



# JUNE 2018 NEWSLETTER

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River Road Hatfield and McCoy



Susan #12775



Rock n Roll Seattle



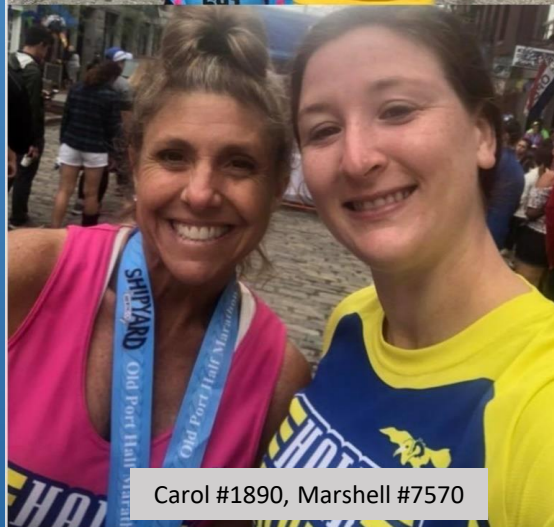
Rock n Roll Seattle



Sue #10009



Grateful Dad



Carol #1890, Marshall #7570



Cynthia #16798

*hello,*  
*discounts*

WE HAVE A TEAM OF  
RACE DISCOUNT RECRUITERS!

CHECK OUT THE RACE CALENDAR FOR NEW RACE DISCOUNTS





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**RUN GRAND COUNTRY**  
HALF MARATHON & 5K

## HALF FANATIC REUNION RACE

Come join us in Branson Missouri for the 3rd Annual Run Grand Country Half Marathon on October 7th, 2018.

Half Fanatics receive special swag items such as a customized medal and shirt! There are special lodging packages available as well.

## CLUB EXCLUSIVE EVENTS

These are races that truly roll out the red carpet for our members! They have gone above and beyond to ensure that our club members receive VIP treatment at their event. We highly recommend our members run these races if they want a special experience.

Many thanks to the race directors of these events for being so accommodating.

For a list of additional perks provided to our members please visit:

<http://www.halffanatics.com/club-exclusive-events/>



*Yuengling*



# Route 66





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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>.



## FROM THE EDITOR

Hello SUMMER. The temperatures sure have climbed to some uncomfortable levels. Remember to hydrate and don't forget the sunscreen! Hope you're getting out there and running in more events.

Take a moment to check out the race event calendar and see if you can find an event near you, and you may even find a discount!

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](mailto:halffanaticnewsletter@gmail.com)

-Kellie Follett #4560



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



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## Half Fanatic Pace Team

Are you interested in being a pacer?

Upcoming opportunity:

**That Dam 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>

## EXPO SCHEDULE

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

### Tacoma Narrows

August 18<sup>th</sup>

### Revel Big Cottonwood

September 8<sup>th</sup>

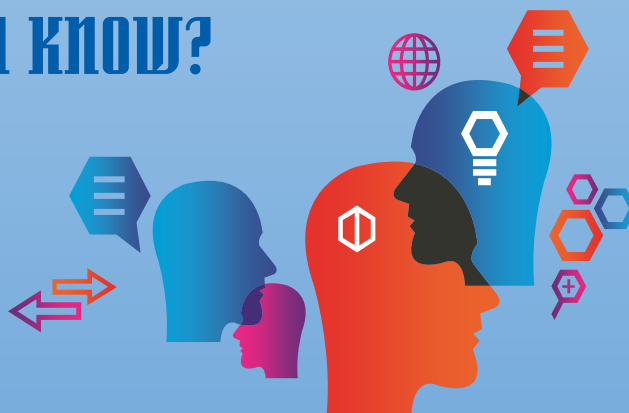
### Akron Half Marathon

September 29<sup>th</sup>

**You Go Girl!**

September 30<sup>th</sup>

## DID YOU KNOW?



## June had 184 race events listed on the Half Fanatics Race Calendar.

The top three events attended by Half Fanatics in June were the Rock 'n Roll Seattle, Bear Lake Trifecta, and the Hospital Hill Run.

- The **Rock n' Roll Seattle** Half Marathon had mixed reviews this year. The course was changed and there's a huge hill at mile 9/10 that many Fanatics remarked on. Rock n' Roll has big events with lots of runners. The organization and support are usually well done. Yet, some people feel these events have lost something under new management.
- The **Bear Lake Trifecta** is three Halfs in three states on three consecutive days. These are low-frill events and many Fanatics commented that you should definitely carry your own fuel and water. The scenery is the draw for these events in Idaho, Wyoming, and Utah. The courses are in the country, and these feel more like trail runs. However, if you want to knock out three states over a long weekend, this is a great way to do it.
- The **Hospital Hill Run** has "hill" in the name, so you should know what you're getting into. Hot, humid, Missouri in June, with a hilly course. Yet, everyone who commented on it, loved it. Great organization, super swag, freebies at the expo, and terrific volunteers. People go back to this event year after year, and they recommend it to others.

## FREQUENTLY ASKED QUESTIONS

**Q. Do I have to email the administrators to be promoted to a higher level?**

A. NO! Starting in April of 2018, we have a review board that reviews ALL upgrades! In order to be eligible for an upgrade, you MUST list your races on your personal race page and include a FIINISH TIME. Please make sure you provide as much information as possible when adding a new race, as we do check each and every race finish that you list. Providing your bib number and placings help expedite the review process, so please help us help you! The database algorithm generates a review when you meet the qualifications for a new level, so there is no need to email us. Please expect 24-48 hours for the review to be completed (this will depend on how many we have in the queue and also if it's a weekend or weekday).

**Q. Do I need to maintain my current Fanatic level status by achieving the criteria each and every year?**

A. No. Once a Fanatic, always a Fanatic (provided that you renew your annual membership dues). You don't have to even complete another race after you are admitted into the Fanatic Insane Asylum, though we'd much rather prefer that you're out there participating in the events.

Answers to additional FAQ's can be found at <http://www.halffanatics.com/club-faq/>





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## Bear Lake Trifecta







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## Bear Lake Trifecta







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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](mailto:half fanaticnewsletter@gmail.com).



Avi #11646  
Landed on Venus



Jenni #13017  
Landed on Venus



Kelly #16880  
Landed on Venus



Brenda #16452  
Landed on Saturn

States without SUN achievement: **YOU** could be the first for AL, AK, CT, DE, 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](mailto:half fanaticnewsletter@gmail.com).



Chuck #10903  
100th HALF



Cindy #3721  
100th HALF



Kandi #13600  
100th HALF



Mwenyewe #7836  
100th HALF



Gretchen #7070  
30th Half on her 30th Birthday





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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:  
[European](#)

Region:

- [Alaska -South Central](#)
- [Atlanta, GA](#)
- [Austin, TX](#)
- [Baton Rouge, LA](#)
- [Birmingham, AL](#)
- [Buffalo, NY](#)
- [California - Northern](#)
- [Central Arkansas / Little Rock](#)
- [Central Gulf Coast/Mobile](#)
- [Chicago, IL](#)
- [Cincinnati, OH](#)
- [Dallas Fort Worth, TX.](#)
- [Denver, CO](#)

Region:

- [Honolulu, HI \(Oahu\)](#)
- [Houston, TX](#)
- [Iowa](#)
- [Kansas City, MO](#)
- [Knoxville, TN](#)
- [Las Vegas](#)
- [Long Beach, CA](#)
- [Long Island/NYC](#)
- [Lubbock / West Texas](#)
- [Maryland](#)
- [Massachusetts](#)
- [Memphis, TN](#)
- [Metro St. Louis](#)
- [Michigan](#)

Region:

- [Mississippi](#)
- [Nashville, TN](#)
- [New Orleans, LA](#)
- [Northern New Jersey](#)
- [Northwest Arkansas](#)
- [North Carolina](#)
- [North Dakota](#)
- [Oklahoma City, OK](#)
- [Omaha, NE](#)
- [Orlando, FL](#)
- [Panama City / Gulf Coast, FL](#)
- [Portland, OR.](#)
- [Philadelphia, PA](#)
- [Phoenix, AZ](#)
- [Richmond, VA](#)

Region:

- [Salt Lake City, UT](#)
- [San Antonio, TX](#)
- [San Diego, CA](#)
- [Seattle, WA](#)
- [Shreveport, LA](#)
- [South Carolina](#)
- [South Florida](#)
- [Tacoma / South Puget Sound](#)
- [Tampa / St. Petersburg, FL](#)
- [Tri-State Area \(NY, NJ, CT\)](#)
- [Tulsa, OK](#)
- [Twin Cities, MN](#)
- [Virginia Beach, VA](#)
- [Washington DC](#)
- [Wichita, KS](#)





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Wounded Warrior Military Miles Half



Beaverton Half



Rock n Roll Seattle



Hotlanta



Filly Women's Half



Night Train 50K and Half



Angela #16711, Rachel #6506





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Erik #17127



John #1905



Seattle Rock & Roll



Seattle Rock & Roll



Lisa #6155



B.J. #12982



Jessica #12226



Carrabba's Half





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## UPCOMING RACES

AUT	8/4 <a href="#">Holzstraßenlauf</a>	13.1	GA	8/18 <a href="#">Area 13.1 Half Marathon</a>	13.1	\$
CAN	8/19 <a href="#">Servus Edmonton Marathon</a>	13.1	-	-	-	-
CAN	8/12 <a href="#">Marathon by the Sea Half Marathon</a>	13.1	HI	8/18 <a href="#">Volcano Rain Forest Half Marathon</a>	13.1	-
CHE	8/1 <a href="#">Demi-Marathon des Alpes</a>	13.1	-	-	-	-
DNK	8/18 <a href="#">Grenaa City Marathon</a>	13.1	ID	8/25 <a href="#">Mesa Falls Half Marathon</a>	13.1	\$
GBR	8/25 <a href="#">401 Foundation Festival of Running</a>	13.1	-	-	-	-
IRL	8/12 <a href="#">Rock 'n' Roll Dublin</a>	13.1	IN	8/11 <a href="#">Beaver Chase Urban Trail Half Marathon</a>	13.1	-
ISL	8/18 <a href="#">Reykjavik Half Marathon</a>	13.1	IN	8/18 <a href="#">Half Moon Half Marathon</a>	13.1	-
NLD	8/12 <a href="#">Stortemelk Halve Marathon</a>	13.1	IN	8/25 <a href="#">Tour de La Porte Half Marathon</a>	13.1	-
-	-	-	IN	8/25 <a href="#">Viking Dash - Night Edition</a>	13.1	-
AK	8/11 <a href="#">Totem Trot Half Marathon</a>	13.1	-	-	-	-
AK	8/19 <a href="#">Anchorage RunFest Half Marathon</a>	13.1	MA	8/5 <a href="#">Triple Threat Half</a>	13.1	-
AZ	8/4 <a href="#">High Mountain Half</a>	13.1	ME	8/26 <a href="#">Blueberry Cove Half Marathon</a>	13.1	-
-	-	-	ME	8/26 <a href="#">Ironman 70.3 Maine</a>	13.1	-
CA	8/1 <a href="#">City of Santa Clarita</a>	13.1	-	-	-	-
CA	8/4 <a href="#">Kirkwood's Thunder Mountain Trail Challenge</a>	13.1	MI	8/4 <a href="#">The Legend Half Marathon</a>	13.1	-
CA	8/4 <a href="#">Salinas Valley Half Marathon</a>	13.1	MI	8/18 <a href="#">Running Between the Vines</a>	13.1	\$
CA	8/11 <a href="#">Angel Island Half Marathon</a>	13.1	MI	8/19 <a href="#">Run Michigan Cheap-Midland 2</a>	13.1	-
CA	8/11 <a href="#">Bear Creek Half Marathon</a>	13.1	MI	8/25 <a href="#">North Country Trail Half (Day 1)</a>	13.1	-
CA	8/12 <a href="#">Camarillo Half Marathon</a>	13.1	MI	8/26 <a href="#">Millennium Meadows 1/2 Marathon</a>	13.1	\$
CA	8/12 <a href="#">Humboldt Bay Half Marathon</a>	13.1	MI	8/26 <a href="#">North Country Trail Half (Day 2)</a>	13.1	-
CA	8/12 <a href="#">Oaktown Half Marathon</a>	13.1	-	-	-	-
CA	8/18 <a href="#">Trail Run at Sly Park</a>	13.1	MN	8/4 <a href="#">RBC Race For The Kids</a>	13.1	-
CA	8/19 <a href="#">America's Finest City Half Marathon</a>	13.1	MN	8/25 <a href="#">Scheels Healthy Human Race</a>	13.1	\$
CA	8/25 <a href="#">Almaden Hills Trail Run</a>	13.1	MN	8/25 <a href="#">Women Rock</a>	13.1	-
CA	8/25 <a href="#">Bulldog 25k Trail Run</a>	25K	-	-	-	-
CA	8/26 <a href="#">Santa Rosa Half Marathon</a>	13.1	MO	8/18 <a href="#">Harder Than Hell Half</a>	13.1	\$
-	-	-	-	-	-	-
CO	8/4 <a href="#">Rocky Mountain HM</a>	13.1	MT	8/18 <a href="#">Kicking Assphalt Half Marathon</a>	13.1	-
CO	8/4 <a href="#">Winter Park Half Marathon</a>	13.1	-	-	-	-
CO	8/11 <a href="#">Georgetown to Idaho Springs HM</a>	13.1	ND	8/11 <a href="#">Go-Far Woman Half Marathon</a>	13.1	\$
CO	8/11 <a href="#">Mt Sneffels Marathon and Half</a>	13.1	-	-	-	-
CO	8/18 <a href="#">Basalt Half Marathon</a>	13.1	NE	8/11 <a href="#">Beat the Heat</a>	13.1	\$
CO	8/18 <a href="#">Pikes Peak Ascent</a>	13.1	NE	8/18 <a href="#">Logan View Raider Run</a>	13.1	-
CO	8/25 <a href="#">All Out Runapalooza</a>	13.1	NE	8/25 <a href="#">Nebraska State Fair Marathon</a>	13.1	-
CO	8/26 <a href="#">Erie 1/2 Marathon</a>	13.1	-	-	-	-
-	-	-	NM	8/4 <a href="#">Red River High Mountain Half</a>	13.1	-
CT	8/19 <a href="#">Bristol Half Marathon</a>	13.1	NM	8/12 <a href="#">Lovelace Rio Grande Half Marathon</a>	13.1	-
-	-	-	-	-	-	-
FL	8/4 <a href="#">Anti Hero Series F. Castle Trail Half</a>	13.1	-	-	-	-

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





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## UPCOMING RACES

NV	<a href="#">8/25 ET Full Moon Half Marathon</a>	13.1		WA	<a href="#">8/4 Orting Summerfest</a>	13.1
NV	<a href="#">8/25 Moonlight Madness</a>	13.1		WA	<a href="#">8/4 Short &amp; Sweet Fun Run 2018</a>	13.1
NV	<a href="#">8/26 Reno 5000 Race #3</a>	13.1	\$	WA	<a href="#">8/10 Bigfoot 20 Mile</a>	20mi
	-			WA	<a href="#">8/11 Cougar Mountain Trail Run #4</a>	14.5mi
NY	<a href="#">8/11 Camp Chingachgook Challenge</a>	13.1		WA	<a href="#">8/11 Race the Reserve</a>	13.1
NY	<a href="#">8/18 Bald Eagle Half Marathon and 10k</a>	13.1		WA	<a href="#">8/11 Woodinville Wine Country Half</a>	13.1
NY	<a href="#">8/26 Black Diamond Express Trail Half</a>	13.1		WA	<a href="#">8/18 Tacoma Narrows Half</a>	13.1
	-			WA	<a href="#">8/18 NWTR Summer Blast @ Redmond Watershed (trail)</a>	13.1
OH	<a href="#">8/4 Run To The Wall Half Marathon</a>	13.1		WA	<a href="#">8/19 Evergreen Half Marathon</a>	13.1
OH	<a href="#">8/5 Hofbrauhaus Half Marathon</a>	13.1		WA	<a href="#">8/26 Iron Horse Half Marathon</a>	13.1
OH	<a href="#">8/11 Goodyear Half Marathon</a>	13.1	\$		-	
OH	<a href="#">8/12 Little Miami Half</a>	13.1		WI	<a href="#">8/4 Fort 14</a>	14mi
OH	<a href="#">8/18 Heart &amp; Sole Community Walk and Run</a>	13.1		WI	<a href="#">8/4 Wisconsin Trail Assail - National Watermelon Day Run</a>	13.1
OH	<a href="#">8/19 Rock Hall Half Marathon</a>	13.1	\$	WI	<a href="#">8/11 Gopher To Badger</a>	13.1
OH	<a href="#">8/26 Emerald City Half Marathon</a>	13.1		WI	<a href="#">8/18 Cheesehead Run</a>	13.1
	-			WI	<a href="#">8/18 Madison Mini Marathon</a>	13.1
OR	<a href="#">8/4 Sunset on the Springwater</a>	13.1	\$	WI	<a href="#">8/25 Wausau 1/2 Marathon</a>	13.1
OR	<a href="#">8/11 Garlic Festival Half</a>	13.1			-	
OR	<a href="#">8/12 Bridge of the Gods Half Marathon</a>	13.1	\$	WV	<a href="#">8/18 Parkersburg News and Sentinel Half</a>	13.1
OR	<a href="#">8/18 Monkey Face Half Marathon</a>	13.1	\$		-	
OR	<a href="#">8/18 Wings &amp; Wheels Half Marathon</a>	13.1	\$	WY	<a href="#">8/18 Run with the Horses Half Marathon</a>	13.1
OR	<a href="#">8/25 Canby Dahlia Run</a>	13.1				
	-					
PA	<a href="#">8/5 Drake Well Half</a>	13.1				
	-					
RI	<a href="#">8/12 East Bay Half Marathon</a>	13.1				
	-					
SC	<a href="#">8/25 Run the South, Greenville</a>	13.1	\$			
SD	<a href="#">8/19 Leading Ladies</a>	13.1	\$			
	-					
TX	<a href="#">8/11 Dragon's Den Half Marathon</a>	13.1				
TX	<a href="#">8/11 Hot Trot Half Marathon</a>	13.1	\$			
TX	<a href="#">8/26 Wee-Chi-Tah Trail Race</a>	13.1				
	-					
UT	<a href="#">8/18 Run Elevated Half Marathon</a>	13.1				
UT	<a href="#">8/25 Mt Nebo Half Marathon</a>	13.1	\$			
	-					
VA	<a href="#">8/4 Dayton Muddler Half</a>	13.1				
VA	<a href="#">8/25 Patrick Henry Half Marathon</a>	13.1				

Half Fanatics Receive a

**\$20 Discount!**

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





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Teresa #16573



Renee #17187



Melissa #9945



Julie #7805



Terri #14514



Sheila #4982



Aaron #16482



Ray #5604





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Sarah #17206



Cynthia #16798



Teresa #15263



April #5486



Great Ferry Race



Missy #16814



Kelly #16207



Katina #12236





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## FANATIC GEAR

Check out all the cool gear available for purchase.



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

## THE 2018 SIGNATURE RACE SERIES!

Signature Race Series  
2018

**RACE-4** CLUB MEDAL!  
Sept 29th, 2018

Akron Children's Hospital

**AKRON MARATHON RACE SERIES**

The race series is 5 marathons / half marathons spread out throughout the United States both in region and dates. Starting in 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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## WELCOME TO THE ASYLUM! NEW JUNE 2018 HALF FANATICS



- 17250 Heather Cohen
- 17251 Teresa Armani, PA
- 17252 Kristin Gansor, Pa
- 17253 Judy Alexander, FL
- 17254 Melinda Saraullo, PA
- 17255 Kristy LaRue
- 17256 Roy Menendez, NY
- 17257 Brent Goldberg, CA
- 17258 Abie Hadjitarkhani, CA
- 17259 melinda mazzocco, IL
- 17260 Brannon Hebert, OH
- 17261 Monica Hebert, OH
- 17262 Trista Courtney
- 17263 Vanessa Berg, MN
- 17264 Carmenchu Moody, NC
- 17265 Jamie Choe, IL
- 17266 Josh Markley, PA
- 17267 Angie Keck
- 17268 Amy Tibbitts
- 17269 Kayla Stallcup, TX
- 17270 Kathleen Quinn-Teague, Okl
- 17271 Brittany Duffield, ok
- 17272 Barbara Bigelow
- 17273 Heidi Wells, AR
- 17274 Sandra Payne, SC
- 17275 Henrissa Nazareth, CT
- 17276 Steven Frankel
- 17277 Deborah Cadden, NS
- 17278 Matthew McGrew, KS
- 17279 Richard Burger, NY
- 17280 Deann Hooper, OK
- 17281 KIm Jackman, KS
- 17282 Deborah Freeman, OK
- 17283 Aimee Guerrero, AZ
- 17284 Lynn Dowdy
- 17285 LeAnn Divjak, IL
- 17286 Ryan Johnson, WA
- 17287 David Schardien, GA

- 17288 Kristin Leadbetter, ND
- 17289 Jim Case, TX
- 17290 Noelle Thomas, WA
- 17291 Marcus Choe, IL
- 17292 Reg Brown
- 17293 Allison Edmondson, PA
- 17294 Mary McCulloch, NY
- 17295 Brenda De Sousa, ON
- 17296 Dory Landa, NY
- 17297 Kathy Koszegi, WA
- 17298 Tandi Toone, MO
- 17299 Lindsey Morris, WA
- 17300 Chandra Sterling, OKL
- 17301 Stacey Kozel
- 17302 Chris Hale, OK
- 17303 Phyllis Paro, VT
- 17304 Arnold L. Robertson Jr.
- 17305 Brenda Ruckman, MO
- 17306 Lillian Livers, IN
- 17307 Rebecca Schiermeyer, AR
- 17308 Ruth Esteban-Muir
- 17309 Courtney Duncan, TX
- 17310 Teresa Dibbert , MN
- 17311 Crysta Weitekamp, IL
- 17312 Jason Rogers, OR
- 17313 Chris Ebright, LA
- 17314 Natalie Uyeno, CA
- 17315 Scott Braithwaite, WA
- 17316 Michelle Melissa, MO
- 17317 Rick King, CA
- 17318 Chris Tempro, Pen
- 17319 Shannon Neumann, MO
- 17320 Kimberly Martin, ME
- 17321 Ellen McWhirter, AR
- 17322 Carrie Harding, ND
- 17323 Trent Fiedler, MN
- 17324 Jason Rice, VA

- 17325 Beth Graef, WA
- 17326 Marguerita Cheng, MD
- 17327 Martha Arnaud
- 17328 Betsy Bockoras, WA
- 17329 Holly Barilla, PA
- 17330 Marilyn Fricke, AR
- 17331 Jamie Logan
- 17332 Rachel Florek, NE
- 17333 Derek Wilson, ID
- 17334 Kelsey Lang, WA



Reg #17292



© HALF FANATICS





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## OUR WHY... WHY WE RUN

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



I was born and raised in Madison, Wisconsin. Growing up, I was a chubby kid, and I was not really into running. Plus, I had a lot of medical issues that prevented me from doing a lot of physical activity. I was diagnosed with moderate to severe epilepsy at 12 months old. I had seizures every day, including a lot of grand mal seizures, and I missed a lot of fun activities because of that. When I was 4, I was diagnosed with autism. Back then doctors weren't sure exactly what level of autism I had, but they said around medium to high functioning. Despite all that, I swam and played some basketball. I also played the piano and got involved in theater. I made a lot of friends with some help, and I tried to fit in as normally as I could.

In my 20s, I got involved in more sports with Special Olympics. It helped me learn to gain some independence. My epilepsy was more under control, and I was overcoming some struggles with autism. I even learned how to drive, thanks to my mentors helping me beat my anxiety! In 2011, my family moved to San Tan Valley, Arizona. I was still chubby, as I still ate a lot more than I exercised. Then in June 2013, my life changed forever and that is when I found running -- or rather, running distance races found me.

My mom passed away suddenly on June 8th, 2013. I was the one to find her. My mom's death really got me motivated to run, because I knew I needed to do something to get out of the house. Walking turned into more running. Then, I kept running, and it turned into so much more.

A few months earlier, I was chosen to represent the state of Arizona as a track athlete in the Special Olympics 2014 USA Games in New Jersey. Back then I was just a sprinter and did some walking events. I didn't have the endurance to run very far, but I did start doing a few 5Ks here and there before my mom died.

After she passed, I started to train more for the Special Olympics, and it helped me therapeutically. I joined a Special Olympics running club, where they worked with me on speedwork and endurance. I met some coaches and connections, who helped me run my first 10K a year later. I ended up winning a gold medal, two silvers, and a 5th place ribbon at the Special Olympics!

The following year, I ran more 5K and 10K races on my own. At one of those events, a Special Olympics coach I knew through my Arizona sports said she believed I could do a half marathon. She helped me train, and a few months later, I finished the Rock n' Roll San Diego Half Marathon, and I was hooked! I started traveling on my own out of state to run half marathons. In 2016, I ran enough half marathons to qualify to become a Half Fanatic.

Throughout my journey, I have met lots of awesome people. There are some who said their goal was to run races in all 50 states. So, that got me motivated to get started on that. I also met tons of Team RWB friends throughout the USA, who I have become close to as well. I've also met Marathon Maniacs and Double Agents, who have inspired me to start running full marathons and even ultras -- lots of them -- but I'll save that for another day.

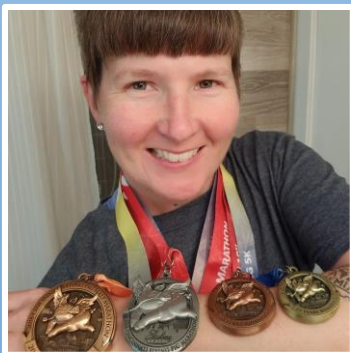
I will tell you this though... I am the Half Fanatic who was able to overcome lots of odds. I have been seizure free for 4 years. I have lost lots of weight -- at least 40 lbs! I drive and fly to all my races, mostly on my own (who knows if my mom totally would approve, but I'll never know, lol). There are lots of people with autism who can't do that, so I feel lucky in that regard. I have finished over 43 half marathons in my career since I started in 2015, and I have completed half marathons in 6 states. You will see me a lot in California, Nevada, New Mexico, and Arizona. I am out there doing everything from 5Ks to ultras, and I will continue to do so for as long as I can.

Carla #13789





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I've always been a runner, even as a kid. But winning the women's division of a small 5k at 15 yrs old, showed me that running gave me purpose...it paid for some of my college as an undergraduate.

Running got me through tough times, like an impending divorce and going back to school in my 40s. Running is what helped me keep going when people stopped believing in me. It's opened doors to new friendships, new destinations, and new levels of confidence I didn't know I had.

So glad I didn't listen to the naysayers who persistently told me I couldn't do it.

I will hit 50 lifetime half marathons this October at the Branson, MO, reunion race.

Christie, HF 3501

Had the coolest experience EVER while running the New Castle Mini marathon today! I didn't know the course went passed the Indiana Basketball Hall of Fame. 🏀 I'm in there - yes, I'm in the basketball Hall of Fame, tho it's just the Silver Anniversary team - but I'd never been there before to see the display. So at mile 10, I just decided "what the heck" and I took a detour and ran inside. I told the people there my story. (They had guessed I was running in to ask to go to the bathroom! 🚻 What else would they expect from a fat old lady! Lol! ). They were so nice! They helped me find the display and my picture and took a few pictures for me. They got me in, out and back in the race quickly! 🏃 How cool is that?! When I left I was so overcome with emotion - thinking how fortunate I've been in life (good family, good friends, good education, good health) that I started crying and I missed a turn on the course!! 😭 Lol! Fortunately a police officer saw me and yelled for me to turn around! Lol!! More good fortune! 🍀



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