



Eight years ago, the main maniacs knew the Marathon Maniacs club was special with so many members joining daily. Yet, something was missing. There were lots of people out there running half marathons. There were also quite a few Maniacs looking to hang up the 26.2-mile distance and sort of retire as half marathoners. They needed a place to call home too.

So, the idea of a second running club began to form. Half Marathon Maniacs? No, not right. Half Maniacs? Nope. Something similar but different. Chris (HF #2) finally came up with a name that stuck.

Our Marathon Maniac programmer, aka Brian Pendleton (HF #5), is an avid bird watcher. So, instead of a cat on the head, we updated the logo to add a buzzard flying overhead. Also, to pay homage to the Gate Keeper Marc Frommer's (HF # 4) curly locks sticking out of his running hat, we gave the logo a "fro." Then, after developing a website and database, the Half Fanatics club was born on July 4, 2009. Today, there are over 16,000 members and growing by leaps and bounds.

The main maniacs are thrilled that the Half Fanatics club has changed so many lives and facilitated thousands of friendships across the country and across the globe! Here's to many more years of running half marathons and making more friends along the way.

CONTENTS

Cover Page Signature Races/Reunion 2 Firecracker Quad Photos 3 Did you Know? 4 July Race Photos 5-6

<u>Achievements</u> 7-8

July Race Photos 9-10

Regional Facebook Pages 11

Upcoming Races 12

Gear/Fanatic Poll 13

Flying Fanatic/Editor 14

New Members

Our Why 16-17









Return to Contents



*The race is offering a \$20 discount for all members in good standing (Discount code is listed on the race calendar)

REUNION RACE LODGING

Discount rooms and packages

Half Fanatics are encouraged to take advantage of the resort packages for your lodging needs! Grand County Resort 888-514-1088

www.grandcountry.com

\$119.00 1 Night Lodging Package

1 night stay (standard room) for up to 2 adults / 2 children Water park passes for the whole family

4 tickets to Grand Country Music Hall

4 mini-golf passes

1 pizza from Papa Grand's Pizza

\$179.00 2 Night Lodging Package

2 night stay (standard room) for up to 2 adults / 2 children Water park passes for the whole family

4 tickets to Grand Country Music Hall

4 mini-golf passes

1 pizza from Papa Grand's Pizza

*Valid between Sept. 31st and October 2nd, 2017

**Must provide race registration confirmation number. Clubhouse room upgrade for additional \$30.00 based on availability



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-raceseries/

*Please remember that you will need to join the race on the Half Fanatic Race Calendar to receive the Special Club Medal at the finish!









Return to Contents

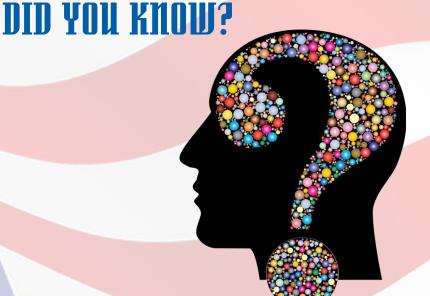


On our race calendar now shows a little booth icon.



At the races where you can find fanatic/maniac gear at the expo!





July had **85** race events listed on the Half Fanatics Race Calendar.

The top three events attended by Half Fanatics were:

Rock n Roll Chicago, MAD, and Shipyard Old Port were the top 3 attended by Half Fanatics on our race calendar.

- Everyone who wrote about the **Chicago RnR** event loved it. Great race in a great city with a great organized race. All this along with the usual RnR experience.
- The MAD Marathon was part of the Maniac/Fanatic series. There were lots of MM/HF on hand to experience a challenging hilly course through the rustic state of Vermont.
- Shipyard Old Port was a relatively small race in Portland, ME. Several people mentioned how quick and flawless packet pickup was. A few small hills on the course, but a pretty course overall.



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 even know it!











Return to Contents

THE SUN COCCOCO

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 COCCOCO

45 - 51 Half Marathons within 365 days.

23 Half Marathons in 23 US states* within 365 days.

28 Half Marathons within 183 days.

VENUS COCCO

38 - 44 Half Marathons within 365 days.

20 Half Marathons in 20 US states* within 365 days

13 Half Marathons within 79 days.

EARTH COCCO

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.



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 COC



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 66



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: halffanaticnewsletter@gmail.com.





Landed on the SUN

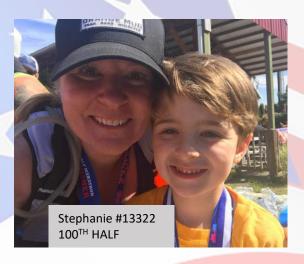




Return to Contents

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.





Victoria #16390

Landed on SUN, she is our first SUN member in North Carolina-WTG!

Courtney #7838 &
Cara #15415
Landed on the SUN
in June

Congratulations to Fay #58 on completing your 58th HALF!



Charlene #10615, Shawn #10616, David #10435 Landed on Earth







Landed on Mars















Return to Contents

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!



Hello Fanatics! I'm your Regional Ambassador for Marathon Maniacs Europe and I wanted to invite you to join my group and the Half Fanatics **European** group! There are SEVERAL great races here in Europe! A few upcoming ones include: 32nd SPAR Budapest Marathon

Berlin Marathon

Rock 'n' Roll Lisbon Marathon

Athens Classic Marathon

Dublin Marathon

If you're running/racing/traveling through Europe, let us know so that we can connect and share experiences!

Jamila #3959



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

Region:

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



Return to Contents

UPCOMING RACES

	MI	νU		IN THILDING			
	8/5 John & Jessie Kelley Half Marathon	13.1	CT	8/19 <u>Hickam Half Marathon</u>	13.1	Н	II
	8/5 Night Moves Trail Races	13.1	TX	8/19 Running Between the Vines	13.1	M	11
	8/5 <u>Run 4US</u>	13.1	WA	8/19 Tacoma Narrows Half Marathon	13.1	\$ W	4
3	8/5 <u>Summer Breeze</u> Half Marathon	13.1	CA	8/19 Parkersburg News and Sentinel Half Marathon	13.1	W۱	V
	8/5 Minnesota Half Marathon	13.1	MN	8/19 Reykjavik Half Marathon	13.1	IS	L
	8/5 <u>High Mountain Half <mark>Marathon</mark></u>	13.1	AZ	8/19 Monkey Face Half Marathon	13.1	\$ OI	R
	8/5 The Legend Half Marathon	13.1	MI	8/19 Madison Mini Marathon	13.1	W	/1
	8/5 Crawfish Crawl Half Marathon	13.1	OR	8/19 Race the Train	14M	U	K
Ý	8/5 Sunset on the Springwater	13.1	OR	8/19 Go Far Woman	13.1	NI	D
Ç	8/5 Huckleberry Half	13.1	OR 。	8/19 Cheesehead Run	13.1	€ W	4
	8/6 ET Full Moon Half Marathon	13.1	NV	8/19 Valley of the Trolls Half Marathon	13.1	W	ς δ
zh F	8/6 Badass Texas Half	13.1	TX	8/19 Alien 13.1 and Terrestial 5K	13.1	G	4
	8/12 Hell of a Half Marathon	13.1	CA	8/19 Pikes Peak Ascent	13.1	CO	o
	8/12 Tiger Mountain Half Marathon	13.1	WA	8/20 Montreal Demi Marathon	13.1	Q	С
5	8/12 Suncadia MultiSports Festival	13.1	WA	8/20 Skinny Raven Half Marathon	13.1	\$ A	K
	8/12 The Original Columbus Half Marathon	13.1	ОН	8/20 Rock Hall Half Marathon	13.1	\$ 01	H.
5	8/12 Cougar Mountain 14.5	13.1	WA	8/20 America's Finest City Half Marathon	13.1	C	A
þ	8/12 Dave McKay Memorial Half Marathon	13.1	AZ	8/20 Evergreen Half Marathon	13.1	W	Ą
_	8/12 Beaver Chase	13.1	IN	8/20 <u>Leading Ladies' Marathon</u>	13.1	SI	D
	8/12 Goodyear Half Marathon	13.1	ОН	8/20 Michigan 13. Wine Half Marathon	13.1	M	11
	8/12 Georgetown to Idaho	13.1	СО	8/20 <u>Hickam Half Marathon</u>	13.1	.H.	II
	8/12 The Rocky Mountain Half	13.1	СО	8/20 Howard's 25K Run	25K	MI	ò
	8/12 The Town's Half Marathon	13.1	CA	8/26 Mesa Falls Half Marathon	13.1	II	D_
	8/12 <u>SeaWheeze</u>	13.1	BC	8/26 Wausau Half Marathon	13.1	W	/ι
	8/12 Galloping Gertie	13.1	WA	8/26 Nebraska State Fair Marathon	13.1	N	E
	8/12 Garlic Festival Half Marathon	13.1	OR	8/26 Scheels Healthy Human Race	13.1	IM ,	V
	8/12 Haulin Aspen Half Marathon	13.1	OR	8/26 MD HEAT	25K	MI	D
	8/12 Beat the Heat	13.1	NE	8/26 North Country Trail Run - Saturday Half	13.1	M	11
1	8/12 Race the Reserve	13.1	WA	8/26 Tour de La Porte Half Marathon	13.1	\$ 11	٧.
	8/12 <u>Dragons Den Half Marathon</u>	13.1	TX	8/26 Canby Dahlia Run	13.1	O	R)
	8/12 <u>Cosmo 1/2</u>	13.1	WA	8/26 Patrick Henry 1/2 Marathon	13.1	V	Д
	8/12 Gopher To Badger	13.1	WI	8/26 The Dirt Dash Half Marathon	13.1	S	C
	8/12 Post Canyon Half Marathon	13.1	OR	8/26 Strider Half	13.1	M.	/1
	8/13 Steamboat Stinger 1/2	13.1	СО	8/27 Underdown Trail Race Half Marathon	13.1	W	/I
	8/13 <u>Little Miami Half</u>	13.1	ОН	8/27 Giant Race - SF	13.1	C	480
٠	8/13 <u>Humbodlt Bay Half Marathon</u>	13.1 \$	CA	8/27 Santa Rosa Half Marathon	13.1	C	А
	8/13 Bristol Half Marathon	13.1	СТ	8/27 Emerald City Half Marathon	13.1	OI	j
	8/13 Mud and Chocolate Half	13.1	WA	8/27 North Country Trail Run - Sunday Half	13.1	M	II
	8/13 The Hottest Half	13.1	TX	8/27 Iron Horse Half Marathon	13.1	W	A
	8/13 Bridge of the Gods Half Marathon	13.1	OR	8/27 Ironman 70.3 Maine	13.1	М	E
	8/13 Rock 'n' Roll Dublin	13.1 \$	IRL	8/27 Blueberry Cove 1/2 Marathon	13.1	M	E
	8/13 Ironman 70.3 Steelhead	13.1	MI	8/27 Erie Half Marathon	13.1	C)
	8/13 Lake Merced Half Marathon	13.1	CA	8/27 Black Diamond Express	13.1	N'	Y
	8/19 Run Elevated Half Marathon	13.1	UT	8/27 Corps of Discovery Half Marathon	13.1	M	O
	8/19 Run with the Horses Half Marathon	13.1	WY	8/31 Clayton Pikermi 1/2 Marathon	13.1	NN	Λ

^{*}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 halffanticnewsletter@gmail.com.



Return to Contents



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.

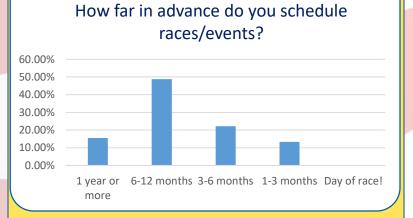
This month's question:

Did you know there's a 1st ever Fanatics (Only) Reunion Race, October 1st in Branson, Missouri?

Please submit your response at:

http://survey.constantcontact.com/survey/a07eecj3pvlj4r9i5nz/start

Last month's question:



FANATIC GEAR

We switched our manufacturer and are having a close out sale on all our old shirts & singlets. Order yours today before they're gone!!



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:

Fox Cities Marathon Expo September 24th

Tucson Marathon ExpoDecember 9th

Tobacco Road MarathonMarch 2018



Return to Contents



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 Fanatics Fitness Levels

- 1. Condor 26.2 Miles in 8 Weeks
- 2. (Sea) Hawk 32.75 Miles in 8 Weeks
- 3. Owl 39.3 Miles in 8 Weeks
- 4. Bald Eagle 45.85 Miles in 8 Weeks

Need some more challenging Levels? Check out the Mini Maniacs

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

FROM THE EDITOR

Hard to believe that summer is half over! Early morning runs are causing me get my headlamp and reflective gear back out. I've been enjoying all the run events our budget can handle. Even volunteering to earn free entry where I can. I run for goals, and sometimes just for fun with friends. Hope you are finding ways to get out there, challenging yourself and reaching your goals.

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





Return to Contents

I JUST QUALIFIED FOR THE HALF FANATICS

WELCOME TO THE ASYLUM! NEW JULY 2017 HALF FANATICS



16372 Kelsey Suggs, FL

16373 Kristi Hooper, OK

16374 Stephanie Soricelli, FL

16375 Tanra Tavarez, CA

16376 Courtney L., BC

16377 Pam Wilson, OK

16378 Rachel Jackson, OR

16379 Patty Watson, OK

16380 Jacqueline Garrison, MO

16381 Lisa Kapitan, NJ

16382 Danny Tolliver, TN

16383 Shelly Grubbe, AZ

16384 Lisa Grubbe, AB

16385 Laurie Nicholson, GA

16386 Colleen Kohrs, LA

16387 Marie Crosby, OR

16388 Edith Kelly-Green, TN

16389 Shelia Harris, TN

16390 Victoria Carroll, NC

16391 Jennifer Semore, MO

16392 Sherrie Rahbe, TN

16393 Phil Sturholm, WA

16394 Kirsten Patteron, AR

16395 Bryson Williams, OK

16396 Susan Daley, IL

16397 Elsie Gould Matthews, NJ

16398 Jill Collins, FL

16399 Lauren Duszynski, WA

16400 Lynda Tilley, TX

16401 Rick Newby, WI

16402 Chris Brandt, ND

16403 Julie Robinson, OK

16404 Kimberly Lim, CA

16405 Don Hirt, MI

16406 Lisa Schamus, AZ

16407 Michele Williams, TX

16408 Dustin Turner, OK

16409 Kristen Slamar, AZ

16410 Sophoeun Seng, WA

16411 Todd Good, IL

16412 Jessica Kitchens, AR

16413 Chris Vettel, CA

16414 Nicole Lopez-Jantzen, NY

16415 Samantha Love, AZ

16416 Christopher Neel, OK

16417 James McMannes, VA

16418 Sarah Engstrom, MI

16419 Mary Abbott, CO

16420 Kathy Valentine, DE

16421 Kyle Shaver, CA

16422 Rachel Schopen, WA

16423 Alicia Cole, WA

16424 Christy Konechney, OK

16425 Kat Robnett, MO

16426 Jennifer Mashburn, GA

16427 Scott Allen, IL

16428 Norma Scott, TX

16429 Beverly Cartwright, GA

16430 Denise Sebring, WA

16431 Deborah Lazaroff, MI







Return to Contents

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 <u>email</u> to share yours.





When I was a teenager, my weight fluctuated between 180-190 pounds while I alternated between starving myself and binging. I ate just because – whether I was sad, happy, angry, stressed or bored. By the time I was 20, I was married and had a daughter. My weight soared to 300 pounds and stayed there for years. Finally, my husband gently suggested that I go to the gym. I began working out on a regular basis and would start to lose weight; only to gain it back again once I returned to my old eating habits.

September 11, 2001 happened and I realized how precious and limited our time here on Earth is and that I really needed to get to the core of my compulsive eating and lose weight once and for all. In March 2002, I started running at the Y on a treadmill while still weighing 300 pounds. I immediately fell in love with the hard work that running required and lost weight along the way.

Even though I started running to lose a few pounds, I ended up creating Sporty Diva Walk~Run Events. These events encourage, motivate and inspire first-time athletes and/or people who are returning to fitness in a fun, friendly and supportive~non-competitive race environment, with a philanthropic pay-it-forward mission.

I began running half marathons in 2004 and full marathons in 2008. Somewhere along the way, I made quite a few friends. I became a Marathon Maniac, Half Fanatic, Double Agent, and reached the SUN in May 2017.

I run to be focused, strong, healthy, and positive and to reach my goals. For me, running is about putting one foot in front of the other. It doesn't matter how fast or slow I go, so long as I go. It's about believing in myself and others. Running helps me to face the world with a positive attitude and arms wide open to embrace whatever comes my way. It is about keeping the faith and believing in the power of believing.

As a runner, I am pumped about life and no longer use food to solve my problems. Self-acceptance and responsibility for my health are at the top of my list each and every day.

Rose #3059













Return to Contents

OUR WHY....WHY WE RUN

I initially wanted nothing to do with running.... even though I was in the Army. It hurt to run and I was always struggling to keep up with my fellow soldiers. Then I failed my height/weight measurement testing, and I knew that something had to change. I hired a personal trainer, started doing Zumba, and lost over 35 lbs. Despite all of these things, I still was not running.

In 2011, I was given the opportunity to be in charge of soldiers in my unit, many of whom also had issues with running. I figured that it was the best time for me to start running. Thankfully, there were people in my unit who spent their time helping me become a better runner. I started signing up for local 5k races throughout Oklahoma and Texas, and my passion for running started growing and growing. I loved meeting new people and traveling to different places, and I loved how races allowed me to constantly challenge and push myself to the next level.

I decided to run my first half marathon in December 2012 at the MetroPCS Dallas Half Marathon at the age of 33. Then, I ran my first full marathon in June 2014 at RnR San Diego. I haven't looked back since. I have run several marathons with Old Glory in support of military who are currently deployed and who have lost their lives for our country.

I recently moved to Germany and it has been quite an experience for me. There are many differences between races in Europe and those in the States. Some differences include labeling from km to miles, aid stations every 5k vs 2 miles, the language barrier, race swag and medals, and stricter time limits. However, after my first European half marathon, I fell in love with races here. I met so many other runners who showed me nothing but love and support. I have since run half marathons in other parts of Germany and Czech Republic. My first marathon here was a small trail race in Germany, and I have run marathons in 7 other European countries.

I have been a Half Fanatic (HF) since April 2013 and a MM since January 2014, and have met several other members at almost every race I have run. When the Marathon Maniacs (MM) established their Ambassador Program, I knew that was something that I would love to be a part of. As the MM Ambassador for Europe, my goals are to network and share experiences with other members and runners, work with races throughout Europe for membership discounts, encourage people to travel outside of the US for different race experiences, and organize meet -ups.

I am extending an invitation to all those who will be running/racing/traveling through Europe to join my MM Europe as well as the HF European Facebook groups! There are SEVERAL great races in amazing destinations throughout Europe!

I would LOVE to plan a European MM and HF reunion! The HF European Ambassador and I are looking at possible options for 2018 as of this very moment!

Jamila #3959

