



# AUGUST 2018 NEWSLETTER

## CONTENTS

- [Cover Page](#) 1
- [Reunion/Club Exclusive](#) 2
- [Flying Fanatics](#) 3
- [Did You Know?](#) 4
- [Race Photos](#) 5
- [Achievements](#) 6
- [HF Facebook Pages](#) 7
- [Race Photos](#) 8
- [Race Discounts](#) 9-10
- [Race Photos](#) 11
- [Gear](#) 12
- [New Members](#) 13
- [Our Why](#) 14



Denise #8002



Tacoma Narrows



Rick #2145, John #1905, Jorgina #16456



Bridge of the Gods



Erik #17127



Jessica #4086, Jim #2578, Gregg #4564, Keely #293





[Return to Contents](#)



**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





[Return to Contents](#)



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

### Mission:

- To introduce our youth to the physical and emotional positive effects of running.
- To increase the physical activity of our youth.
- To create a positive environment where all participants are equal.
- \*Hard work and determination will be rewarded at the end of the journey!

Find out more at: <http://www.halffanatics.com/flying-fanatics>.



### Flying Fanatics Fitness Levels

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

Need some more challenging Levels? Check out the Mini Maniacs

Welcome to the Perch  
*Jeremy M., Flying Fanatic #88*



\*If you would like us to give a shout out to your Flying Fanatic, email information to [halffanaticnewsletter@gmail.com](mailto:halffanaticnewsletter@gmail.com)

## FROM THE EDITOR

August was a very hot and dry month for the Pacific Northwest. Made all our race events a bit more challenging. Hope the heat of the month didn't keep you from participating. Take a peek at all the [Race Discounts](#) offered in October, and hopefully 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](mailto:halffanaticnewsletter@gmail.com)

-Kellie Follett #4560



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



[Return to Contents](#)

## Half Fanatic Pace Team

Are you interested in being a pacer?

Upcoming opportunity:

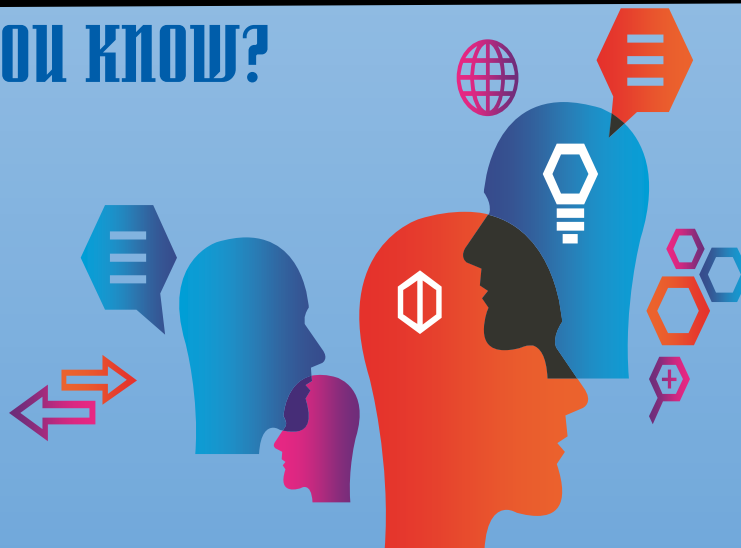
**That Dam Half** – Grand Prairie, TX (10/20/18)

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>

## DID YOU KNOW?



## August had 128 race events listed on the Half Fanatics Race Calendar.

The top three events attended by Half Fanatics were all in the Pacific Northwest.

- Topping the list was **Tacoma Narrows** Half Marathon, whose Race Director is our very own Tony Phillipi (#3). This race features the Tacoma Narrows bridge, with great views and great organization and support. Tony says many people get PR's at this event, and come back every year.
- The next event that had the most Half Fanatics was the **Iron Horse** Half Marathon in North Bend, WA. This course is used by many events because it is a easy downhill course, in shaded trees, on a hard packed dirt road. Swag was nice and they provided free photos.
- Up third was the **Bridge of the Gods** Half. This is usually a very popular event, however, with the big fire last year, there were fewer Half Fanatics than past years. The course had to be altered due to the trails being closed. The course is going back to the original next year.

## EXPO SCHEDULE

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

### **Akron Half Marathon**

September 29<sup>th</sup>

**You Go Girl!**

September 30<sup>th</sup>

### **Grand Country Half**

October 7<sup>th</sup>

### **Crawling Crab Half**

October 7<sup>th</sup>



## RUN GRAND COUNTRY 2018

Join us Sunday, October 7th, 2018 for the 3rd annual Run Grand Country Half Marathon & 5K in Branson, MO.

EVERY participant will receive a backpack, t-shirt, reusable cup, hat and finisher medal.

Come walk, run, dance or crawl your way across the finish line to help raise money for the Branson Education Foundation!

USE DISCOUNT CODE **LASTSECONDHF**  
FOR \$10 OFF THE HALF

[RACE.GRANDCOUNTRY.COM](http://RACE.GRANDCOUNTRY.COM)



[Return to Contents](#)



Susan #12775



Mike #8704



Dragon's Den Half



Dragon's Den Half



Terri #11944



E.T. Full Moon Midnight



Goodyear Half Marathon



Little Miami Half



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



Angela #16711  
Landed on the SUN

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!



[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!



### 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

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](#)



[Return to Contents](#)



Lisa #6155



Bridge of the Gods



Erik #17127



America's Finest City Half



Bridge of the Gods



Christie #3501





[Return to Contents](#)

## RACE DISCOUNTS

|    |   |      |    |   |      |
|----|---|------|----|---|------|
| AL | 10/12 Mainly Marathons Appalachian (Day 7)  | 13.1 | KS | 10/6 Salt City Half Marathon                | 13.1 |
| AR | 10/13 Arkansas Half Marathon                | 13.1 | KS | 10/14 Prairie Fire Fall Half Marathon       | 13.1 |
| AR | 10/14 Hero Half Marathon                    | 13.1 | KS | 10/27 Kansas Rails-to-Trails Extravaganza   | 13.1 |
| AZ | 10/20 Lake Powell Half Marathon             | 13.1 | KY | 10/20 Urban Bourbon Half Marathon           | 13.1 |
| AZ | 10/28 Wicked Half Marathon                  | 13.1 | LA | 10/20 Monroe Distance Classic Half          | 13.1 |
| CA | 10/6 South Hills Single Track Trail Run     | 13.1 | LA | 10/27 Heroes Run                            | 13.1 |
| CA | 10/7 JetBlue Long Beach Half Marathon       | 13.1 | MI | 10/13 Screaming Banshee Half Marathon       | 13.1 |
| CA | 10/13 Space Rock Trail race 1/2             | 13.1 | MI | 10/21 Detroit Free Press – International    | 13.1 |
| CA | 10/14 Foster Park Half                      | 13.1 | MI | 10/21 Grand Rapids Half Marathon            | 13.1 |
| CA | 10/21 Lexus LaceUp Ventura Half Marathon    | 13.1 | MO | 10/7 Grand Country Half Marathon            | 13.1 |
| CA | 10/27 Healdsburg Wine Country Half          | 13.1 | MO | 10/7 Mo Cowbell Half Marathon               | 13.1 |
| CO | 10/7 Rim to Rim Royal Gorge Half Marathon   | 13.1 | MO | 10/21 The Great Go! St Louis Halloween Half | 13.1 |
| CO | 10/28 Kooky Spooky Half                     | 13.1 | MO | 10/28 Spooky Sprint Half Marathon           | 13.1 |
| CO | 10/28 Westy Half                            | 13.1 | NC | 10/6 Race 13.1 Raleigh Fall                 | 13.1 |
| DE | 10/20 Monster Mash                          | 13.1 | NC | 10/9 Mainly Marathons Appalachian (Day 4)   | 13.1 |
| FL | 10/13 Mainly Marathons Appalachian (Day 8)  | 13.1 | NC | 10/13 Cannonball Half Marathon              | 13.1 |
| FL | 10/14 Mainly Marathons Appalachian (Day 9)  | 13.1 | NC | 10/27 Run Ocean Isle                        | 13.1 |
| FL | 10/20 ZOOMA Florida Half Marathon           | 13.1 | NJ | 10/21 Atlantic City Half Marathon           | 13.1 |
| FL | 10/27 Miami Beach Halloween Half            | 13.1 | NJ | 10/21 Halloween Half                        | 13.1 |
| GA | 10/11 Mainly Marathons Appalachian (Day 6)  | 13.1 | NJ | 10/27 Cape May Hallowed Half                | 13.1 |
| GA | 10/27 Silver Comet Half                     | 13.1 | NM | 10/21 Duke City Marathon                    | 13.1 |
| GA | 10/28 Atlanta Halloween Half                | 13.1 | NM | 10/25 Day of the Dead Series (Day 1)        | 13.1 |
| HI | 10/14 Maui Half                             | 13.1 | NM | 10/26 Day of the Dead Series (Day 2)        | 13.1 |
| IA | 10/13 Driftless Half Marathon               | 13.1 | NM | 10/27 Day of the Dead Series (Day 3)        | 13.1 |
| IA | 10/13 Driftless Half Marathon               | 13.1 | NM | 10/28 Day of the Dead Series (Day 4)        | 13.1 |
| IA | 10/21 Des Moines Half Marathon              | 13.1 | NV | 10/27 Halloween Half Las Vegas              | 13.1 |
| ID | 10/13 Hayden Lake Half Marathon             | 13.1 | NV | 10/27 Valley of Fire                        | 13.1 |
| ID | 10/28 Onward Shay Boise Half Marathon       | 13.1 | NY | 10/6 Vintage Run at Bethel Woods            | 13.1 |
| IL | 10/7 Whisky Daddle Half Marathon            | 13.1 | NY | 10/7 NY Divas Half Marathon                 | 13.1 |
| IL | 10/7 Whiskydaddle Half Marathon             | 13.1 | NY | 10/20 Brooklyn Half Marathon                | 13.1 |
| IL | 10/13 Des Plaines River Trail Half Marathon | 13.1 | NY | 10/27 EVL Halloween Half Marathon           | 13.1 |
| IL | 10/14 Springfield Half Marathon             | 13.1 | OH | 10/13 Queen Bee Half Marathon               | 13.1 |

\*Race discount codes can be found on [halffanatics.com](http://halffanatics.com)



[Return to Contents](#)

## RACE DISCOUNTS

|    |  |      |    |  |      |
|----|--|------|----|--|------|
| OK | 10/14 Spirit of Survival Half Marathon (OK)  | 13.1 | TX | 10/20 Halloween Half Fort Worth                | 13.1 |
|    |  |      | TX | 10/27 Hill Country Halloween Half              | 13.1 |
| OR | 10/7 Oregon Women's Half Marathon            | 13.1 |    |  |      |
| OR | 10/7 Portlandathon                           | 13.1 | UT | 10/13 Antelope Island Half                     | 13.1 |
| OR | 10/21 Columbia Gorge Half Marathon           | 13.1 | UT | 10/14 The Other Half                           | 13.1 |
| OR | 10/21 Run Like Hell Half Marathon            | 13.1 | UT | 10/20 The Haunted Half Marathon - Salt Lake    | 13.1 |
|    |  |      | UT | 10/27 Halloween Half                           | 13.1 |
| PA | 10/21 End of the Road Half Marathon          | 13.1 | UT | 10/27 The Haunted Half - Provo                 | 13.1 |
| PA | 10/21 Hershey Half Marathon                  | 13.1 |    |  |      |
| PA | 10/28 Oktoberfest 13.1 & 10K                 | 13.1 | VA | 10/7 Mainly Marathons Appalachian (Day 2)      | 13.1 |
|    |  |      | VA | 10/20 Lake Anna Half                           | 13.1 |
| RI | 10/7 Newport Half Marathon                   | 13.1 |    |  |      |
| RI | 10/28 Ocean State Narragansett Half Marathon | 13.1 | WA | 10/13 Defiance 15k - 30k - 50k                 | 30k  |
|    |  |      | WA | 10/13 Poulsbo Half                             | 13.1 |
| SC | 10/10 Mainly Marathons Appalachian (Day 5)   | 13.1 | WA | 10/14 Girlfriends Run for a Cure Half Marathon | 13.1 |
| SC | 10/13 Famously Hot Pink Half                 | 13.1 | WA | 10/28 Captain Jack's Treasure Run              | 13.1 |
| SC | 10/27 Run the South, Charleston              | 13.1 | WA | 10/28 Scary Run Half Marathon                  | 13.1 |
|    |  |      |    |  |      |
| SD | 10/7 Run Crazy Horse Half Marathon           | 13.1 | WI | 10/21 Haunted Hustle                           | 13.1 |
|    |  |      |    |  |      |
| TN | 10/8 Mainly Marathons Appalachian (Day 3)    | 13.1 | WV | 10/6 Mainly Marathons Appalachian (Day 1)      | 13.1 |
| TN | 10/217 Bridges Marathon                      | 13.1 |    |  |      |
| TN | 10/21 Desmond Doss Memorial Half             | 13.1 |    |  |      |
| TN | 10/27 Race 13.1 Nashville                    | 13.1 |    |  |      |



\*Race discount codes can be found on [halffanatics.com](http://halffanatics.com)



[Return to Contents](#)



Sporty Diva's Bad Azz Half



Ray #5604



Ruth #14011



Shane #15431, Julia #15262



Mike #8704, Laurie #9266, Darrell #7677



Stormie #16953



[Return to Contents](#)

## FANATIC GEAR

Check out all the cool gear available for purchase.



# TRADING CARDS

## ARE BACK!!

<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!



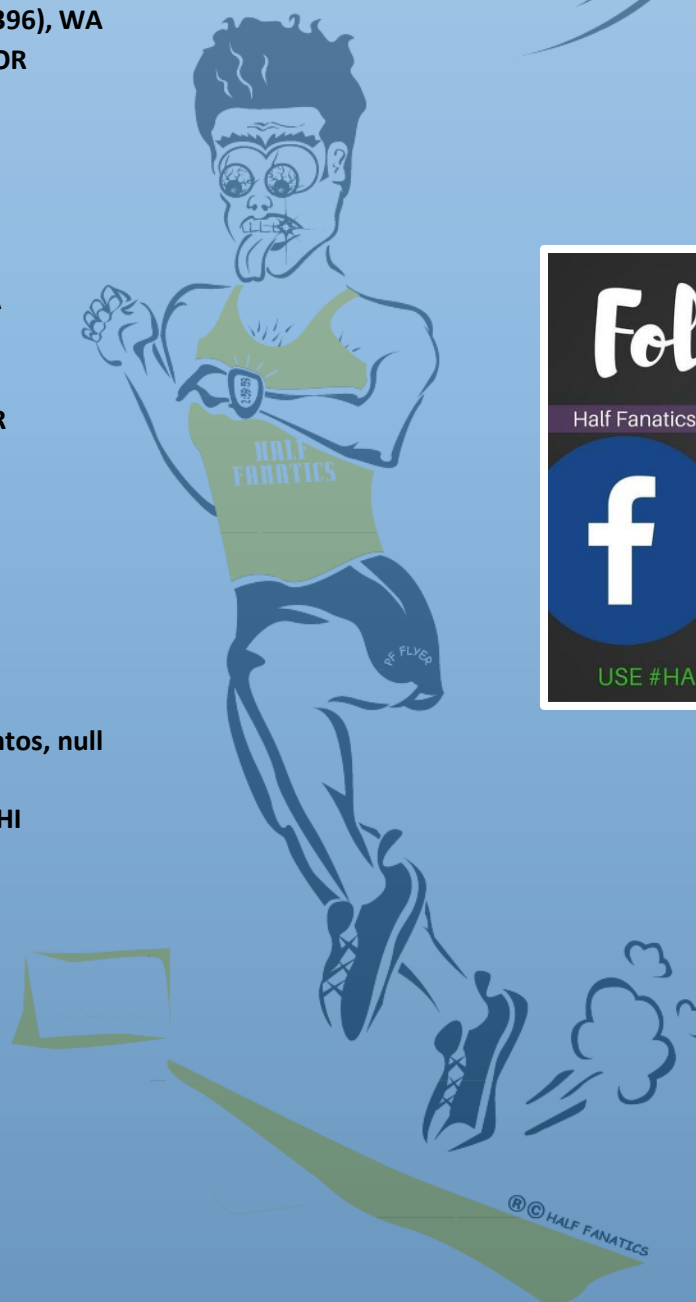
[Return to Contents](#)



## WELCOME TO THE ASYLUM! NEW AUGUST 2018 HALF FANATICS



- 17394 Stephanie Heilman
- 17395 Jennifer McGowan, KS
- 17396 Angela Smith (#17396), WA
- 17397 Heather Jammeh, OR
- 17398 John hopkins, WA
- 17399 Kelly Browning, KS
- 17400 Shannon Hays
- 17401 Doug Neely, OH
- 17402 Dina Zugar, CA
- 17403 Melissa White, WA
- 17404 Kelly Arefi, WA
- 17405 Jenny adams, OK
- 17406 Michelle Colvin, OR
- 17407 Ben Quiñones, MT
- 17408 Jessica Evener, AR
- 17409 Jenni Rich, WA
- 17410 Nick Richards, OR
- 17411 Kali Groover
- 17412 Robert Rich, WA
- 17413 Jason Lorenz, OK
- 17414 Eszter Schmidt-Hantos, null
- 17415 Lisa Warner
- 17416 Thomas Marnoch, HI



**Follow us!**

Half Fanatics | @halffanatics | @MainFanatics

USE #HALFFANATICS TO BE FEATURED!



[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 started running in 2014 and had you asked my "why" at that time...I would have said "to lose weight." No other reason. I hated how I looked and felt, so I decided to do something about it. I mapped out my year of events (one each month) and promptly registered for them so I would be "committed". My first big goal was a half marathon. Eek!! At first, races were just to hold myself accountable. I completed my first half marathon in May 2014 (Portland Rock n Roll) --and oh my goodness!!.. there's nothing better than race day, I loved it!

At the end of my first year of hard running, I broke my foot. I was devastated. All of 2015 was spent healing and wanting to get back in my running shoes. Being injured brought weight gain and a big setback in running speed. I was determined to get back to "normal" and in September 2016, I ran my first full marathon! I was stoked. I was continuing to lose weight as originally planned. I kept building friendships and going to races around the region. My family even joined which was awesome! My Mom and both of my sons (22 & 16) have done half marathons with me! So amazing!

In 2017, I qualified for Half Fanatics. I was so excited...a new milestone! With Fanatics, I found more friends. Awesome!

Today, my "why" is "to keep my happy." I notice a huge difference in my mindset when I miss a run or two. It helps me. Tremendously. I have lost nearly 80 pounds and owe a lot of it to running. I'm happier today. Running makes me happy, end of story.

Brenda #16452

