



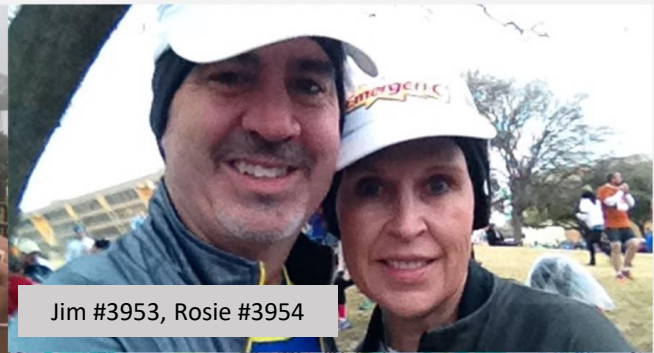
# 1st QUARTER 2019 NEWSLETTER

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Tyisha #17725



Jim #3953, Rosie #3954



Holly #897



Gregory #8068



MMHF RnR New Orleans



Carol #3880

**Follow us!**

Half Fanatics | @halffanatics | @MainFanatics

USE #HALFFANATICS TO BE FEATURED!



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## CLUB EXCLUSIVE EVENTS

What are 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.

A few past and future perks include:

- Discounted race entry
- Pre-Race area with private restrooms
- Post race party tent
- Private gear check
- Discounted hotel rates
- Free race photos
- Custom race bib

Different events offer different perks!

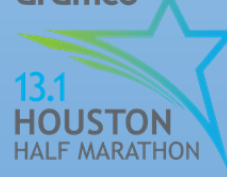
Please visit our [Club Exclusive Events](#) page for race specific perks:

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

Yuengling



aramco



## FANATIC GEAR



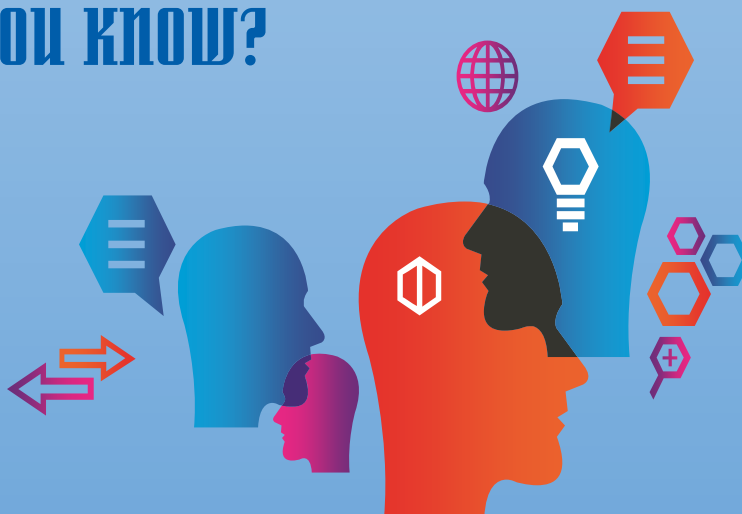
<http://www.databarevents.com/store/category/2/Half-Fanatics>



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## DID YOU KNOW?



### 1<sup>st</sup> Quarter had 445 race events listed on the Half Fanatics Race Calendar.

The top three running events attended by Half Fanatics for the first quarter of 2019 were Little Rock Half Marathon, Yuengling Shamrock Half Marathon, and Run the Bluegrass.

**Little Rock Half** is a favorite of many Half Fanatics and the event has a different theme every year. It's known for one the largest medals for any event, and always very well organized, with terrific crowd support no matter the weather..

**Yuengling Shamrock Half** was a Club Exclusive Event with special perks for Half Fanatics and Marathon Maniacs. This is a flat and fast course with a great after party that has terrific food, free beer, and a live band.

Rounding out the top three, the **Run the Bluegrass Half** is hilly, but very scenic and peaceful. Everyone who ran this recommends the run very highly with an excellent expo and top notch organization.

## EXPO SCHEDULE

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

### Ghost of Tacoma

May 4<sup>th</sup>

### Tacoma City

May 5<sup>th</sup>

### OC Half

May 5<sup>th</sup>



All Events listed on page 11 & 12  
Have a Half Fanatic Club discount!



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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



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

	Joined	Member	State	Level	Miles
93	1/4	Alex D.	AB	Working on Condor	
94	2/12	Daniel C.	ND	Working on Condor	12.2
95	2/12	Lynessa C.	ND	Working on Condor	12.2
96	2/12	Jada D.	ND	Working on Condor	12.2
97	2/12	Kemper E.	ND	Working on Condor	12.2
98	2/12	Landon F.	ND	Working on Condor	12.2
99	2/12	Peyton G.	ND	Working on Condor	10.6
100	2/12	Abby G.	ND	Working on Condor	12.2
101	2/12	Tryg H.	ND	Working on Condor	12.2
102	2/12	Ellie K.	ND	Working on Condor	12.2
103	2/12	Maya L.	ND	Working on Condor	12.2
104	2/12	Aubrey L.	ND	Working on Condor	12.2
105	2/12	Kameron L.	ND	Working on Condor	9.36

	Joined	Member	State	Level	Miles
106	2/12	Maddox M.	ND	Working on Condor	11.3
107	2/12	Yara M.	ND	Working on Condor	12.2
108	2/12	Zack P.	ND	Working on Condor	12.2
109	2/12	Cole S.	ND	Working on Condor	12.2
110	2/12	Faith S.	ND	Working on Condor	12.2
111	2/12	Jack S.	ND	Working on Condor	12.2
112	2/12	Diem T.	ND	Working on Condor	12.2
113	2/12	Eli W.	ND	Working on Condor	11.9
114	2/12	Lemar J.	ND	Working on Condor	12.2
115	2/12	Danny E.	ND	Working on Condor	9.87
116	2/13	Madison R.	CA	Working on Condor	



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Danielle #4557



Gregory #8068



Aaron #10127



Flavio, Karen #13300



Kim #16698



Nathalie #10047



Mike #8704



Heritage Missions Half



Erik #17127



Heritage Missions Half



Heritage Missions Half



Champoeg Half30K



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New Orleans Women's Half



Steve #21



Rise of the Winter Dragon



Scott #8354



Rise of the Winter Dragon



The Pistol Ultra Run



Run the Blue Grass



River Road Half



San Marcos Half



San Marcos Half



Shelina #7054



NOLA Women's Half



Run the Blue Grass



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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).



Kelly #16880  
Landed on the SUN



Lisa #6155  
200<sup>th</sup> Half



Anita #7613  
100<sup>th</sup> Half



Angela #16711  
100<sup>th</sup> Half



Meghan #14020  
75<sup>th</sup> Half

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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## 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](#)

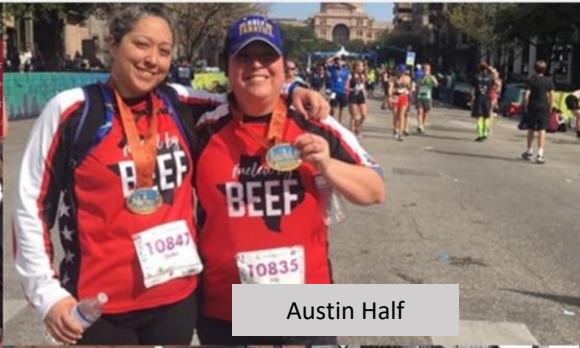




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Christina #11102



Austin Half



Minerva #6223, Lisa #16742



Judy #17502



Daytona Beach Half



Chuck #17483



Jessie #9690



Joey #94146



Erik #17127



Gregory #8068



Kim #16698



Kevin #15967



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Run the Blue Grass



Mike #17744



Rose #13650



LaShaun #6795



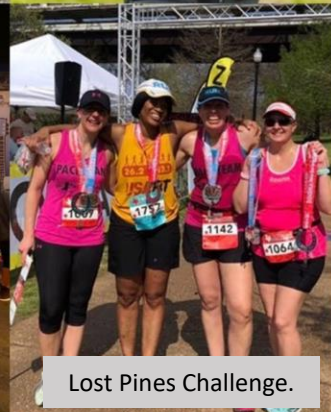
Jessie #9690



Meghan #14020



Mississippi Blues



Lost Pines Challenge.



Rose #3059



Linda #12980



San Diego Half



Minerva #6223,  
Lisa #16742




San Marcos Half



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## RACE DISCOUNTS

All of the events listed here have a discount off the regular registration fee. This is one of the perks for being in the Half Fanatics club, and using a few discounts for races you plan to do anyway will help pay for your membership.

Log onto the Half Fanatics website and go to the Race Calendar <http://www.marathonmaniacsdb.com/fanatics/events>. Then, look for events with the coin . Click on the coin to reveal the discount code.

There are many other events listed on the race calendar as well, but only the ones with the coin have discounts.

AZ	6/15	Grand Canyon Half	MD	5/18	St Michaels Half	NM	5/5	Run for the Zoo
CA	5/5	OC Half	MD	5/27	Fallen Soldiers Memorial	NV	5/5	Reno's Biggest Little Half
CA	5/5	Ojai	MD	6/9	Dash Through the Dirt Half			
CA	5/11	Yosemite Half	MD	6/19	Mainly s Independence Series (Day 2)			
CA	6/15	Sugar Daddy				NY	5/11	Happy Half
			ME	5/11	Shipyards Maine Coast Half	NY	5/26	Buffalo Half
CO	5/5	Colorado Half	ME	5/13	New England Challenge (Day 1) Pine Tree Half	NY	6/8	Race the Lake
CO	5/19	Norad Trail Race	ME	5/26	Pineland Trail Running Festival	NY	6/22	Mainly s Independence Series (Day 5)
CO	6/2	REVEL Rockies Half	ME	6/22	Old Port Half	NY	7/13	Shoreline Half
CO	6/8	Mueller Trail 25k	ME	6/29	Mainly s New England Series (Day 7)	NY	7/27	Battle at Bristol Mountain Half
CO	7/4	Longmont Half	ME	7/14	Narragansett Summer Running Festival			
CO	7/13	Aspen Valley	ME	7/22	Wild Moose 1/2 North East Series Day 2	OH	5/18	To Do My Best Half
CO	7/20	Summer Splash Prairie Dog Half				OH	6/2	Bobcat Blue Ridge Series Day 1
CO	7/27	Pikes Peak Ultra 30k	MI	6/22	Charlevoix Half	OH	6/9	Run & Ride - Cedar Point
			MI	7/6	Chateau Grand Traverse Half	OH	7/7	Mainly s Heartland Series Day 1
CT	5/17	New England Challenge (Day 5) Nutmeg Half	MI	7/8	Mainly s Heartland Series Day 2	OH	7/20	1/2 way to Christmas
CT	5/19	Mystic Half	MI	7/27	Grand Island Trail Half			
CT	6/24	Mainly s New England Series (Day 2)				OR	5/11	Sisters Better Half
CT	7/26	Praying Mantis 1/2 North East Series Day 6	MN	5/26	Med City Half	OR	5/25	Oregon Spring Half
			MN	7/21	Mainly s Prairie Series 2019	OR	6/29	Revel Mt Hood
DE	6/18	Mainly s Independence Series (Day 1)				OR	6/29	Pacific Crest Endurance Festival
			MO	6/1	Go Girl Run Columbia	OR	7/20	Oregon Summer Half
GA	5/27	Georgia Peach Jam Half	MO	7/27	Sizzling Six Shooter	OR	7/21	Hagg Lake Half
GA	6/9	Hotlanta Half						
GA	7/4	We the Runner's Half	MT	5/11	Whitefish Half (formerly Two Bear)	PA	6/20	Mainly s Independence Series (Day 3)
			MT	6/22	Glacier Half	PA	6/23	Mainly s New England Series (Day 1)
HI	6/30	Kona Half	MT	7/20	Madison			
			MT	7/21	Big Sky	RI	5/5	Angry Unicorn
IN	6/22	Viking Dash National Championship Trail Run				RI	5/5	Providence Rhode Races Half
IN	7/9	Mainly s Heartland Series Day 3	NC	5/11	Carolina Brewsfest	RI	5/18	New England Challenge (Day 6) Red Island Half
			NC	6/7	Venus Fly Trap Blue Ridge Series Day 6	RI	6/25	Mainly s New England Series (Day 3)
KS	5/11	Running with the Cows	NC	6/8	New River Half	RI	6/29	Bristol Independence Rhode Race Half
			NC	6/15	Run the South Half	RI	7/14	Sour Apple Half
KY	5/25	Viking Dash Trail Run: Louisville				RI	7/21	Violet State 1/2 North East Series Day1
KY	6/4	Honeybee Blue Ridge Series Day 3	NH	5/14	New England Challenge (Day 2) Granite Half	RI	7/27	Harbor Seal 1/2 North East Series Day 7
			NH	5/18	Big Lake Half			
MA	5/16	New England Challenge (Day 4) Old Colony Half	NH	6/28	Mainly s New England Series (Day 6)	SC	5/5	Myrtle Beach Divas Half
MA	6/23	Funky Monkey Half	NH	7/23	Lady Slipper 1/2 North East Series Day 2	SC	6/7	Carolina Jessamine Blue Ridge Series Day 7
MA	6/26	Mainly s New England Series (Day 4)						
MA	7/25	Cranberry State 1/2 North East Series Day 5	NJ	5/19	SuperHero Half	SD	6/2	Deadwood Mickelson Trail
			NJ	6/21	Mainly s Independence Series (Day 4)			


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



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TN	6/6	Mocking Bird Blue Ridge Day 5
UT	5/11	N.O. Limits Half
UT	5/11	Vigor Big Cottonwood Canyon Half
UT	5/18	Bryce Canyon Ultras Half
UT	5/18	Ogden Half
UT	6/1	Thelma & Louise Half
VA	6/1	Run & Ride Kings Dominion
VA	6/5	Bee Rock Tunnel Blue Ridge Series Day 4
VT	5/15	New England Challenge (Day 3) Maple Leaf Half
VT	5/19	Vermont Sun Half
VT	6/27	Mainly's New England Series (Day 5)
VT	7/13	Ethan Allen
VT	7/24	Red Clover 1/2 North East Series Day 4
WA	5/4	Ghost of Tacoma Half
WA	5/5	Tacoma City Half
WA	5/19	Run To Remember - Washington
WA	6/2	North Olympic Discovery 1/2
WI	5/4	Wisconsin Half
WV	6/3	Salamander State Blue Ridge Series Day 2

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



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Wichita Chisholm Trail Half



Terrence #17443



Wrightsville Beach Half



Teresa #15263



Sandra #9811



Shelina #7054



San Marcos Half



Seabrook Lucky Trails half



Shelina #7054



Teresa #15263



Tukwila to Alki Half



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## WELCOME TO THE ASYLUM! NEW 2019 HALF FANATICS



- |                                  |                               |  |
|----------------------------------|-------------------------------|--|
| 17677 Nicky Inskip               | 17703 Linda Williams (#17703) | 17729 Shanedra Nowell, OK              |
| 17678 Lisa Epstein, NJ           | 17706 Deanna Marlow, OK       | 17730 Kathy Rutkowski, FL              |
| 17679 Ruthie Maldonado-Delwiche  | 17704 Heidi Chiappetta, SC    | 17731 Heather Kern, PA                 |
| 17681 Nancy Gette                | 17705 Kim Kawada-Schauer, WA  | 17732 Samantha Killeen, IL             |
| 17680 Scott Jones, AZ            | 17707 Cathy Duncan, TX        | 17733 Leslie Killeen, NJ               |
| 17682 April Engram, MD           | 17708 Taylor Bedford, VA      | 17735 Dawn Golden, WA                  |
| 17683 Frank Townsend, PA         | 17709 Helen Mizell, LA        | 17734 Desirae Nixon, IL                |
| 17684 Bailey Dezellem, WA        | 17710 Shannon Arnold, WA      | 17736 Jennifer Young (#17736), MD      |
| 17686 Amanda D Daniel, LA        | 17711 Erika Hamel, NH         | 17737 Kel Fox                          |
| 17685 Ashley Warren, NC          | 17712 Valerie Rivera, CA      | 17738 John Allison, AR                 |
| 17687 Tin Luu, VA                | 17713 James Adams             | 17739 Tanya Vandeventer, CA            |
| 17689 Jan Paolo Decangchon, null | 17714 Kelsey Roberts, CA      | 17740 Vivian Cavan, CA                 |
| 17688 Iva Mensah, VA             | 17715 Heather Baugh, OK       | 17741 Kerianne Christie                |
| 17691 will seay, wa              | 17716 Harvey Little, KY       | 17742 Sarah Martin, MA                 |
| 17690 Meg Berry, AR              | 17717 Evan Cousins, WA        | 17743 Zandrea Z Vaughn                 |
| 17692 Gwen laferr, AR            | 17718 Phoebe Bishop, FL       | 17744 Michael "Null Value" Knowles, MS |
| 17693 Michelle Gibson,           | 17719 Christy Sheets, SC      | 17745 Robyn Jones, OR                  |
| 17694 Gayle Gonzales, VA         | 17720 Beth Stella, FL         | 17748 Briar-Rose Honeywill-Sykes       |
| 17695 Jo Faris, IA               | 17721 John Jones III, AL      | 17746 Heather Liber, AZ                |
| 17696 Kathi Bedford, VA          | 17724 Trudy Fransen           | 17747 Angie Rosenkrans, CA             |
| 17697 Amanda T                   | 17722 Katie Sifferman, WA     | 17749 Elton Takara                     |
| 17698 Trish Hubbard, MS          | 17723 Davin Hagman, WA        | 17750 Carla Brown, GA                  |
| 17701 Kristin Sellers            | 17725 Tyisha Sellars, NC      | 17751 Diana Sobczynski, OR             |
| 17699 Kellee Rodriguez, WA       | 17726 Jennifer Ellis, OK      | 17752 Ryan Wrigley, AL                 |
| 17700 Karin Berens, KS           | 17727 Tony Ingle, AR          | 17753 Terence McCormick, NY            |
| 17702 Michael Crevelt, MO        | 17728 Crystal Gist, MD        | 17757 Latonya John                     |



George #17783



Kelsey #17714



Tyisha #17725



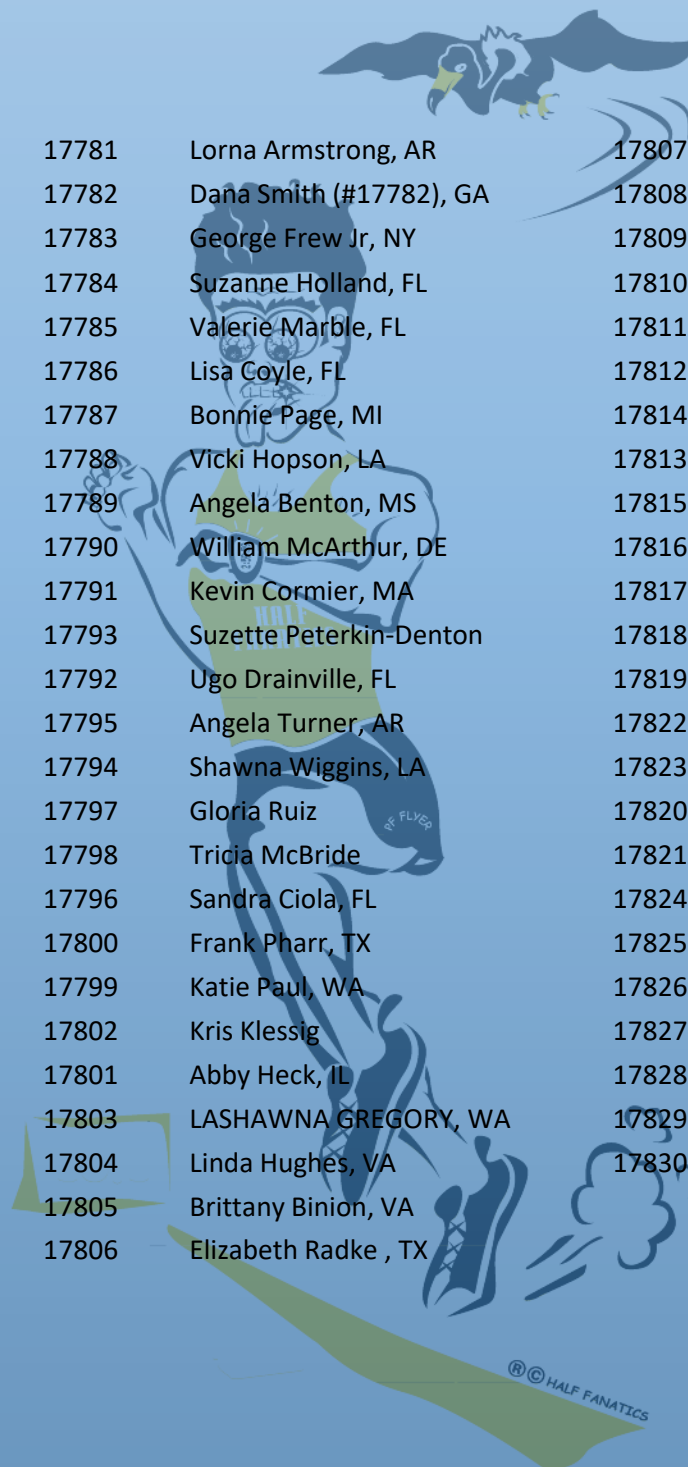
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## WELCOME TO THE ASYLUM! NEW 2019 HALF FANATICS



17754	Debbie Hourtienne, TX	17781	Lorna Armstrong, AR	17807	Brigid Turner, NY
17755	Ben Spivey, AL	17782	Dana Smith (#17782), GA	17808	Shannon Jeffries, OK
17756	Jim Speights, MO	17783	George Frew Jr, NY	17809	Sarah Rogers
17759	Karen Smilgis, KS	17784	Suzanne Holland, FL	17810	Maya Gorton, VA
17758	Lori Roush, TX	17785	Valerie Marble, FL	17811	Jacqueline Schreiber, KY
17760	Samuel A Goldberg, CA	17786	Lisa Coyle, FL	17812	Ann Wirtanen
17764	Celena Cannon	17787	Bonnie Page, MI	17814	Liz Van Savage
17761	Courtney Waltmyer, DC	17788	Vicki Hopson, LA	17813	Jordan Archer, WA
17762	Arissa LaFerr, AR	17789	Angela Benton, MS	17815	Shannon Embanato
17763	Helen Ledbetter, AR	17790	William McArthur, DE	17816	Marybeth Norcross, AR
17765	Stephanie Jurries, AK	17791	Kevin Cormier, MA	17817	Katrina Gilreath, AR
17767	Michael Rowe	17793	Suzette Peterkin-Denton	17818	Alisa Smith (#17818)
17766	Rachelle Nelson, MO	17792	Ugo Drainville, FL	17819	Amanda Lynn, OK
17768	Marianne Garrett, TX	17795	Angela Turner, AR	17822	Jody Wilkins
17769	Chris Champion, FL	17794	Shawna Wiggins, LA	17823	Steve Barberie, FL
17772	Lena Rosenblum	17797	Gloria Ruiz	17820	Angela Lee, TN
17770	Sandy Tossetti, CA	17798	Tricia McBride	17821	Mark Medina, LA
17771	Melissa Eastlick, WA	17796	Sandra Ciola, FL	17824	DeAnna Anderson, AR
17773	Thomas Page, MI	17800	Frank Pharr, TX	17825	Judy Thornton, AR
17774	Jenny Storey, GA	17799	Katie Paul, WA	17826	Reomona Thomas, GA
17775	Susan Sumners, TX	17802	Kris Klessig	17827	Alexander Gulyaev, null
17777	Nicole Lindquist	17801	Abby Heck, IL	17828	Megan Mercy, VA
17778	Julie Meade	17803	LASHAWNA GREGORY, WA	17829	Chelsea George, Flo
17776	Teresa Turbyfill, NC	17804	Linda Hughes, VA	17830	Sharyn Aufenanger
17779	Cassy Pettus, AR	17805	Brittany Binion, VA		
17780	Jaclyn Beckler, TN	17806	Elizabeth Radke, TX		





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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.



Published in [The Maui News](#)

Morgan Gerdel of Wailuku won the Lake Mead Half Marathon on Sunday in Henderson, Nev.

Gerdel finished the 13.1-mile race in 1 hours, 40 minutes, 24.5 seconds, crossing the finish line nearly seven minutes ahead of men’s runner-up Darrin Jones.

The course was held on the River Mountains Loop Trail, relocated from the original course at Lake Mead due to the government shutdown.

*“My wife and I were in Las Vegas celebrating her birthday and we decided to run last minute, on a whim,” Gerdel said in a email. “The 37-degree temperature at the start took some getting used to, but the sunrise coming over the mountains and views of the Strip’s skyline more than made up for it. I found myself at the front early and picked up the pace as the race progressed, surprising myself with first place. I was really impressed by the BBSC Endurance Running organization for putting on a well-managed race with plenty of support on the course.”*

Gerdel has run 23 half marathons to date and is part of a half-marathon running group called the Half Fanatics.