



MARCH 2018 NEWSLETTER

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Shamrock Run Portland



Shelina #7054



Jenni #380



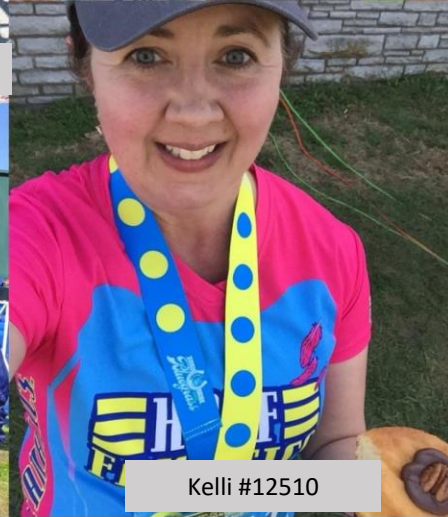
Montgomery Half



San Diego Half



Bluegrass Half



Kelli #12510

Follow us!

Half Fanatics | @halffanatics | @MainFanatics

USE #HALFFANATICS TO BE FEATURED!



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Tobacco Road Marathon & Half Marathon



Sheila #4982



Eden #14619



Karen #1043 , Dan #1058



David #10823



Liberty Hospital Half



Linc #4870



Lincoln City Half



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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>.



Welcome to the Perch
Hannah G., Flying Fanatic #85

FROM THE EDITOR

March decided to throw us all a bit of extra winter weather. Made getting outside impossible for some or added extra challenges for others. I'm going to regret saying this, but bring on Spring and the rain.

Also, take a moment to check out the race event calendar and see if you can find an event 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

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

How does the Kids Club work?

Once your child is registered, an account will be created on the website. A User ID and password will be emailed to you. A hard copy package will be mailed via USPS to your home address that includes a map (this is for the participant to track their miles and map their progression) Also included will be the sublimated t-shirt and finishers medal. The t-shirt will be provided in the size you specify at time of registration. The finishers medal will be labeled in a special package that will state "do not open until goal is completed". This is up to the discretion of the parent as to when to present this medal, however we encourage making sure all the miles are completed before the participant can receive the medal.

Suggested miles per day will be listed on your child's online account and also in the fitness package that is mailed to you.

Once participants have completed their level, they can progress to the next level to earn more level pins. These pins will attach to the ribbon of their finisher medal. Look for more exciting additions in the near future!





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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)

Skyline Half – Dallas, TX (4/28/18)

Badass Half – Waco, TX (5/27/18)

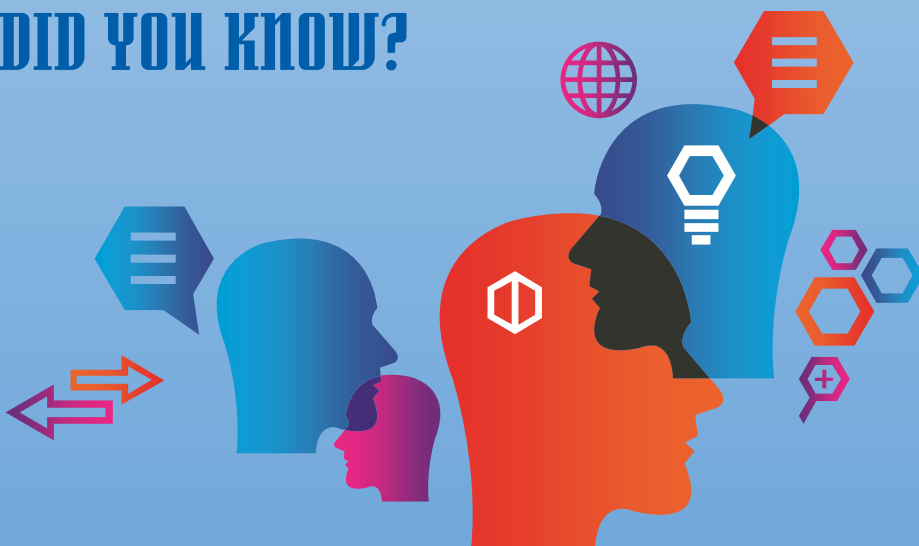
That Damn Half – Grand Prairie, TX (10/20/18)

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>

DID YOU KNOW?



March had 165 race events listed on the Half Fanatics Race Calendar.

The top event for March was the Little Rock Half Marathon. Here are the top 3:

- **Little Rock** always has one of -- if not the -- biggest medal of all the events in the USA. They have a different theme every year, and it is always spectacular. The course is mostly flat. The crowd and volunteer support is great. No wonder it had the most Fanatics this month.
- This year **Tobacco Road** was the 1st event of the HF Signature Series, and it was well attended by Fanatics. 8 miles of this course is run on crushed gravel. Most people did not find it difficult since the course was flat and shaded. Parking might be an issue and there is no race day packet pickup.
- Up third was **Run the Bluegrass**. Many folks commented that is a challenging course with lots of rolling hills, but it is very scenic. Pastures with horses, great course support and organization. Many Fanatics have gone back to this event year after year.

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

HALF FANATIC CERTIFICATES

You can download "Just Qualified" signs and certificates for Half Fanatics and Double Agents from the Half Fanatics Newsletter web page:

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





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Christie #3501



Little Rock Half



Liberty Hospital Half



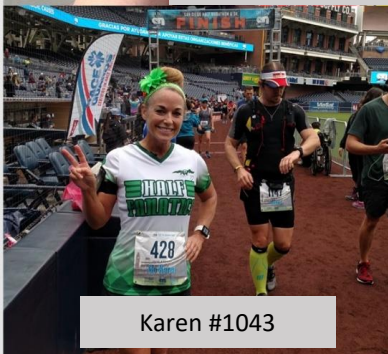
Meghan #14020



Little Rock Half



Mark #13602



Karen #1043



Hop Hop Half



Little Rock Half



Justin #15668



Lake Sammamish Half



Champoeg Half



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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.

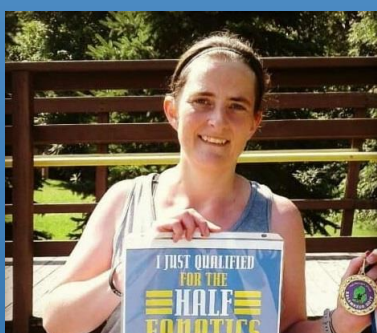
If you would like your promotion mentioned in the newsletter, please send your name, HF number and Moon level to: half fanaticnewsletter@gmail.com.



Luz #3889
Landed on the SUN!



Elisa #5568
Landed on Jupiter



Sarah #16418
Landed on Uranus

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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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.



Steve #21
200th Half



Kellie #4560
150th Half



Julia #15262
100th Half



Scott #14
100th Half



Sandy #2634
50th Half



Valerie #2821
50th HALF



Tracey #4389
50th HALF



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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](#)

<p>Region:</p> <p>Albuquerque, NM</p> <p>Anchorage / South Central Alaska</p> <p>Atlanta, GA</p> <p>Augusta, GA</p> <p>Austin, TX</p> <p>Baltimore, MD</p> <p>Baton Rouge, LA</p> <p>Birmingham, AL</p> <p>Buffalo, NY</p> <p>Central Arkansas / Little Rock</p> <p>Central Gulf Coast / Mobile</p> <p>Chattanooga, TN</p> <p>Chicago / Western IL</p> <p>Cincinnati, OH</p> <p>Colorado Springs, CO</p>	<p>Region:</p> <p>Dallas Fort Worth, TX.</p> <p>Denver, CO</p> <p>Des Moines, South Central IA</p> <p>Detroit, MI</p> <p>European</p> <p>Greensboro, NC</p> <p>Honolulu, HI (Oahu)</p> <p>Houston, TX</p> <p>Kansas City, MO</p> <p>Knoxville, TN</p> <p>Lincoln / Omaha NE</p> <p>Long Beach, CA</p> <p>Lubbock / West Texas</p> <p>Miami, FL</p>
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<p>Region:</p> <p>Memphis, TN</p> <p>Nashville, TN</p> <p>New Orleans, LA</p> <p>Northern New Jersey</p> <p>Northwest Arkansas</p> <p>North Dakota</p> <p>Oklahoma City, OK</p> <p>Orlando, FL</p> <p>Panama City / Gulf Coast, FL</p> <p>Portland, OR.</p> <p>Philadelphia, PA</p> <p>Phoenix, AZ</p> <p>Raleigh / Cary, NC</p> <p>Richmond, VA</p> <p>Rochester, NY</p>	<p>Region:</p> <p>Sacramento, CA</p> <p>Salt Lake City, UT</p> <p>San Antonio, TX</p> <p>San Diego, CA</p> <p>Seattle, WA</p> <p>Shreveport, LA</p> <p>Springfield, MO</p> <p>St Louis / SW Illinois</p> <p>Tacoma / South Puget Sound</p> <p>Tampa / St. Petersburg, FL</p> <p>Tulsa, OK</p> <p>Twin Cities, MN</p> <p>Virginia Beach, VA</p> <p>Washington DC</p> <p>Wichita, KS</p>
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Raccoon Mountain Afternoon Half



Scott #8354



Sheri #15608, Nathalie #10047



Alamo 13.1 Half



St Paddy's Half



Shamrock Virginia



Publix Georgia Full & Half



Suzanne #15362



Philadelphia Love Run



Randy #4373



Tacoma St Paddy's Half



Patty #8375



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Kim #6794

Myra #15033

MidSouth Runners Half

Orting Bunny Hop

Naketa #9180

NYC Half

Kathy #10755

Michael #16362

Julia #15262



Signature Race Series
2018

RACE-2

May 19th, 2018

FARGO EVENTS
MARATHON



CLUB MEDAL!

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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UPCOMING RACES

CHN	5/1	Great Wall of China Half Marathon	13.1	ID	5/5	Boise Women's Half Marathon	13.1
CAN	5/27	Scotiabank Calgary Half Marathon	13.1	ID	5/27	Coeur d' Alene Half	13.1
CAN	5/6	BMO Vancouver half marathon	13.1	-	-	-	-
CAN	5/27	Scotiabank Ottawa Half Marathon	13.1	IL	5/12	YMCA Schoolhouse Rockin' Half Marathon	13.1
CAN	5/27	Saskatchewan Half Marathon	13.1	IL	5/20	Chicago Spring Half Marathon	13.1
FRA	5/27	La Course D'Eiffage Du Viaduc De Millau	Other	IL	5/20	Chicagoland	13.1
GBR	5/20	Rock 'n' Roll Liverpool	13.1	-	-	-	-
PER	5/20	Lima 21K	13.1	IN	5/5	OneAmerica 500 Festival Mini-Marathon	13.1
-	-	-	-	IN	5/12	Run With The Foxes Half Marathon	13.1
AL	5/28	Sweet Southern Discomfort (Day 3)	13.1	IN	5/19	Dances with Dirt Gnaw Bone Half	13.1
-	-	-	-	IN	5/19	Geist Half Marathon	13.1
AZ	5/19	Hot As Hell Half	13.1	IN	5/19	New Castle Mini Marathon	13.1
-	-	-	-	IN	5/19	Peace run harmony	13.1
CA	5/5	Ripons Run Half Marathon	13.1	IN	5/28	Grand Run Half Marathon	13.1
CA	5/5	T9 MERMAID RUN EAST BAY	13.1	-	-	-	-
CA	5/6	The OC Half Marathon	13.1	KS	5/6	Prairie Fire Spring Half Marathon	13.1
CA	5/6	Horseshoe Lake Half Marathon	13.1	KS	5/12	Running with the Cows	13.1
CA	5/6	The Avenue of the Giants 1/2 Marathon	13.1	-	-	-	-
CA	5/12	Santa Barbara Wine Country Half	13.1	KY	5/12	Paducah Iron Mom Half Marathon	13.1
CA	5/12	Yosemite Half Marathon	13.1	KY	5/19	Horse Capital Marathon & Half Marathon	13.1
CA	5/26	ARMED FORCES HALF MARATHON	13.1	-	-	-	-
CA	5/28	City of Laguna Hills Memorial Day Half Marathon	13.1	MA	5/13	WMass Mother's Day Half Marathon	13.1
-	-	-	-	MA	5/17	Old Colony Half Marathon	13.1
CO	5/6	Colorado Half Marathon	13.1	MA	5/19	Martha's Vineyard Half Marathon	13.1
CO	5/20	Colfax HM	13.1	MA	5/19	Twin Lights Half Marathon	13.1
CO	5/20	NORAD Half Marathon	13.1	MA	5/20	Horseneck Half Marathon	13.1
-	-	-	-	MA	5/20	Steel Rail Half Marathon	13.1
CT	5/6	Redding Road Race	13.1	MA	5/27	Run to Remember Boston	13.1
CT	5/18	Nutmeg State Half Marathon	13.1	-	-	-	-
CT	5/20	Mystic Half Marathon	13.1	MD	5/6	Frederick Running Festival	13.1
CT	5/28	Oh Boy Half Marathon	13.1	MD	5/9	Mainly Marathons Independence (Day 2)	13.1
-	-	-	-	MD	5/19	St. Michaels Running Festival	13.1
DC	5/6	Potomac River Run	13.1	-	-	-	-
-	-	-	-	ME	5/12	Maine Coast Half Marathon	13.1
DE	5/8	Mainly Marathons Independence (Day 1)	13.1	ME	5/14	Pine Tree Half Marathon	13.1
-	-	-	-	-	-	-	-
FL	5/6	USA Beach Running Championship 1/2 Marathon	13.1	MI	5/6	Kalamazoo 1/2 Marathon	13.1
FL	5/12	Sandbar Half Marathon	13.1	MI	5/6	Michigan Shores Mini	13.1
-	-	-	-	MI	5/19	Highland Loops Trail Run	Other
GA	5/26	Sweet Southern Discomfort (Day 1)	13.1	MI	5/20	Ann Arbor Half Marathon	13.1
GA	5/28	Georgia Peach Jam Half Marathon	13.1	MI	5/20	Back to the Beach Half Marathon	13.1
-	-	-	-	MI	5/26	Bayshore Half Marathon	13.1
HI	5/27	Hibiscus Half Marathon	13.1	MI	5/26	Top of Michigan Half Marathon	13.1
-	-	-	-	MI	5/27	North Mitten Half Marathon	13.1
IA	5/6	Des Moines Women's Half Marathon	13.1	-	-	-	-

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



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UPCOMING RACES

MN	5/6	Lake Minnetonka Half	13.1	OR	5/12	Hippie Chick Half Marathon	13.1
MN	5/19	Superior Spring Trail Races	25K	OR	5/20	Grapes of Half	13.1 \$
MN	5/20	Run & Ride Valleyfair	13.1	OR	5/26	Oregon Spring Half Marathon	13.1
MN	5/26	Stillwater Half Marathon	13.1	OR	5/26	Trail Factor Half Marathon	13.1
MN	5/27	Med City 1/2 Marathon	13.1	OR	5/27	Memorial Day Half Marathon	13.1
MO	5/6	Independence Half	13.1 \$	PA	5/6	Pittsburgh Half Marathon	13.1
MO	5/19	Joplin Memorial Run	13.1	PA	5/10	Mainly Marathons Independence (Day 3)	13.1 \$
				PA	5/13	Mainly Marathons Independence (Day 6)	13.1 \$
NC	5/5	Spartan Half Marathon	13.1	PA	5/26	Path of the Historic Flood Half Marathon	13.1
NC	5/6	Lake Norman Half Marathon	13.1	RI	5/6	Angry Unicorn half	13.1
NC	5/12	Carolina Brewfest Half Marathon	13.1	RI	5/6	Providence Rhode Race Half Marathon	13.1 \$
NC	5/19	Run Sunset Beach	13.1 \$	RI	5/19	Red Island Half Marathon	13.1
NC	5/20	NCRC Classic Half Marathon	13.1				
ND	5/19	 Fargo 1/2 Marathon	13.1 \$	SC	5/6	Diva's Running Series (North Myrtle Beach)	13.1
NE	5/6	Lincoln Half Marathon	13.1	TN	5/19	Viola Valley Half Marathon	13.1
NE	5/20	Papillion Half Marathon	13.1	TN	5/20	Highland Half Marathon	13.1
				TN	5/20	IRONMAN 70.3 Chattanooga	13.1
NH	5/15	Granite State Half Marathon	13.1	TN	5/26	Great American River Run	13.1
NH	5/19	Big Lake 1/2	13.1	TN	5/27	Sweet Southern Discomfort (Day 2)	13.1
NH	5/20	Gate City Half Marathon	13.1				
NH	5/20	Wallis Sands Half Marathon	13.1	TX	5/5	Pandora's Box of Rox	13.1
				TX	5/5	Wildflower Trail Run	25K
NJ	5/11	Mainly Marathons Independence (Day 4)	13.1 \$	TX	5/6	Silo District Marathon	13.1
NJ	5/20	SuperHero Half Marathon	13.1	TX	5/26	The Multiple Sclerosis Half (Texas Threesome Day 1)	13.1
				TX	5/27	Wayne's World Half (Texas Threesome Day 2)	13.1
NM	5/5	Shiprock Half Marathon	13.1	TX	5/28	Memorial Day Half (Texas Threesome Day 3)	13.1
NY	5/6	Long Island Half Marathon	13.1	UT	5/19	Ogden Half Marathon	13.1
NY	5/6	North Face Endurance Challenge (NY) Half	13.1				
NY	5/12	Happy Half Marathon	13.1	VA	5/5	Thoroughbred Races	30k
NY	5/12	Mainly Marathons Independence (Day 5)	13.1 \$	VA	5/5	Trail Nut 10k & Half Marathon	13.1
NY	5/12	Sri Chinmoy Half-Marathon & Relay	13.1	VA	5/5	Uncorked Half Marathon	13.1
NY	5/19	Popular® Brooklyn Half	13.1	VA	5/20	The Marine Corps Historic Half	13.1
NY	5/27	Buffalo Half Marathon	13.1	VA	5/27	Alexandria Running Festival	13.1
OH	5/6	Flying Pig Half Marathon	13.1	VT	5/6	Middlebury Maple Run	13.1
OH	5/19	To Do My Best Half Marathon	13.1 \$	VT	5/12	Lake Champlain Maritime Museum Half	13.1 \$
OH	5/20	Cleveland Half Marathon	13.1	VT	5/16	New England Challenge 1/2	13.1
				VT	5/19	Dandelion Run Half Marathon	13.1
OK	5/5	FLOWCo Half Marathon	13.1				
				WA	5/5	Cinco de Mayo Half Marathon	13.1
OR	5/6	Cinco de Mayo	13.1	WA	5/6	Snohomish Women's Run	13.1
OR	5/6	Willamette Valley Half Marathon	13.1	WA	5/12	Sage Rat	13.1

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



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UPCOMING RACES

WA	5/13	Mother's Day Half (Kirkland)	13.1	
WA	5/19	San Juan Half	13.1	
WA	5/20	Capital City Half Marathon	13.1	
WA	5/20	Run to Remember Washington Half Marathon	13.1	\$
WA	5/20	Sun Mountain 25k	25K	
-				
WI	5/1	Three Eagle Half Marathon	13.1	
WI	5/5	Grandad Half Marathon	13.1	
WI	5/5	RC2 Ripon College Run/Walk	13.1	
WI	5/5	Wisconsin Half Marathon	13.1	
WI	5/6	Eau Claire Half Marathon	13.1	
WI	5/12	Get It Dunn 5K + 1/2 Marathon	13.1	
WI	5/12	Ice Age Trail Half Marathon	13.1	
WI	5/12	Journey's Marathon	13.1	
WI	5/12	King and Queen Half Marathon	13.1	
WI	5/12	Wisconsin Trail Assail - Mother's Day	13.1	
WI	5/19	Madeline Island Marathon & Half Marathon	13.1	
WI	5/20	2018 Cellcom Green Bay 1/2 Marathon	13.1	
WI	5/26	The Oz Run	13.1	
WI	5/27	Madtown Half Marathon	13.1	
-				
WV	5/12	Greenbrier Half Marathon	13.1	
WV	5/26	Ogdan Half Marathon	13.1	
WV	5/26	Wonderland Mountain Challenge	13.1	
-				
WY	5/27	Medicine Bow Half Marathon	13.1	

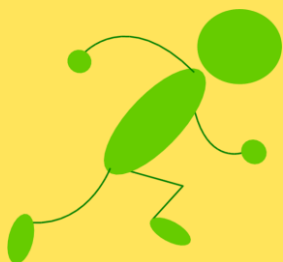
Our Race Calendar needs you!

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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Bakers Dozen Half



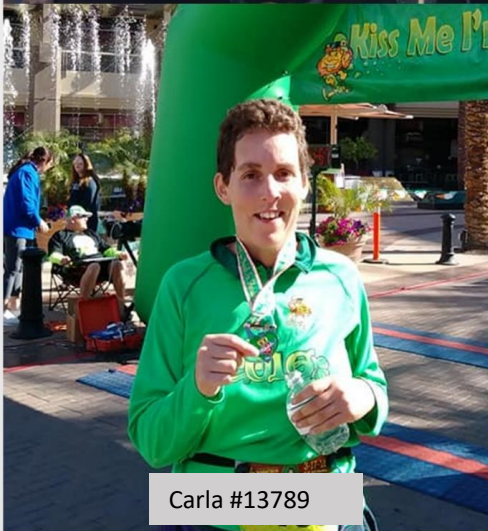
Jennifer #16426



Jill #8914



Barbara #5852



Carla #13789



Darlene #13098



Jaime #14353



Jason #12968



David #10823



Christina #7375



Chuck #10903, Shawn #16229



Chattanooga half



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Sharon #6388

Yilda #14934



St Paddy's Day Run Tacoma



Sian #15234



St Paddy's Day Run Tacoma



Teresa #15263



Samuel #15562



Philadelphia Love Run



Yinka #16715



Suzanne #15362



Publix ATL Half



Wrightsville Beach



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FANATIC GEAR

Check out all the cool gear available for purchase.



<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.

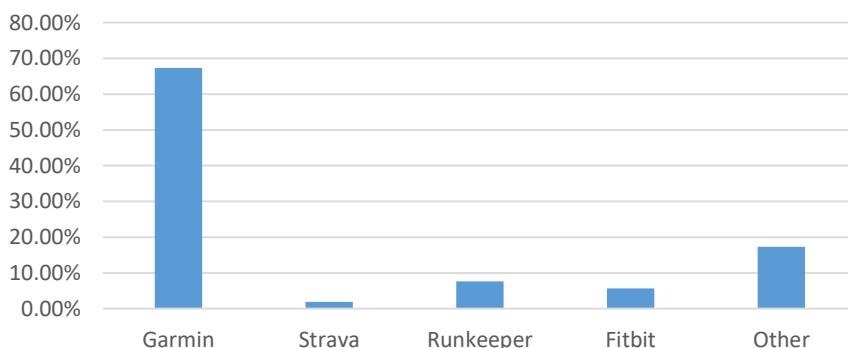
This month's question:
Other than a run even shirt, what kind of swag would you like to receive?

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 MARCH 2018 HALF FANATICS



Korey #16976

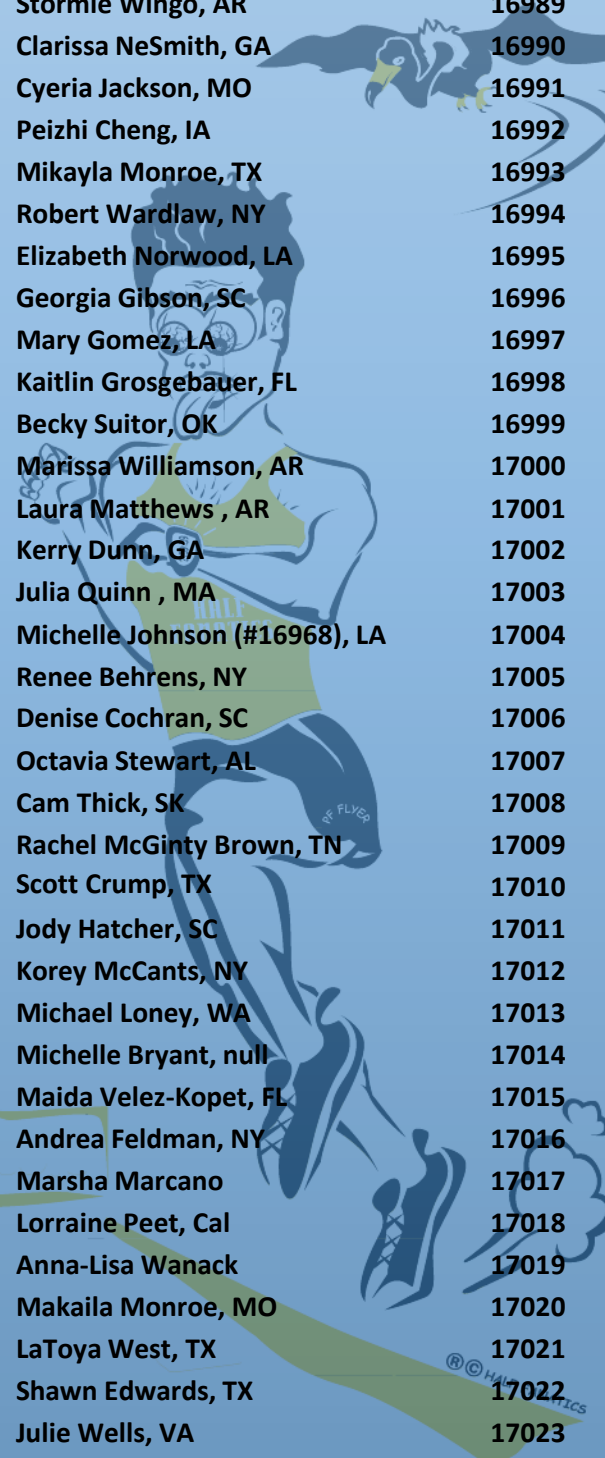


Abdel #17013



Akelina #17024

- | | | | |
|-------|-------------------------------|-------|-------------------------------------|
| 16953 | Stormie Wingo, AR | 16989 | Krystal Brown, OK |
| 16954 | Clarissa NeSmith, GA | 16990 | Terrie Peterson, TN |
| 16955 | Cyeria Jackson, MO | 16991 | Farid |
| 16956 | Peizhi Cheng, IA | 16992 | Ethan Hicks, AR |
| 16957 | Mikayla Monroe, TX | 16993 | David Kirkbridd, NC |
| 16958 | Robert Wardlaw, NY | 16994 | Mark Wetz |
| 16959 | Elizabeth Norwood, LA | 16995 | Catherine Comerford, AR |
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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.



Running keeps me motivated to stay active by setting goals, even if I don’t have complete confidence in myself. I am constantly surprised at what I can actually accomplish. I might not think I am able to do something, but it doesn’t stop me from trying. I am always looking for the next goal whether it is the next race distance, a higher mileage goal for the year, or the next level in the Half Fanatics. Still, sometimes when I set it, I have that nagging thought, “You Can’t Do It”.

I was in the group of people who didn’t run in track or cross-country in middle school or high school. I did play sports in little league, soccer, baseball and basketball, but I wasn’t very fast or strong and not that coordinated.

I was in the Navy from 1990 to 2001 and had to do a physical readiness test every six months. I would fail every two or three years because I wouldn’t finish the 1.5 mile run within the time limit. I was a smoker and my weight was usually near the limit. I would get shin splints (even with expensive new shoes). I would usually stop to walk for a short time (too long) to catch my breath and rest my legs.

I quit smoking at the end of January in 2010. I had a lot of nervous energy from the very first day and since I was in the habit of getting up from my desk a few times a day, I decided I would take a walk around the building. A few months later, I started to take longer walks during my lunch hour and bought a pedometer to track my steps and mileage. The madness began... occasionally taking a slightly different route to add more steps.

One day, I decided that I would try to mix in some slow running. I had an iPod to listen to music for my long walks, so I used it for my intervals, alternating between run/walk for each song. I gradually switched to running to two songs, then three. I ran my first 5k race in late September: REC the Capital. I took some time off after that with the colder and wetter weather.

Shortly after that I started having some back pain. I went to the doctor and was diagnosed with Sacroiliitis and referred to physical therapy. I was walking during my lunch hour to stay active and I set a goal with the physical therapist to run the Shamrock 8k in March (they had a team registered). While going through physical therapy, I was in a lot of pain just getting up from sitting, walking across the street after stopping on a corner, or riding my bike. Once I went out for a run but had to turn back after only going a block.

After the Shamrock Run, I still had some pain but I was able to do my first Sprint Triathlon in May and ran my first Half Marathon Labor Day weekend in 2011: the Oregon Wine Country Half Marathon. Earlier, I was looking at a different one and told myself, “That is way too far” but later I heard about the Jeff Galloway run/walk method from a podcast, found the training plan and followed it.

Near the end of the Oregon Wine Country Half Marathon I ran with a Half Fanatic for a short distance who was working on 50 states... not sure who that was, but THANK YOU! I made a mental note and looked up information about the Half Fanatics later. “WOW. That is too crazy. There is no way that I could do anything like that.” ... I qualified in June 2012.

Shortly after my first half marathon, a friend that I graduated high school with posted on Facebook that she had a goal to run 50 half marathons before her 50th birthday (a fellow Half Fanatic – GERB! #2368). I thought, “That would be impossible for me to do.” I was wrong.

I realized it WAS attainable when I was looking at my 2017 schedule. I finished the year off with 48 lifetime half marathons – even had to skip a couple of my normal races and some new ones that seemed interesting. I finished my 49th at the Oregon Winter Half. The timing was perfect this year because my birthday was on a Sunday. MY 50th BIRTHDAY! I searched for a “destination” race and I ran my 50th lifetime half marathon on my 50th birthday in Galveston, TX!

Geoff McCausland #2663