



SEPTEMBER 2017 NEWSLETTER

CONTENTS

Cover Page	1
Signature/Featured Races	2
Did You Know?	3
Race Photos	4-5
Achievements	6-7
Regional Facebook Pages	8
Race Photos	9
Upcoming Races	10-11
Race Photos	12-13
Gear/Fanatic Poll	14
Flying Fanatic/Editor	15
Race Photos	16-18
New Members	19
Our Why	20-21



Fox Cities Marathon and Half



John #15177



Fox Cities Marathon and Half



Kanisha #16236



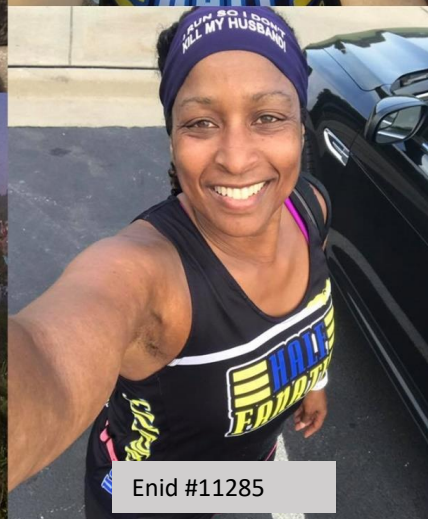
Amy #15949



Brenda #16067



Air Force Marathon and Half



Enid #11285

Follow us!

Half Fanatics | @halffanatics | @MainFanatics



USE #HALFFANATICS TO BE FEATURED!



[Return to Contents](#)

Signature Race Series

2017-2018



HOLUALOA
Tucson Marathon



DAMASCUS BAKERIES
HALF-MARATHON & MARATHON RELAY

As the 1st annual Signature Race Series winds down, the 2018 Signature Race Series comes together. Races 1-3 are ready to go! We will be announcing races 4 & 5 soon. All races come with discount codes that can be found on the race calendar.

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

*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!

MAINLY MARATHONS
Run the Country with us!

**Half Marathon
Marathon
50K**

No Time Limits
Award Winning
Medals!
Best Food

MainlyMarathons.com



MANIAC FANATIC PACE TEAM

DALTON RED CARPET
HALF MARATHON/5K/2K

**PACING
OPPORTUNITY!**

**CHARLOTTE
HALF MARATHON**

WHATEVER YOUR REASON
RUN CHARLOTTE

11/11/2017

RUNCHARLOTTE.COM

**\$10 off Marathon
or Marathon Relay**

USE CODE

See Race Calendar for
Discount Code

**Space Coast
Marathon**
Half-Marathon
November 26, 2017
Cocoa, Florida

2ND ANNUAL BAKERSFIELD MARATHON

**GREAT SWAG
& CASH AWARDS**

November 12, 2017

CLICK HERE TO
REGISTER NOW

presented by
Dignity Health.
Mercy & Memorial Hospitals

RUN
#RunBakersfield

**home of
MANIAC
CORNER**

TULSA, OKLAHOMA
NOVEMBER 18-19, 2017

MARATHON
HALF
RELAY
5K
FUN RUN
WORLD'S SHORTEST ULTRA
HARLE

REGISTER BY SEPTEMBER 1ST
TO RECEIVE:
CUSTOM RACE NUMBER
SPECIAL FINISHER MEDAL
ACCESS TO PRIVATE VIP TENT

ROUTE 66 MARATHON



[Return to Contents](#)

DID YOU KNOW?

PACERS NEEDED!
All pacing opportunities can be found on our websites: www.marathonmaniacs.com & www.halffanatics.com

MANIAC FANATIC PACE TEAM

Miami Key Biscayne Half Marathon - Miami, FL (10/01/17)
Dalton Red Carpet Half - Dalton, GA (10/21/17)
That Dam Half - Grand Prairie, TX (10/22/17)
Ole Man River Half - Gretna, LA (12/16/17)
First Light Marathon - Mobile, AL (1/14/18)





EXPO SCHEDULE

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

Odyssey Half Marathon

November 5th

Route 66 Marathon

November 17

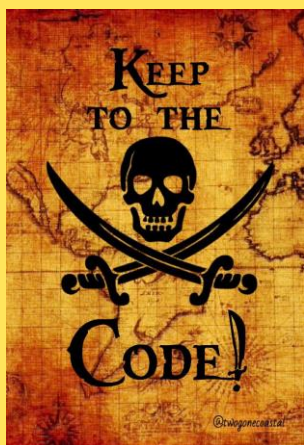
Tucson Marathon Expo

December 9th

September had 213 race events listed on the Half Fanatics Race Calendar.

The top three events from this month include the Rock n Roll Virginia Beach, Rock n Roll Philadelphia, and Disneyland Half.

- The **Virginia Beach RnR Half** was well represented this year. People like this event because the locals are really friendly and they come out to support it. The course is mostly flat, with nice scenery and a finish at the boardwalk.
- Another **RnR** event, this one up the road in **Philadelphia**. Running through the city of Brotherly Love with bands and cheer squads all along the route. Finish with an awesome RnR medal.
- It seems Disney has an event every month. The **Disneyland Half** runs through California Adventure and Disneyland Park. It features all the characters you know and love. Plenty of course support along the way for this very warm event!



Code of Conduct

Did you know we have a code of conduct? One of the many things I love about being part of the Half Fanatics is the kind-hearted people who are Fanatics. Anywhere I go, I have a family. Please take a moment to review our code of conduct at <http://www.halffanatics.com/code-of-conduct/>.

As a member of the Marathon Maniacs and/or Half Fanatics, you are held to a high standard of ethical behavior. You must do the right thing as generally as following the law, acting honorably and treating both members and non-members with respect.

When you are wearing Maniac or Fanatic gear, you are representing the club. The actions that you partake in reflect that of the club organization. This also applies when engaging with others on social media and though we encourage individualism, each member's actions shape the way that others view our running club.



[Return to Contents](#)



Aaron #10127



Pat #13327



Jamika #15931



Clarence DeMar Half

Boring Marathon and Half



Anita #7613



John #8928



City of Lakes half



Kellie #4560, Cj #4575



Charnele #14394



Paul #7939



Pat #13327



Aubree #14920, Tracey #10251



Mount Angel Oktoberfest



[Return to Contents](#)



Julie #7805



Forrest Gump Challenge



Melissa #4338



Mike #8704



New Haven Half



Patty #8375



Lajuana #6566



Meghan #14020



Bird In Hand Half



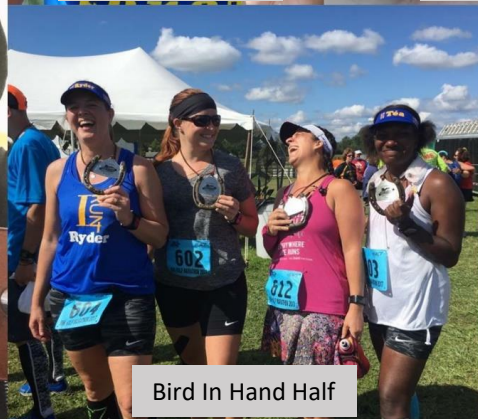
Cordelia #15432



Fränkische Schweiz Half



Linc #4870



Bird In Hand Half



John #14525



[Return to Contents](#)

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.

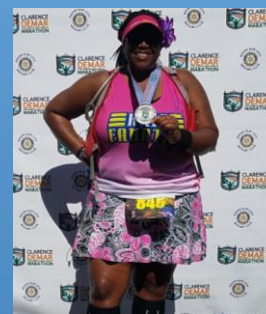
If you would like your promotion mentioned in the newsletter, please send your name, HF number and Moon level to: half fanaticnewsletter@gmail.com.



Lisa #9941, Stacy #9942
Landed on the SUN!



Vickie #15900
Landed on Venus



Lajuana #5455
Landed on Earth



Mary #15706
Landed on Mars

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



[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 half fanaticnewsletter@gmail.com.



Rose #3059
150TH HALF



Jim #6523
50th State AND 100th Half



Cj #4575
100TH HALF



Aubree #579
50th HALF AND
New Marathon Maniac

Congratulations

HALF FANATIC HALL OF FAME

The Half Fanatics have launched their Hall of Fame and inducted their first 2 members! Please give these awesome runners the accolades they deserve when you see them at your next race. Visit the Hall of Fame at <http://www.halffanatics.com/fanatic-hall-of-fame/>.



Dee Dee Urquhart HF#1398 337 Races



Jeff Davenport HF#623 339 Races



[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!



Region:

[Marathon Maniacs Europe](#)
[Half Fanatics European](#)

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](#)



Regional Ambassadors

BE ON THE LOOK OUT FOR THE YELLOW JACKET.

Regional Ambassadors in your area will be wearing this jacket so you can easily spot them at your next race.

Not a member? Ask them for more information on how you can receive a discount when you sign up.



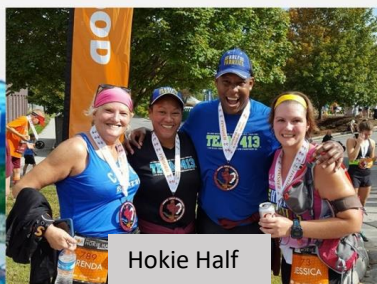
Melissa Wood HF#8628 Denver, CO Ambassador



[Return to Contents](#)



River City Half



Hokie Half



Detroit Women's Half



Rock n Roll Philly



Kathy #16195



Scott #8354



Mary #16059



Sheila #4982



Steve #21



Hartselle Half



Lisa #6155



Rock n Roll Virginia Beach



Stephen #16013



Susan #12775



[Return to Contents](#)

UPCOMING RACES

10/28	Miami Beach Halloween Half Marathon	13.1	FL	11/4	REVEL Canyon City	13.1	CA
10/28	Silver Comet Half Marathon	13.1	GA	11/4	Lake Washington Half Marathon	13.1	WA
10/28	Jazz Half Marathon	13.1	\$ LA	11/4	Rock N Roll Savannah	13.1	GA
10/28	Monster Dash	13.1	MN	11/4	Merida Rock and Roll Half Marathon	13.1	YUC
10/28	The Colony Half	13.1	TX	11/4	Midsouth Championship Half Marathon	13.1	AR
10/28	UCP Life Without Limits Half Marathon	13.1	AL	11/4	Moab Trail Half Marathon	13.1	UT
10/28	Skyline Ranches Cross Country Run Half Marathon	13.1	NE	11/4	FivePine Lodge Happy Girls Run Half Marathon	13.1	OR
10/28	Minneapolis Halloween Half	13.1	MN	11/4	Joshua Tree Half Marathon	13.1	CA
10/28	Trenton Half Marathon	13.1	NJ	11/4	In Unity We Run Half Marathon	13.1	WA
10/28	Rock n Roll Chengdu Half Marathon	13.1	CHN	11/4	River Valley Run	13.1	\$ AR
10/28	Brookshire's Hero Run	13.1	LA	11/4	Hillbilly Hike 1/2 Marathon	13.1	IA
10/28	Healdsburg Wine Country Half Marathon	13.1	CA	11/4	Jenks Half Marathon	13.1	OK
10/28	Haunted Half Provo	13.1	UT	11/4	Huntsville Half Marathon	13.1	AL
10/28	Georgetown Bridge to Bridge 1/2 Marathon	13.1	SC	11/4	Backcountry Wilderness Half Marathon	13.1	CO
10/28	Night Moves Halloween Trail Run	13.1	TX	11/4	Battlefield Half Marathon	13.1	VA
10/28	Durbin Trail 30K	30K	FL	11/4	COBRA Fall Back Blast Trail Run	25K	WI
10/28	Great Turtle Trail Run	13.1	MI	11/5	D&L Half Marathon	13.1	PA
10/28	Race 13.1 Charleston	13.1	SC	11/5	Autumn Trails 16 miler	16M	OR
10/28	Hallowed Half Marathon	13.1	MI	11/5	Stony Creek Half Marathon	13.1	MI
10/28	Zombie Runner Half Marathon	13.1	CA	11/5	Monroe Half Marathon	13.1	MI
10/28	Spinx Run Fest	13.1	SC	11/5	3TV Phoenix Half Marathon	13.1	AZ
10/29	Cougar Mountain 20-Mile Trail Run	20M	WA	11/5	Road To Hope Half Marathon	13.1	ON
10/29	Ironman 70.3 Austin	13.1	TX	11/5	Turn Back The Clock	13.1	WA
10/29	Suffolk Half Marathon	13.1	NY	11/5	Odyssey Half Marathon	13.1	\$ AR
10/29	White Mountain Milers' Half Marathon	13.1	NH	11/5	Princeton Half Marathon	13.1	NJ
10/29	Hot Cider Hustle	13.1	WI	11/5	Marshall University Half Marathon	13.1	WV
10/29	Air Capital Half Marathon	13.1	KS	11/5	bg26.2 & Half Marathon	13.1	\$ KY
10/29	Run to Margaritaville Half Marathon	13.1	\$ FL	11/5	Silver Falls Trail Run	13.1	OR
10/29	The Reservoir Run 1/2 Marathon	13.1	CT	11/5	DRC Half	13.1	TX
10/29	NC Halloween Half Marathon	13.1	NC	11/5	Golden GATE HALF	13.1	CA
10/29	Scary Run Half Marathon	13.1	WA	11/5	Two Cities Half Marathon	13.1	CA
10/29	Cocoa Beach Half Marathon	13.1	FL	11/5	Mainly Marathons Southwest (Day 1)	13.1	\$ NM
10/29	Good Life Halfsy	13.1	NE	11/5	Kansas Half Marathaon and 5K	13.1	KS
10/29	Florida Halloween Halfathon	13.1	FL	11/5	Bass Pro Cohick Half	13.1	MO
10/29	The Wicked Half Marathon	13.1	AZ	11/5	Disney Wine and Dine Half Marathon	13.1	FL
10/29	Lighthouse Loop Half Marathon	13.1	FL	11/5	Raleigh City of Oaks Half Marathon	13.1	\$ NC
10/29	Houston Half Marathon	13.1	TX	11/5	Battleship NC Half	13.1	NC
10/29	Ocean State Rhode Races Half Marathon	13.1	\$ RI	11/6	Mainly Marathons Southwest (Day 2)	13.1	\$ CO
10/29	Mainly Marathons Day of the Dead (Day 2)	13.1	\$ NM	11/7	Mainly Marathons Southwest (Day 3)	13.1	\$ UT
10/29	Rock N Roll Los Angeles	13.1	CA	11/8	Mainly Marathons Southwest (Day 4)	13.1	\$ AZ
10/29	End of the Road Half Marathon	13.1	\$ PA	11/9	Mainly Marathons Southwest (Day 5)	13.1	\$ NV
10/29	Westy Half Marathon	13.1	\$ CO	11/10	Mainly Marathons Southwest (Day 6)	13.1	\$ CA
11/4	Indianapolis Monumental Half Marathon	13.1	IN	11/11	Myakka River Half Marathon	13.1	FL

\$ indicates a discount, check halffanatics.com for race discount code



[Return to Contents](#)

UPCOMING RACES

11/11	SEGAMI Veteran's Day Half Marathon	13.1	GA	11/18	Big Easy Half Marathon	13.1	LA
11/11	Brown County Hilly Half	13.1	IN	11/18	Magnolia Half Marathon	13.1	\$ MS
11/11	Rally Point Arizona Run and Festival	13.1	AZ	11/18	Holly Springs Half Marathon	13.1	NC
11/11	Fayetteville Half Marathon	13.1	AR	11/18	Philadelphia Half Marathon	13.1	\$ PA
11/11	Longview	13.1	MO	11/18	Secret City Half Marathon	13.1	TN
11/11	Chickamauga Battlefield Half Marathon	13.1	GA	11/18	Mayberry Half Marathon	13.1	NC
11/11	Charlotte Half Marathon	13.1	\$ NC	11/18	Race 13.1 Dallas	13.1	TX
11/11	Renfro Rock N Run	13.1	KY	11/18	Palos Verdes Half Marathon	13.1	\$ CA
11/11	Les Schwab Tires Veterans Day Half Marathon	13.1	OR	11/18	Annapolis Running Classic	13.1	MD
11/11	Richmond Half Marathon	13.1	VA	11/18	Lexus LaceUp Palos Verdes	13.1	CA
11/11	Bend Ale Run	13.1	OR	11/18	Dead Horse 30K	30K	UT
11/11	Phil Doganiero 3 Bridge Half Marathon	13.1	FL	11/18	Grand Ridge Trail Half Marathon	13.1	WA
11/11	Lexington Half Marathon	13.1	SC	11/18	Shiner Beer Run	13.1	TX
11/11	Churchill's Half marathon	13.1	OH	11/18	Spa Running Festival Half Marathon	13.1	AR
11/11	The Nashville Half Marathon	13.1	TN	11/18	Chosen Half Marathon	13.1	TX
11/11	Race to Remember - Veterans Day Race	13.1	WA	11/18	642 Gulf Bank Half Marathon	13.1	\$ KW
11/11	Red Ribbon Half Marathon	13.1	FL	11/19	EWEB Run to Stay Warm	13.1	OR
11/11	Old Koloa Sugar Mill Run Half Marathon	13.1	HI	11/19	Snetterton Race Track Half Marathon	13.1	NFK
11/12	Back Roads Half Marathon	13.1	MI	11/19	Battle of Leon Creek 15 Miler	15M	\$ TX
11/12	Bakersfield Half Marathon	13.1	CA	11/19	The Magic City Half Marathon	13.1	AL
11/12	Revel Mt Lemmon	13.1	AZ	11/19	St. Pete Half Marathon	13.1	FL
11/12	Battle to the Pacific	13.1	OR	11/19	Berkeley Half Marathon	13.1	CA
11/12	Seacoast Half Marathon	13.1	NH	11/19	The Williams Route 66 Half Marathon	13.1	OK
11/12	Louisville Half Marathon	13.1	\$ KY	11/19	Havana Half Marathon	13.1	CU
11/12	Wolfpack Trail Run 14.5mi	14.5M	WI	11/19	LaPorte by the Bay Half Marathon	13.1	TX
11/12	Surfers Point Half Marathon	13.1	CA	11/19	Naples Fall Classic	13.1	FL
11/12	RDC Half Marathon	13.1	NC	11/19	Norfolk Harbor half	13.1	VA
11/12	Syracuse Half Marathon	13.1	NY	11/23	Thanksgiving Day Half Marathon	13.1	GA
11/12	Woodrow Wilson Bridge Half Marathon and 6k	13.1	VA	11/23	Just Think First Skinny Turkey Half Marathon	13.1	NC
11/12	Avengers Super Heroes Half Marathon	13.1	CA	11/23	Thankful 13 Half Marathon	13.1	UT
11/12	Blue Red Half Marathon	13.1	TX	11/23	Feast and Feathers Trail Half Marathon	13.1	NE
11/12	Trinity River Run	13.1	\$ TX	11/23	Community First Thanksgiving Distance Classic	13.1	FL
11/12	Faxon Law Guilford Half Marathon	13.1	\$ CT	11/23	Struttin' for Stuffin'	13.1	ID
11/12	Gobbler Grind Half Marathon	13.1	\$ KS	11/24	Black Toenail Friday Half Marathon	13.1	MI
11/12	Silver Strand Half Marathon	13.1	CA	11/24	Brokeman's #OptOutside Ultra	16.7M	OH
11/12	Madison Half Marathon	13.1	WI	11/25	Schaumburg Turkey Trot Half Marathon	13.1	IL
11/12	Honor Run Half Marathon	13.1	KY	11/25	Ghost of Seattle Half Marathon	13.1	WA
11/12	2017 Rock 'n' Roll Las Vegas 1/2 Marathon	13.1	NV	11/25	NCR Trail Half Marathon	13.1	MD
11/12	Fort Worth Half Marathon	13.1	\$ TX	11/25	Kaiser Realty Coastal Half Marathon	13.1	AL
11/12	Pensacola Half Marathon	13.1	FL	11/25	Leftovers Trail Half Marathon	13.1	MI
11/12	Temecula Half Marathon	13.1	CA	11/26	Space Coast Half Marathon	13.1	\$ FL
11/18	Queens Half Marathon	13.1	\$ NY	11/26	Seattle Half Marathon	13.1	WA
11/18	White River Half Marathon	13.1	\$ AR				

\$ indicates a discount, check [halffanatics.com](http://www.halffanatics.com/) for race discount code



[Return to Contents](#)



Chicago Half



Anela #15574



Darlene #13098



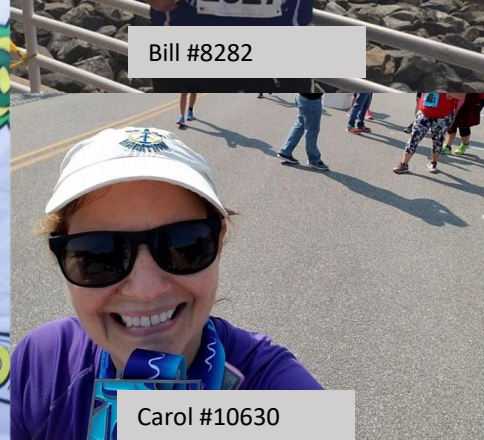
Bill #8282



Don #4757



Hero Up Half



Carol #10630



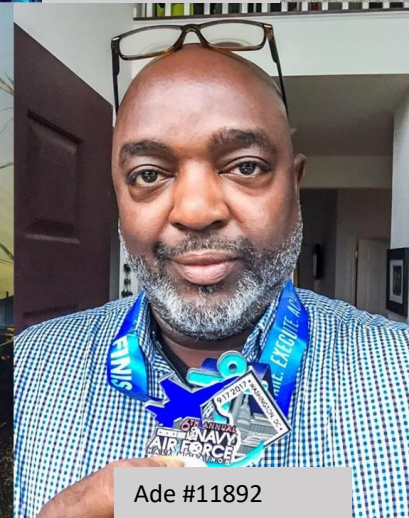
Donna #6371



Chyll #3766



Beverly #5555,
Samuel #15562



Ade #11892



Allen #13814



Don #4757



Elizabeth #5507



Darlene #15332



[Return to Contents](#)



Jon #7342



Jocelyn #8486



Katy #8306



Kathy #4501



Joey #9146



Gerald #15055



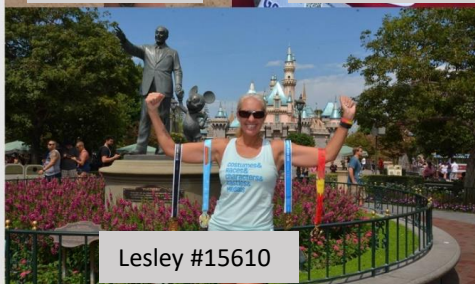
Linc #4870



Kathy #4501



Khasmir #5145



Lesley #15610



Marie #9877



Hartsell half



Mimi #15972



Hamilton Night Glow Half



Kelly #2838



[Return to Contents](#)

FANATIC GEAR

Plan early for cooler temperatures and rain.



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:

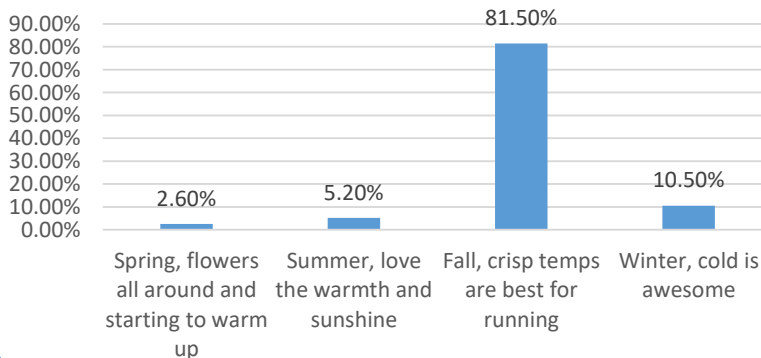
Biggest pet-peeve when finishing a race...

Please submit your response at:

<http://survey.constantcontact.com/survey/a07eeog33hsj8c68nyd/start>

Last month's question:

What season is your favorite for running?





[Return to Contents](#)



Get ready for the FANATIC FRIDAY CHALLENGE!

• • • • •
EVERY MONDAY • RUN MILES BASED ON THE DATE
DIVIDED IN HALF (EX: FRI. SEPT 8TH = 4 MILES)
USE **#FANATICFRIDAYCHALLENGE** TO BE FEATURED
AS OUR FANATIC OF THE WEEK!

STRAVA

Join us on STRAVA as the Official Half Fanatics & track your miles!

Fanatic Friday Challenge! Run miles based on the date divided in half and take a photo using [#fanaticfridaychallenge](#) to be featured on our Instagram and Facebook!

Track your miles on STRAVA and join our club page here: <https://www.strava.com/clubs/half-fanatics>



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>.

Welcome to the Perch
June New Member
Braden S., Flying Fanatic #81

FROM THE EDITOR

Fall is one of my favorite running times of the year. I'm ready for the cooler temperatures and a little rain. Watching the leaves change color and fall. Just need to watch for hidden hazards under those leaves. There are many wonderful fall run events. Check out the race calendar and find one near you.

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](#)



Yolo Half



Rose #3059



Shanelle #16237



Sonja #7486



Teresa #15263



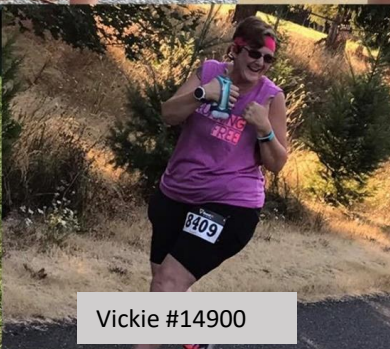
Vanessa #7286



Suzanne #15362



Ronald #15826



Vickie #14900



Santa Fe Thunder



Vernon #11363



Yilda #14934



Theresa #9073



Rachel #16422



Sonja #7486



[Return to Contents](#)



Jamila #3959



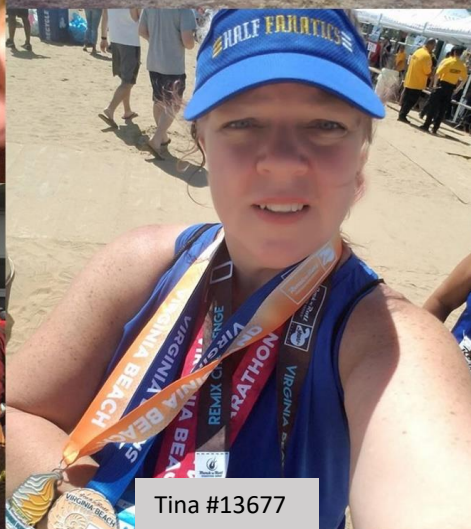
Napa Half



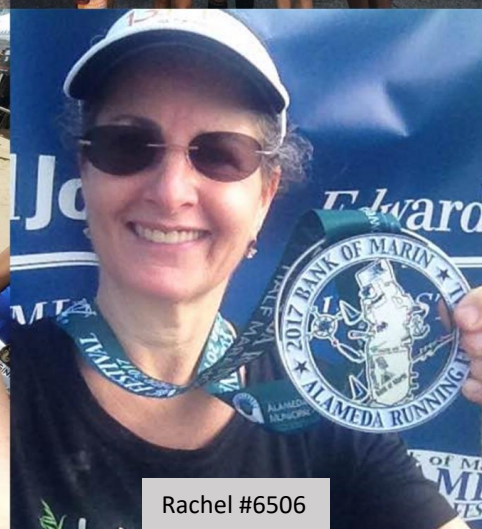
Rock and Roll Virginia Beach



Overlake Labor Day Half



Tina #13677



Rachel #6506



NewBo Run



Rock and Roll Virginia Beach



Kimara #10680



Uberthons Fall Half



[Return to Contents](#)



Bird in Hand Half



Scott #8354



Greg #14245, Melissa #9945



Scott #8354



Rock Hall Half



River Run Half



Boring Half



Air Force Half



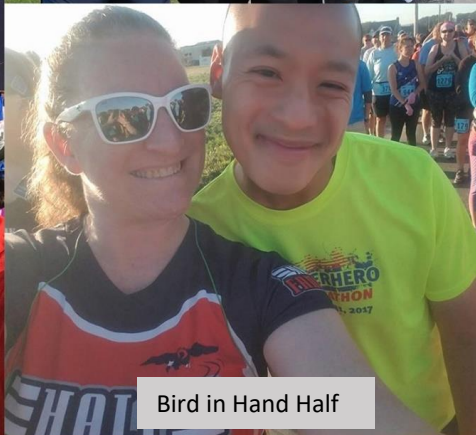
Rock Hall Half



River Run Half



Akron Half



Bird in Hand Half



Air Force Half



Suzan #3720



[Return to Contents](#)

I JUST QUALIFIED
FOR THE
HALF FANATICS

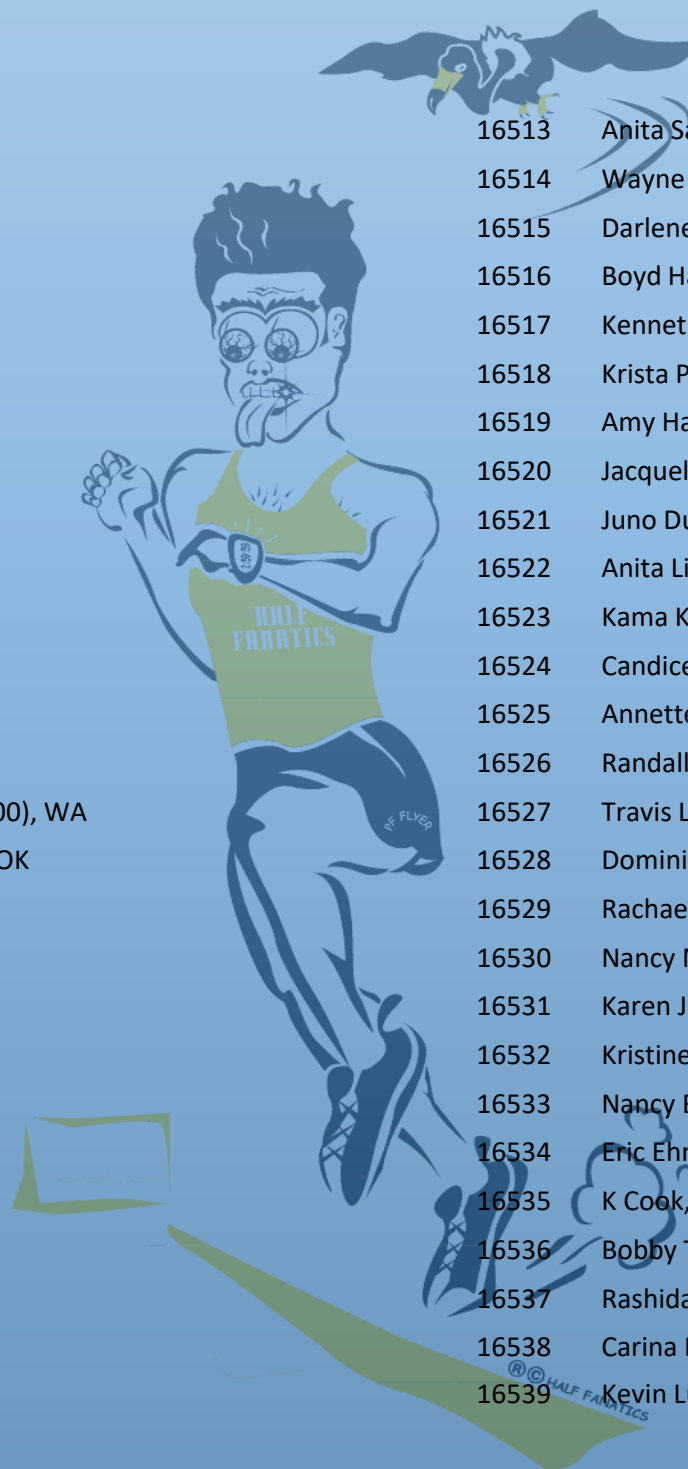
WELCOME TO THE ASYLUM!

NEW SEPTEMBER 2017 HALF FANATICS

I JUST QUALIFIED
FOR THE
HALF FANATICS

16486 Bonnie McClung, ON
16487 Tracey Garrant, FL
16488 Kynita Humphrey
16489 Michelle Agriesti, TX
16490 Dan Chapman, OR
16491 Richard Goldstein, FL
16492 Christine Reeves, MI
16493 Pina Porceddu, GA
16494 Arun Kallikadavil, NC
16495 Brooklyn Pyburn, AR
16496 Ellen Woods, CA
16497 Trinkly, WA
16498 Staci Stover, OK
16499 Steven Goetsch, TX
16500 Jennifer Anderson (#16500), WA
16501 Stephanie Lee (#16501), OK
16502 Brandi Ridpath, OK
16503 Sarah Sharp, OK
16504 Lauri Richards, WA
16505 Chewey BK Lam, CO
16506 Frank Stachour, VA
16507 Josette Ward, OK
16508 Tracie Jenkins, NC
16509 Melisa Augusto, DC
16510 Nicole Schuster, Min
16511 Lori Gray, CO
16512 Paul Huffman, OH

16513 Anita Santiago, MO
16514 Wayne Erickson, Tn
16515 Darlene Bisson, WA
16516 Boyd Harter, VA
16517 Kenneth Stebler, NM
16518 Krista Poppe, IL
16519 Amy Hall, TX
16520 Jacqueline Fabrizio, AK
16521 Juno DuBose, NC
16522 Anita Lichman, ME
16523 Kama Klimes, ID
16524 Candice Marcella, TX
16525 Annette Brown, ME
16526 Randall Schramm, NE
16527 Travis Langemeier, NE
16528 Dominique Roberts, MD
16529 Rachael Duran, OH
16530 Nancy Muir, ON
16531 Karen Jung, MO
16532 Kristine Harper, TX
16533 Nancy Boman, WA
16534 Eric Ehmann, MA
16535 K Cook, WA
16536 Bobby Tran, MD
16537 Rashida Lewis, Ark
16538 Carina Kool, CA
16539 Kevin Lunceford, Ark

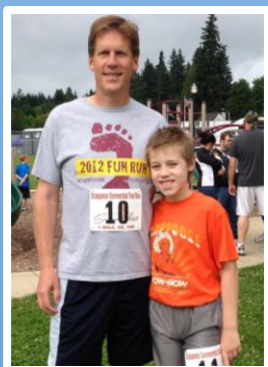




[Return to Contents](#)

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 [email](#) to share yours.



I hate running. I always have and probably always will. The aches and pains, the hot and cold temperatures, the getting up way too early. You name it. I hate just about everything about running! Well, except costume runs. I love wearing costumes, but technically I can still wear them without running.

So why do I do it? Well, it started for me about 13 years ago, when my son was born. At the time, I smoked about a pack of cigarettes a day, and I did little or no physical activity. I weighed about 260 lbs. When I slept, I snored louder than a chain saw. It was around that time that a great former NFL football player, Reggie White, passed away in his sleep from something called sleep apnea. He was 42 at the time – same age as me. Turns out, I had sleep apnea too. Made me rethink my life a little bit. I'd like to be around to see my son grow up. Maybe see a grandkid or two.

A year or so after that, I started having awful abdominal cramping. It was so bad, I had to go the ER. Turns out I had appendicitis. Plus, they said I had the added bonus of a bad gall bladder. So, I had them both removed within a month or so. The doctor told me if I wanted to stop losing body parts, it was time to get serious about my diet and exercise regimen.

It was also about that time that my wife finally decided to quit smoking. Within a week after she quit, so did I. I bought an elliptical machine, and I spent every night for the next year or two exercising in front of the TV when I got home from work.

Before too long, my wife started doing Couch-to-5K. She asked me to come along for a few runs to keep her company. Next thing you know, she's signing up for 5Ks, 10Ks, and then half marathons! So, I started signing up for them too. Then, she joined the Half Fanatics running club. A few days later, I did too. Before I knew it, she signed up for a full marathon! I told her, "I have no interest in running a full marathon." For good measure, she ended up running three full marathons, and I ran the third one with her in 2012. What was I thinking?! She then started training for and doing triathlons! I told her, "I have no interest in doing a triathlon." I meant it too, because I can't swim.

The following year, I turned 50. That same year, my father passed away from COPD and heart failure. He was a life long smoker, and he could hardly breath during his final few months. It was very difficult to watch. After he passed, I decided in his honor that I would run a marathon in all 50 states before I turn 60. Along the way, I became a Marathon Maniac and a Double Agent. At this writing, I have completed 35 states. If all goes well, my 50th state will be Disney World, FL in Jan 2019. As for my Half Fanatics participation, I reached the SUN level in March this year, and I just recently ran my 100th half at the Boring Half Marathon.

There you have it. I run to be there for my family, to be around my running wife as much as possible, and to remember my dad. You only get so many years in this life, and I think we should make the most it while we can. So yes, I do hate running, but it's one of things that keeps me going.

Cj #4575





[Return to Contents](#)

OUR WHY....WHY WE RUN



I was always an active and athletic kid growing up, but as I became an adult, responsibilities and other activities took up more and more of my time. Like most people, I fell into a poor diet and being “healthy” wasn’t a consideration. I would sporadically go on a diet and exercise binge to try to make my physical self look a certain way; believing that was where I would find happiness.

This behavior continued into my 30’s as I got married and found a career. In 2008, my husband became severely ill, and everything else in my life was put on hold to be his caregiver. For 15 months, that was my only role and only concern. When he died in 2009, my entire world fell apart, since my primary role was eliminated and I was no longer sure of my purpose in life.

Some friends introduced me to someone who had done something called “Ironman” and all these exotic bike rides. We became fast friends and soon she had me off my butt and being active again. My mood was better. My diet was better (without being on a diet) and I quit smoking. I used physical activity to reduce my stress and I was tired enough to sleep at night without nightmares.

In 2013, I decided to sign up for my first official event since adolescence. I suggested we sign up for a 5K and dress as Superheroes. My friend Lisa said, “If you are going to do something, make it worth the trip. Do a half marathon.” I, in my naivety, agreed and we signed up for the Seattle Half Marathon. We not so jokingly say that we trained for two weeks, but took the last 10 days of it off for a taper. We finished in 4 hours and some change, and I couldn’t walk for a week afterward! I decided that next time (yep, I knew there would be a next time), I would train and do better.

In 2014, we started training and signing up for some local events. We met some other runners who told us about a group called the Half Fanatics. So, we found our events and worked hard to complete two half marathons and become Half Fanatics! Our elation soon quelled, when we realized that we were “stuck on Uranus” and we were motivated to “moon up” and improve our standings. We met some AMAZING Half Fanatics who took us under their collective wings and taught us about running and more importantly taught us how to have fun while doing it.

This year (2017), we were so encouraged by this group that we finally took on and completed the challenge of heading to the Sun! We saw so many beautiful places along the way and ran through every type of weather. We learned so much about ourselves and other people. I started running to find purpose and meaning, but I found so much more along the way! I run because I can’t imagine my life without the friends I have made. I run because I hope to inspire someone else to do the same. I run because otherwise, I would miss the sunrises and sunsets and prisms in the raindrops. I run because I can and – I run because I really like new running shoes (and tacos)!

Stacy #9942

