to know each other pretty well. She learned of my story and asked me for a favor. I usually don’t go to the hospital to work on clients, but I wanted to make a special trip because I so wanted to help this little girl who is fighting for her life.

I myself am a survivor. It’s why I started running in the first place, in 2005, after I gained the strength post operatively to stand, walk, and eventually run. I wanted to run a marathon to raise money and awareness and give back. That was many years ago and many races ago. Even though that is why I started, that isn’t what keeps me running. This little girl and other children like her remind me how lucky we are to be able to do this precious gift that so many of us don’t realize is a gift, until we are injured and are sidelines ourselves.

Earlier this month, I ran the Cinco de Mayo half marathon in Portland. It was my 42nd half marathon in the last 9 months, and I’m working on doing 52 half marathons in 52 weeks this year. That is a huge deal in itself, but the fact that I was unable to walk after my brain surgeries and had to completely relearn how to walk again and eventually run... that is the big picture.

I spent an hour with this little angel. While I worked to stimulate her lymphatic system, and bring more ease to her bedridden little body, I told her that I was once, not that long ago, in her shoes, but today I run races. I told her how much I admired her courage and her strength. So, I took the medal I earned for my half marathon and put it around her neck and told her she is my hero. Even though she had no hair or eyelashes or eyebrows, she was the most beautiful little girl with her big blue eyes and giant smile on her face with that medal around her head.

Whenever it gets hard on the run for me, I always remember that little girl who is fighting every day of her life, that little girl who was once me. I run for her, I run for all those still fighting, and I thank the powers of the universe for the chance to run again tomorrow.

Julia Garling #15262





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OUR WHY... WHY WE RUN

I completed my 100th half marathon at the SuperHero Half Marathon in Morristown, NJ on Sunday May 21st. I never started running races because I enjoyed running. In fact, when I was close to my mid-twenties I saw people running down the street and first thing that came to my mind was, "These people have way too much time on their hands."

Then a few years later, I came down with cancer with the removal of a testicle and progression to lymph and liver cancer stage 4. Well I got chemo, lost all my body hair and 30 pounds, and had plenty of time to think. I said while lying in bed "God, if I get better, I will take care of myself." At that time, I barely had the energy to get out of bed to go to the toilet. That was over three months in the fall of 1989. While in bed, I saw the San Francisco earthquake and the fall of the Berlin wall. I recovered and got better over the next year. Life went back to normal, working 50+ hours a week and going to school to get my Bachelor of Science degree.

At the age of forty, I thought "Gee, I better start taking care of myself." I asked Terry for a gym membership for my birthday. When I started doing the treadmill, speed 4 for 10 minutes seemed too overwhelming. Then, I got used to the gym and after a year someone mentioned a 5K race. So, I did it. Then he mentioned a 5 mile race next week. I said "5 miles is WAY too far!" Well that was in 1999 and almost 18 years later, I have done races of various distances in many locations from local to Tromso Norway to Nome Alaska.

My goal of completing my 100th half was not like it was on my mind back in 1999. In fact, I didn't do my first half until September 2005 at Liberty Newport (Jersey City), New Jersey, and I didn't think of doing 100 until 2012 or 2013. I never was a fast runner, not like I didn't want to be, but my best or PR was 2:04:33. At the time, I never got a medal, didn't keep the shirt, or never got a race photo from that race. I ran it in worn out gym shoes. Now I struggle for a sub 2:10 time, which is OK. My place was usually way in the back of my age group. Maybe 2 or 3 races out of my 100 halves I completed I even come above the 50% level.

The biggest challenge was managing my time for the races. Was it fun? Most of the times yes, but there were a few downers. Yes, a few due to the race organizers or the weather. Am I looking forward to 200 or 300? Well no, not yet. I will most likely will get to 200 sometime in the next 8-9 years. I do not plan on doing 15-16 halves a year, maybe 11-12, It's not a big drop, but I would like to spread them out. Eventually I'll complete all 50 States +DC, which - by the way - will be 22 states by the time you read this, since I am doing Asheville, NC on June 1st. Then, I plan to do more hiking on the Appalachian trail this summer.

Kevin McConnell #158

