



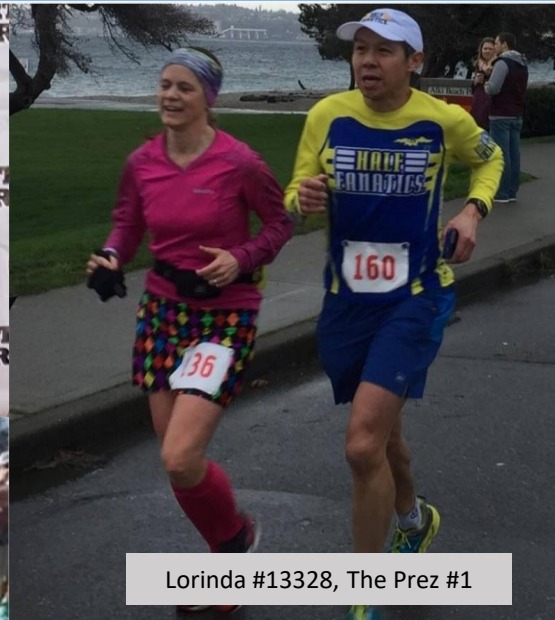
FEBRUARY 2018 NEWSLETTER

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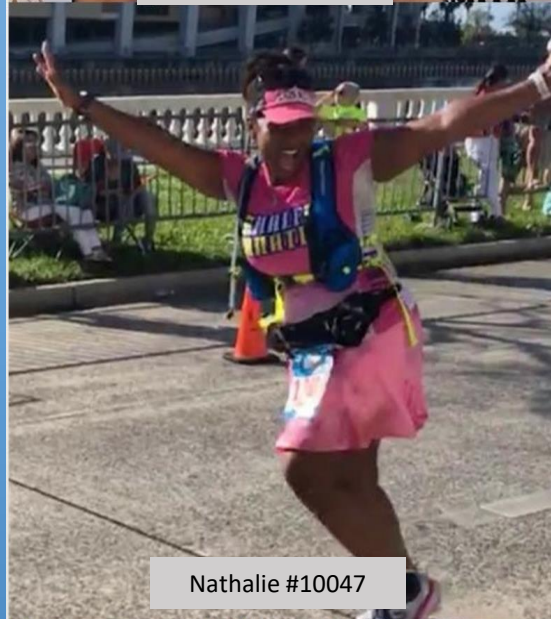
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Mark #15671



Lorinda #13328, The Prez #1



Nathalie #10047



Joe #9433



Karen #1043



Heart Breaker Half



Strawberry Plains Half

Follow us!

Half Fanatics | @halffanatics | @MainFanatics



USE #HALFFANATICS TO BE FEATURED!



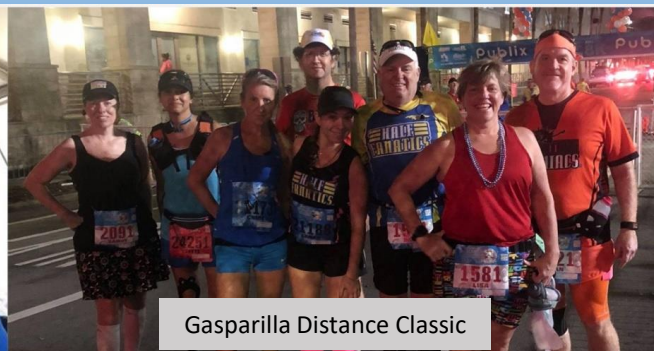
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Seher #9677



William #15300



Gasparilla Distance Classic



Cocoa Half



Christie #3501



Nathalie #10047



Chuck #10903



Shannon #3197, Isabelle

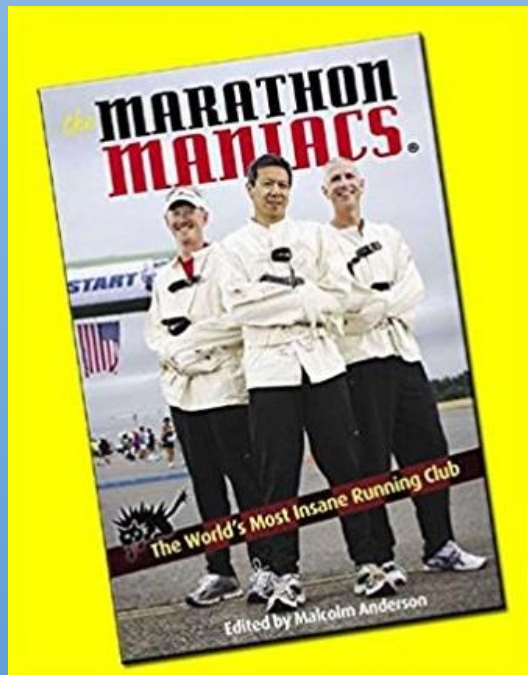


Run the Line



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Marathon Maniacs Book



I must admit this book wasn't what I expected. It's a perfect book if you're looking for inspiration, filled with club members sharing their love of running: the good, the bad and funny. I found myself cheering, laughing and relating. I will be pulling this book out and reading it throughout my training, anytime I'm feeling discouraged.

*I've been picking it up and reading it more lately. My training runs have been getting longer.

FROM THE EDITOR

Can't believe February has zipped right on by. I've been signing up for several events to make my training runs a little more fun. Yes, some of them are just my long run with volunteers, porta potties and water stops. But it does help motivate and keep me on track for my future goals.

Also, take a moment to check out the race event calendar and get this year started off right.

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!

half fanaticnewsletter@gmail.com

-Kellie Follett #4560

*Past Newsletters can be found at: <http://www.halffanatics.com/newsletter>



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

Mission <http://www.halffanatics.com/flying-fanatics>

- 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>.





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Half Fanatic Pace Team

Are you interested in being a pacer?

Upcoming opportunities:

Mayors Marathon & Half - Lubbock, TX
(4/22/18)

If you would like to pace please contact the designated Ambassador listed on the [Half Fanatic Pace Team](#) page.
<http://www.halffanatics.com/half-fanatic-pace-team>

EXPO SCHEDULE

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

Ghost of Tacoma

April 28th

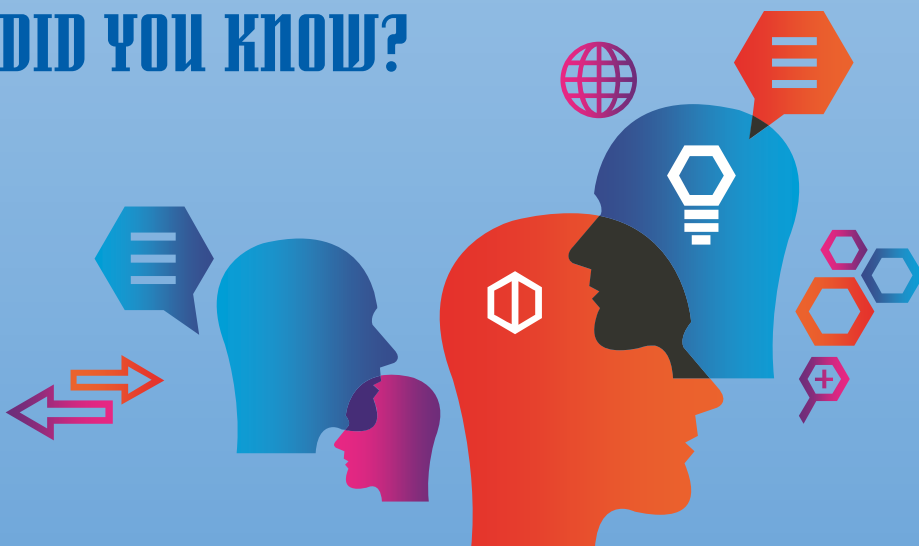
Tacoma City Half Marathon

April 29th

Fargo

May 19th

DID YOU KNOW?



February had 101 race events listed on the Half Fanatics Race Calendar.

As usual, the top event for February was the Disney Princess Half Marathon. Here are the top 3:

- **Disney** puts on great, but crowded, events. Lots of people everywhere, but lots of fun and entertainment as well. This year was a bit warmer than normal, but there was plenty of course support to keep everyone hydrated.
- A close 2nd this year was the **40th Annual Cowtown Half Marathon**. This was a past Half Fanatics series event, and it is well liked by everyone who has done it. A few people mentioned parking was an issue, so plan to get there early!
- On third was the **Publix Gasparilla Distance Classic**. Everyone commented how hot it was this year, but they agreed the course was well supported with plenty of water and mist sprayers.



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 even know it!



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Laurie #9266



Suzanne #15362



Kellie #4560, Janice #1246



Susan #3720



Lisa #6155



Run 4 Luv



Sonja #7486



Lance #2021



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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.

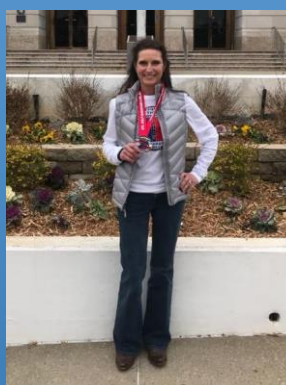
Congratulations to all the Half Fanatics who achieved their goals.

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



Jodi #7708
50th Half

Jenni #380
Landed on Mercury



Teresa #11006
Landed on Mars



Angela #16711
Landed on Jupiter

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



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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!



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.

Gregg LeBlanc #4564 Portland, OR Ambassador

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](#)



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Chuck #10903



Vancouver Lake Half



Darrell #7677

THE 2018 SIGNATURE RACE SERIES!

The race series is 5 marathons / half marathons spread out throughout the United States both in region and dates. Starting between January and ending in December, the races cover most regions of the U.S providing diverse races to those members that accept the challenge.

<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!



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Jackie #14754



Heart Breaker Half



Green River Half



Ft Smith Marathon/Half



Jamila #3959



Karey #11933 and Dad



Katina #12236



Kelly #8173



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UPCOMING RACES

AUT	4/15 Borealis Half Marathon	13.1	FL	4/8 Iron Girl Clearwater	13.1
CAN	4/22 Scotiabank 21k Montreal	13.1	FL	4/8 Lake Minneola Half Marathon	13.1 \$
CAN	4/29 Regina Police Service Half Marathon	13.1	FL	4/22 Star Wars Half Marathon - The Dark Side	13.1
CHN	4/15 Run the Great Wall Half Marathon	13.1 \$	FL	4/29 Palm Bluff Trail Race and Ultra Marathon	13.1
ESP	4/22 Rock 'n' Roll Madrid	13.1	-	-	-
GRC	4/1 Olympia Half Marathon	13.1 \$	GA	4/7 Publix Savannah Women's Half	13.1
GRC	4/29 Rhodes to Rhodes Half Marathon	13.1 \$	GA	4/14 Run for God - Run at the Mill	13.1
MEX	4/29 Rock N Roll Oaxaca	13.1	GA	4/28 Tear Drop Half Marathon	13.1
-	-	-	-	-	-
AL	4/7 Centerpoint 1/2 Marathon	13.1	HI	4/8 The Hapalua	13.1
AL	4/8 Bridge Street Town Centre Half Marathon	13.1	-	-	-
-	-	-	IA	4/21 Kewash Trail Half Marathon	13.1 \$
AR	4/5 Super Awesome Series - Arkansas	13.1	IA	4/22 Drake Road Races	13.1 \$
AR	4/7 Bentonville Half Marathon	13.1	IA	4/29 CRANDIC Half Marathon	13.1 \$
AR	4/14 Hogeye Half Marathon	13.1 \$	-	-	-
AR	4/16 Mainly Marathons Riverboat Day 2	13.1 \$	ID	4/14 Lake Lowell Half Marathon	13.1
AR	4/21 RussVegas Half Marathon	13.1	-	-	-
-	-	-	IL	4/7 Lincoln Presidential Half Marathon	13.1
CA	4/8 California Classic	13.1	IL	4/8 Super Awesome Series - Illinois	13.1
CA	4/8 Rock 'n' Roll San Francisco Half Marathon	13.1	IL	4/15 Millstadt Tin Man Half Marathon	13.1
CA	4/8 Run Rocklin Half Marathon	13.1	IL	4/21 Mainly Marathons Riverboat (Day 7)	13.1 \$
CA	4/8 Run to Remember Los Angeles	13.1 \$	IL	4/22 Naperville Women's Half Marathon	13.1
CA	4/14 San Diego Beach & Bay Half Marathon	13.1 \$	IL	4/28 Christie Clinic Illinois Half Marathon	13.1
CA	4/15 Diva San Francisco Half Marathon	13.1	-	-	-
CA	4/15 Silicon Valley Half Marathon	13.1	IN	4/7 Notre Dame Holy Half Marathon	13.1
CA	4/29 Tommy Scott Memorial Run	13.1	IN	4/7 Steps for Hope Half Marathon	13.1
-	-	-	IN	4/14 Hoosier Half Marathon	13.1
CO	4/8 Platte River Half Marathon	13.1 \$	IN	4/15 ZIONSVILLE HALF MARATHON AND 5K	13.1
CO	4/8 Spring Fling Prairie Dog Half Marathon	13.1 \$	-	-	-
CO	4/14 Mad Moose Rattler 25k	25K	KS	4/7 Eisenhower Marathon	13.1
CO	4/15 Horsetooth Half Marathon	13.1	KS	4/7 El Dorado Half Marathon	13.1
CO	4/21 Runs With Scissors Race	13.1	KS	4/21 Free State Trail Run	13.1
CO	4/22 3 Creeks HM	13.1	KS	4/21 Garmin Half Marathon in the Land of Oz	13.1 \$
-	-	-	-	-	-
CT	4/8 Faxon Law Danbury Half Marathon	13.1 \$	KY	4/7 Super Awesome Series - Kentucky	13.1
CT	4/29 Cheshire Half Marathon	13.1 \$	KY	4/14 Murray Half Marathon	13.1
-	-	-	KY	4/19 Mainly Marathons Riverboat (Day 5)	13.1 \$
DC	4/29 National Women's Half Marathon	13.1	KY	4/28 Kentucky Derby Mini Marathon	13.1
-	-	-	-	-	-
DE	4/22 Coastal Delaware Running Festival	13.1 \$	LA	4/15 Mainly Marathons Riverboat (Day 1)	13.1 \$
DE	4/29 Delaware Half Marathon	13.1	-	-	-
-	-	-	MD	4/8 B&A Trail Half Marathon	13.1
FL	4/5 30a half marathon	13.1	-	-	-
FL	4/7 Spud Run Half Marathon	13.1	MI	4/14 Martian Invasion of Races	13.1
FL	4/8 Gulf Coast Half Marathon	13.1	MI	4/28 Hurt the Dirt Half Marathon	13.1
-	-	-	MI	4/28 Trail Half Marathon	13.1

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



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UPCOMING RACES

MN	4/8 Mankato Spring Half	13.1	OK	4/7 Aquarium Run Half	13.1
MN	4/21 Earth Day Run	13.1	OK	4/28 Golden Driller Marathon & Half	13.1
MN	4/28 Get In Gear	13.1	OK	4/29 Oklahoma City Memorial Half Marathon	13.1
MN	4/28 Run for the Lakes Half Marathon	13.1	-		
-			OR	4/7 Cottage Grove Half	13.1
MO	4/4 Super Awesome Series - Missouri	13.1	OR	4/14 Hot Springs Trail Run 18M	13.1
MO	4/8 Go! St Louis Half Marathon	13.1	OR	4/15 Corvallis Half Marathon	13.1
MO	4/14 Go Girl Run	13.1	OR	4/15 Vernonia Half Marathon	13.1
MO	4/14 Rock the Parkway	13.1	OR	4/22 Bend Marathon & Half	13.1
MO	4/20 Mainly Marathons Riverboat Day 6	13.1	OR	4/22 Home Depot Half Marathon	13.1
MO	4/28 Frisco Railroad Run	13.1	OR	4/22 Spring Classic Half Marathon	13.1
-			OR	4/29 Eugene Half Marathon	13.1
MS	4/7 Hattiesburg Clinic Rise and shine half	13.1	OR	4/29 Home Depot Half Marathon	13.1
MS	4/17 Mainly Marathons Riverboat Day 3	13.1	-		
-			PA	4/14 Garden Spot Village Half Marathon	13.1
NC	4/8 Rock 'N' Roll Raleigh	13.1	PA	4/22 Gettysburg Blue-Grey Half Marathon	13.1
NC	4/15 Flying Pirate 1/2 Marathon	13.1	-		
NC	4/21 Oak Island Lighthouse Run	13.1	RI	4/14 Newport Rhode Race Half Marathon	13.1
-			-		
NE	4/14 OmaHalf	13.1	SC	4/28 AEC Run United Half Marathon	13.1
-			-		
NH	4/8 The Great Bay Half Marathon	13.1	TN	4/6 Super Awesome Series - Tennessee	13.1
-			TN	4/7 Andrew Jackson Half Marathon	13.1
NJ	4/15 Atlantic City April Fools Half Marathon	13.1	TN	4/7 Oak Barrel Half Marathon	13.1
NJ	4/15 Rutgers Unite Half Marathon	13.1	TN	4/18 Mainly Marathons Riverboat (Day 4)	13.1
NJ	4/21 JSRC RunAPalooza Half Marathon	13.1	TN	4/28 Rock N Roll Nashville	13.1
NJ	4/29 Mudhen Half Marathon	13.1	-		
NJ	4/29 Novo Nordisk NJ Half Marathon	13.1	TX	4/7 Brazos Bend 50	25K
-			TX	4/7 Wanderlust Run	13.1
NM	4/1 Mainly Marathons Dust Bowl (Day 5)	13.1	TX	4/8 River City Half Marathon	13.1
NM	4/14 Albuquerque Half Marathon	13.1	TX	4/14 Fairview Half Marathon	13.1
NM	4/21 Cedro Peak	13.1	TX	4/15 HEB Alamo Runfest	13.1
-			TX	4/21 The Wild Canyon 25k	25K
NV	4/28 REVEL Mt Charleston Half Marathon	13.1	TX	4/22 Divas Half Marathon (Galveston)	13.1
NV	4/29 Downtown River Run	13.1	TX	4/27 Carnival of Venice	13.1
-			-		
NY	4/1 NYRR Staten Island Half	13.1	UT	4/21 Salt Lake City Half Marathon	13.1
NY	4/14 Shape Women's Half Marathon	13.1	UT	4/28 Zion Half Marathon	13.1
-			-		
OH	4/8 ORRRC Half	13.1	VA	4/8 Runners Marathon of Reston	13.1
OH	4/8 Union Hospital Run for Home	13.1	VA	4/14 Dismal Swamp Stomp	13.1
OH	4/15 20 Mile Drop	20mi	VA	4/21 Foot Levelers Blue Ridge Half Marathon	13.1
OH	4/15 Athens Ohio Marathon	13.1	VA	4/21 Petersburg Half Marathon	13.1
OH	4/22 Glass City Half Marathon	13.1	VA	4/22 Loudoun Half Marathon	13.1
OH	4/28 Capital City Half Marathon (Ohio)	13.1	VA	4/29 North Face Endurance Challenge DC	13.1
OH	4/29 Pro Football Hall of Fame 1/2 Marathon	13.1			

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



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UPCOMING RACES

VT	4/21 Rollin Irish Half Marathon	13.1
VT	4/22 Rollin Irish Half Marathon	13.1
WA	4/1 Sporty Diva Orting Easter Sunday	13.1
WA	4/7 Squak Mountain Half Marathon	13.1
WA	4/7 Yakima River Canyon Half Marathon	13.1
WA	4/15 Mud and Chocolate 1/2 Marathon	13.1
WA	4/21 Wenatchee	13.1
WA	4/22 Whidbey Island 1/2 Marathon	13.1
WA	4/28 Ghost of Tacoma	13.1 \$
WA	4/28 NWTR Rattlesnake Ridge Run	13.1
WA	4/29 Tacoma City Half Marathon	13.1 \$
WA	4/29 Blooms to Brews	13.1
WI	4/7 Parkinson's Half Marathon	13.1
WI	4/7 South Shore Half Marathon	13.1
WI	4/7 Trailbreaker Half Marathon	13.1
WI	4/14 Brew City Half Marathon	13.1
WI	4/14 Reedsburg Vet Fest Half Marathon	13.1

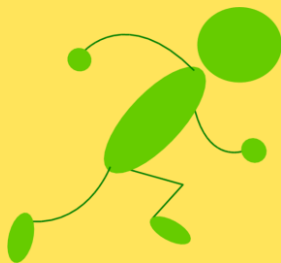
Our Race Calendar needs you!

Ever wonder how the races end up on our Half Fanatic Race Calendar? Us, all of us. Know of a small or large local event and want to share it with other Half Fanatics.

To request a race, please fill out the [race request form](#). All fields need to be accurate in order to be approved (including race date and working URL).

Your request will be sent to and evaluated by the Race Calendar administrator. After approval, it will show on the race calendar. (NOTE: Approval can take several days, so be patient).

We do not accept links to Facebook race pages or race registration sites. All approved races need an official race website provided. Check out our [Race Calendar](#) for upcoming events and discounts. <http://www.marathonmaniacsdb.com/fanatics/events>



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



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Teresa #11944



Abs #16916



Carolin #16856



Vancouver Lake Half



Barbara #5852



Carla #13789



Allen #13814



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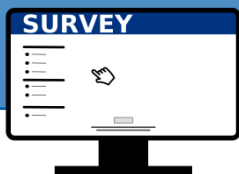
FANATIC GEAR

Check out all the cool gear available for purchase. Many items are part of a Close out Sale!



<http://www.databarevents.com/store/category/2/Half-Fanatics>

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.

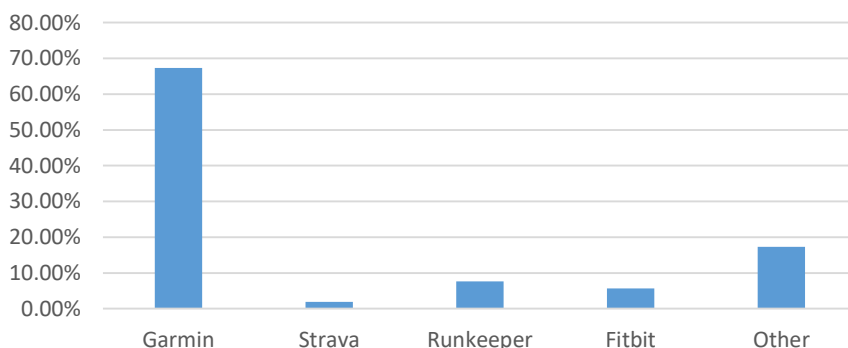
This month's question:
Other than a run even shirt, what kind of swag would you like to receive?

Please submit your response at:

<http://survey.constantcontact.com/survey/a07ef72f1k7jeiu603u/a003jej2mafu/questions>

Last month's question:

What do you use for tracking your running or walking mileage?





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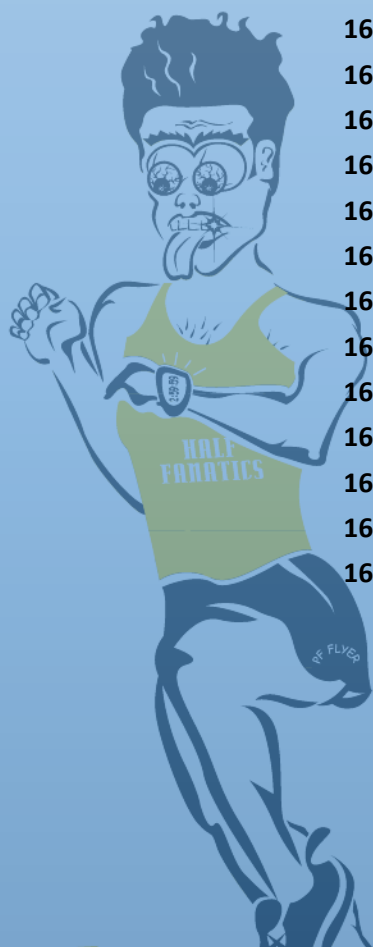


WELCOME TO THE ASYLUM! NEW FEBRUARY 2018 HALF FANATICS



- 16903 Jami Morgan, FL
- 16904 Elizabeth Gunn, VA
- 16905 Sharon Thornton , Ms
- 16906 Kortne Harris, TX
- 16907 Thaddaeus Wallace, LA
- 16908 AndreaMPK, NY
- 16909 Marc Hurst, MS
- 16910 Miriam Villavicencio, TX
- 16911 Diego Rivera-Gutierrez, WA
- 16912 Ashley Bittner, WA
- 16913 Vonzetta Douglas, TN
- 16914 Melissa Kitcher, FL
- 16915 Stacy McCarthy, CA
- 16916 Abs Bey, ON
- 16917 Stacy Ballard, WA
- 16918 Kristine Beatty, CA
- 16919 Sarabeth Kuzmak, Tex
- 16920 Sam Clapp , MS
- 16921 Marcy Van Winkle, WA
- 16922 Dani Keith, WA
- 16923 Tashita White, TN
- 16924 Vernon Rayford, MS
- 16925 Caitlin Fichtler, MT
- 16926 margaret eggleston
- 16927 Laura Welch, TX
- 16928 David "Mud Dog" Greenblatt, TX
- 16929 Steph Friedman, AR
- 16930 Frankie Rios, PA
- 16931 Nat, LA
- 16932 Tom Brewer, NY
- 16933 Kimberly Adams, LA
- 16934 Sam Pfanstiel, CO
- 16935 Crystal Hatfield, KY

- 16936 Brandi Gordon, TX
- 16937 Monique (Moni) Frith, FL
- 16938 Cyn Mulvihill , CA
- 16939 B. Call, Ok
- 16940 Melissa Cooper, FL
- 16941 Corina Waggoner, OR
- 16942 Christie Hebler, SC
- 16943 Christa Swanson, TX
- 16944 Jennifer Vandenberg, WA
- 16945 Christina Rivera , KY
- 16946 Amy Patten, MN
- 16947 Kimberly Johnson, TX
- 16948 Lisa Wilkins, AR
- 16949 Kelly Collins, AL
- 16950 Tammy Mayberry, NY
- 16951 Bob Collins, AL
- 16952 Donna Gaddis, AR



Abs #16916



Christie #16942



Monique #16937

© HALF FANATICS



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HEARTFELT APPRECIATION FOR RUNNING



Gregg, you recently suffered a stroke. Tell us a little bit about what happened.

Running serious mileage whether for a training run or a race is not unusual for me on any given weekend. I had run the ORRC Y2K Half the first weekend of January followed by a week of 6 milers -- my usual week day distance. Even though we had company staying out at our house, I got up early the morning of Jan. 13th and laced up for a comfortable 13 mile training run before anyone was up and about. Once our guests had finished their workout and we had all made ourselves presentable, we jumped into one of the 4x4s for a fun day of wine tasting in Oregon's Willamette Valley.

Toward the end of the day while none of us had over-consumed samples of wine, suddenly at about 7 PM, I felt inebriated. I mean really felt drunk. Even though I didn't think I had drank enough for that to be the case. I didn't have any more than anyone else and from what I could tell; I was the only one that seemed to be impacted. Embarrassed as I was, I chalked it up to not eating enough that day, a reaction to having run the 13 miles that morning, not having consumed enough water between wineries, or a combination of all of it.

Upon arriving home, suddenly I became nauseous. After a few bouts of trying unsuccessfully to settle my stomach, I called it an early night unaware that anything substantial had occurred. Sunday morning, I awoke for my Sunday run before anyone else. My balance was off but otherwise not much felt off. Maybe I had a flu that had me feeling weak. It wasn't until others awoke and we started talking that I realized my speech was still slurring. I was still clueless for a little while I tried to ponder what was off with me. Finally, we fired up the iPad to determine what could be causing the symptoms. It was the slurred speech that immediately displayed stroke in the search results. Within a few minutes of reading about strokes we were loaded into our car and heading to the ER.

With only a few questions at admitting we were breezed past the desk and into the hospital undergoing a stroke protocol where I would be for the next 36 hours.

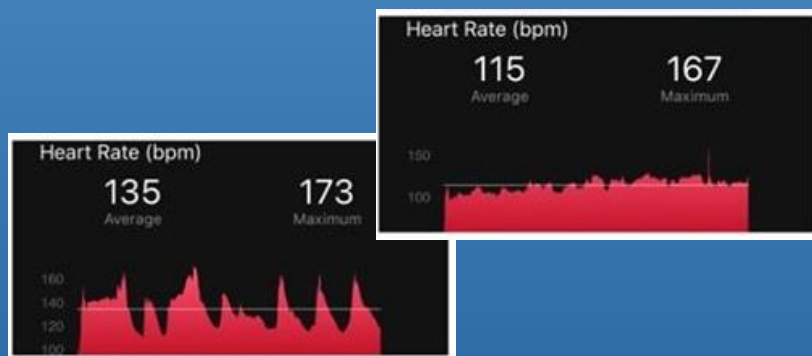
Are you aware of any precipitating factors that led to your stroke?

Prior to being officially diagnosed with a stroke by the doctors on the 14th, I was fortunate that I rarely even had a cold. Maybe its running almost every day that has kept germs at bay. Even during the decades of running I've only been injured a few times with plantar fasciitis, a pulled hamstring and a rolled ankle here or there. To say that the thought of a stroke was not something that could have been possible, is beyond an understatement.

How were you able to recover so quickly?

The medical staff from the ER, therapists and Cardiologist all have acknowledged that because of the shape I was in from running, the stroke was less debilitating than it could have been and the recovery was much more expedited that it would have been otherwise. It is this fact that gets me back out to the roads and working to get back to the mileage that I had been at before the stroke. I'm patient enough to know that it won't be overnight.

Running has always been as much therapy for me as conditioning. Each year since 2011 I have managed to run more than 2,000 miles annually. The physical results from running have been taken for granted. Most often it measured in pounds on the scale, and off the body. It becomes more apparent each time I have a physical and get labs worked up while seeing the scores and levels. Thinking back on the time sitting in the ER, it was almost comical watching the nurses come in each time the heart monitor dipped into the 30s for my resting heart rate. Moving forward this isn't something that I will laugh at any longer.





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HEARTFELT APPRECIATION FOR RUNNING

Clearance to walk/run from the doctors? Thoughts feelings?

A month out the Cardiologist finally cleared me to run without heartbeat limits. Even though I'm still not at 100% it is a great feeling to be out of the streets and heading back to "normal". There are still questions as to the why although time and tests should make it clear when the time is right.

Please give us a little insight into what your rehabilitation is/was like?

Coming out of the hospital, the after effects were balance, coordination and speech issues. Not wanting to hesitate even a day, I rushed appointments with my general practitioner the day after my release and for physical therapy the day after that. By the time I went into PT, I was already feeling that my balance was mostly back and more importantly I wanted to get back out there running. The PT evaluation went from balance testing to walking on a treadmill with a careful eye on my heart rate. By the end of the hour, I was given exercises to work on and clearance to run/walk keeping my heart rate in the 120s. Granted the 120s doesn't allow the 8:00-9:00 minute per miles that I usually run, but it was better than being bedridden or benched. With a regular therapy much of the fine motor skills and speech continued to improve.

Can you share possible warning signs people should be aware of?

There are many traditional warning signs of a stroke: face drooping, arm weakness or tingling, and slurred speech. Many people think that these symptoms might be apparent together. For me there wasn't any drooping while there was some coordination issues and slurring. The coordination could have been from a flu, it was the slurring that really got my attention and triggered the alarm that it could have been a stroke. My counsel is that it is important to listen to any of these symptoms. Even though I didn't believe "it could happen to me" given the shape I've worked to be in, the reality is that it could happen to anyone.

People can learn more here:

http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp

Anything else you think people should know about strokes?

Get a regular physical and pay attention to the results of your panels. If the numbers are not what they should be adjust the diet and consider natural supplements. Life is about balance; running alone is not the cure-all. Eat a balanced diet and try to get a good night of rest.

You have a lot of people looking out for you. Is there anything you'd like them to know?

Being a Half Fanatic (and Marathon Maniac) is being a member of community that is like minded. I've experienced so much comradery from my fellow members. Early on it was hard to not be able to lace up and just run effortless miles, a group run or to have a race to go to on a weekend.

What has moved me the most was the weekend that eight of my Hood to Coast teammates gathered to run five miles all while keeping our heart rates at under 125 beats per minute. It was equally moving to me to have a few friends run/walk a half marathon at 2:57, more than a full hour slower than a normal half for me. Each mile as we chatted and laughed, I knew they were monitoring my heart rate to ensure that I wasn't overdoing it. As we broke bread over lunch, my heart was warmed with the love that they displayed.

