



2nd QUARTER 2019 NEWSLETTER

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Mt. Hood Revel



TeRetta #13114



Moni #16937



Ronit #8514



Liberty Hospital



Running Streak Day # 1,800 Steve #21



Gregory #8068, Danielle #4557

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/>



FANATIC GEAR



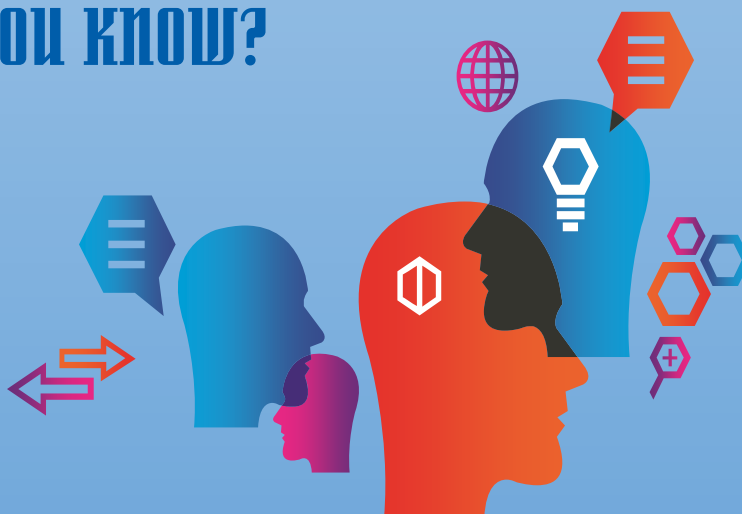
<https://marathon-maniacs.myshopify.com/collections/half-fanatics>



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DID YOU KNOW?



2nd Quarter had 500 race events listed on the Half Fanatics Race Calendar.

Mt. Hood Revel Half Marathon was the top event for the quarter. 70 Half Fanatics signed up for this downhill event, running through the trees in Oregon. Most people gave positive reviews, commenting that the organization was very well done, and that they had improved the bussing from the previous year.

Next up there was a tie for 2nd place between the Flying Pig Half Marathon in Cincinnati, OH and the OC Half Marathon in California. Both events were on the same day in May, and each 66 Half Fanatics in attendance. Honorable mention goes to Oklahoma City Memorial, which was one shy with 65 members.

The Flying Pig Half Marathon is a huge annual event that runs part of the course in Kentucky. They have events all weekend where people run multiple events. The expo is one of the biggest for any event, and they provide lots of swag. Everyone enjoys the course -- despite the huge hill.

The OC Half Marathon was a Club Exclusive Event, providing perks to Half Fanatics such as discounted entry, exclusive bathrooms pre-race, post-race private tent, and more. The course is point-to-point with early busses. Part of the course runs near the coast with views of the ocean.

EXPO SCHEDULE

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

Tacoma Narrows

Aug 17th

Defiance

Oct 12th

New HALF FANATIC BLOG.

Share your running goals/achievements with us & get featured on our blog!

Email us at info@marathonmaniacs.com



Training Plans!

Know someone who would like to train to become a fanatic?
We have a plan for that!

Feel free to share the plans to help others succeed.
<https://www.halffanatics.com/fanatic-in-training/>



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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



Welcome to the Perch
Jackson, Flying Fanatic #117

*If you would like us to give a shout out to your Flying Fanatic, email information to halffanaticnewsletter@gmail.com





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Bear Lake



Adam #2630



Aquarium Run



Angela #12586



Barbara #15169



Breann #17515



Bill #8282



Anita #7613



Blue Ridge Half



Badass Texas



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Buffalo



El Dorado Half



Fargo



Donna #7420



Coffee Milk Half



DanMan Trail Half



Brenna #15024



Frank #16292



Enid #11285



Carrabbas 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.

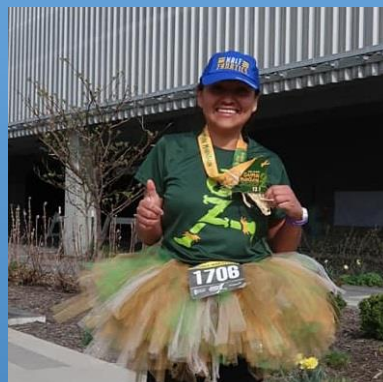
If you would like your promotion mentioned in the newsletter, please send your name, HF number and Moon level to: half fanaticnewsletter@gmail.com.



Luz #3889
300 Halfs



Jennifer #16743
50 States



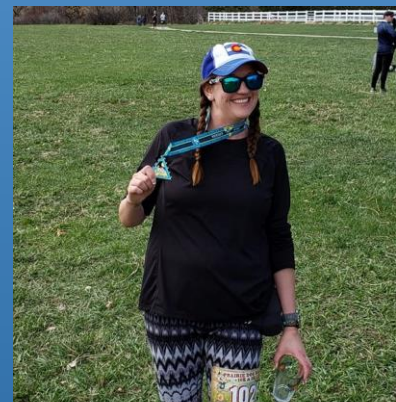
Diana #17593
MARS



Valerie #6470
MARS



Jamie #17875
JUPITER



Lori #16511
JUPITER



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Garmin Marathon and Half



Joey #9146



Garden Spot 12 Marathon



Hop Hop Half



Natasha #11356



Mike #17744



Sheila #4982



Laurie #9266



RnR Seattle



Teresa #15263



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Covered Bridges



Janette #15394



Patty #3454



Chuck #10903



OC Half



Hospital Hill



Linc #4870



Jennifer #16743



Danielle #4557, Michael #8581
50 States Complete!



James #17105



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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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Renee #17187



Danielle #4557, Michael #8581



Edward #9253 Bonnie #9479



Tina #16109



Garmin OZ



Hotlanta2



Rose #3059



Samuel #15562



Christie #3501



Tina #7359



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Barbara #13940



BJ #9432



Angie #13211



David #13988, Angie #13211



Brent #17257



Carla #13789



Chuck #17483



April #5486



Dave #17604



Cynthia #16798



Cynthia #9606




Angela #12122



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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.

Canada 9/8 GMS Queen City	KY 10/19 Urban Bourbon	NH 10/5 New Hampshire half
AK 8/18 Anchorage RunFest Half	LA 9/28 Walk On Independence Bowl Half	NH 10/6 Smuttynose Rockfest Half
AL 9/29 Clarence Demar Half	MA 9/29 ZOOMA Cape Cod	NH 10/13 New England Half
AL 10/11 Appalachian Series Day 7	MD 9/28 Susquehanna River Running Festival Half	NJ 10/26 Cape May Hallowed Half
AR 10/12 Arkansas & Half	ME 10/6 Maine	NJ 10/27 Halloween Half
AR 10/13 Hero Half	MI 8/11 Viking Dash Trail Run: Hell	NM 9/14 Sandia Crest Half
AZ 10/12 Lake Powell Half	MI 9/8 Holland Haven Half	NY 8/10 Bald Eagle Half
CO 8/19 Center of the Nation Day 1	MI 9/22 The Brooksie Way	NY 9/21 Mighty Niagara Half
CO 8/25 Erie Half	MN 8/11 Run & Ride Valley Fair	NY 9/22 Rochester
CO 9/28 The Pioneer Prairie Dog Half	MN 8/24 Healthy Human Race Half	NY 9/28 Amish Country Running Festival
CO 10/26 Sage Burner Trail 28k Race	MN 10/19 Mankato Half	NY 9/28 Hamptons Half
CO 10/27 Westy Half	MO 9/29 Mother Road Half	OH 8/10 Goodyear Half
CT 10/12 Eversource Hartford & Half	MO 10/6 Run Grand Country Half	OH 8/18 Rock Hall Half
FL 10/12 Appalachian Series Day 8	MS 10/27 GREAT 38 HALF	OH 8/19 Rock Hall Half
FL 10/19 ZOOMA Amelia Island (FL)	MT 8/24 Center of the Nation - Day 6	OH 9/8 River Run Half
FL 10/20 Cocoa Beach Half	NC 10/8 Appalachian Series Day 4	OH 9/21 Air Force Half
GA 8/17 Area 13.1 Half	NC 10/12 Cannonball Half	OH 9/28 Akron Half
GA 9/7 Craft Classic Atlanta	NC 10/19 Mother Earth Brewing Ironclad Half	OH 10/6 Viking Dash Trail Run: Toledo
GA 9/14 Savannah Sunburn Half	NC 10/20 Bull City Half	OH 10/12 Viking Dash Trail Run: Cleveland
GA 10/10 Appalachian Series Day 6	NC 10/26 Run Ocean Island Beach	OK 10/6 Stilly Half
HI 10/13 Maui	NC 10/26 Triple Lakes Trail Races	OR 8/3 Country Girl Half
IA 10/20 IMT Des Moines	ND 8/23 Center of the Nation Day 5	OR 8/10 Northwest Series Day 1
ID 8/14 Northwest Series Day 5	NE 8/20 Center of the Nation Series - Day 2	OR 8/11 Northwest Series Day 2
ID 8/15 Northwest Series Day 6	NE 9/28 Monument	OR 9/7 Oregon Fall Half
KS 8/31 Topeka to Auburn Half		OR 9/21 Sunset on the Springwater
		RI 8/11 East Bay Running Festival Half
		RI 9/8 Surftown Half
		RI 9/21 Jamestown Half
		RI 10/27 NARRAGANSETT Ocean State Rhode Race Half


*Race discount codes can be found on halffanatics.com



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- 
- SC 10/9 Appalachian Series Day 5
 - SD 8/22 Center of the Nation Day 4
 - SD 9/21 Mount Rushmore Half
 - SD 10/6 Run Crazy Horse

 - TN 9/7 Great Smoky Mountains Half
 - TN 9/7 Luray 1/2
 - TN 10/7 Appalachian Series Day 3
 - TN 10/20 Desmond Doss Memorial Half

 - UT 10/13 Arches Half

 - VA 10/5 Appalachian Series Day 1
 - VA 10/6 Appalachian Series Day 2

 - VT 8/24 Lost Cat half
 - VT 9/26 Beebe Farm
 - VT 10/27 Nor'Witch Halloween

 - WA 8/12 Northwest Series Day 3
 - WA 8/13 Northwest Series Day 4
 - WA 8/17 Tacoma Narrows Half
 - WA 9/15 Appletree Half
 - WA 10/12 Defiance 50k 30k 15k
 - WA 10/13 Girlfriends Run for a Cure
 - WA 10/27 Scary Run Half

 - WI 8/31 Rockin' Brews Half
 - WI 9/14 ZOOMA Great Lakes

 - WV 9/22 Morgantown Half

 - WY 8/21 Center of the Nation Day 3

*Race discount codes can be found on halffanatics.com



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Erik #17127



Isabella #16568



Doug #809



Grand Tetons



Heather #10718



Flying Pig



Encinitas Half



Hatfield McCoy



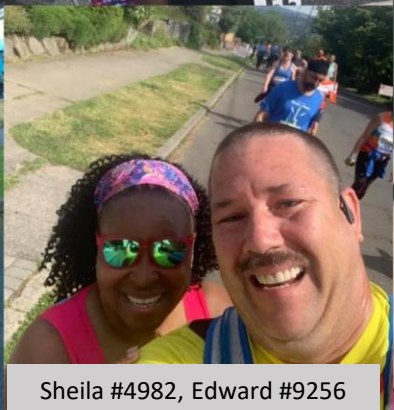
Hogeye 2019



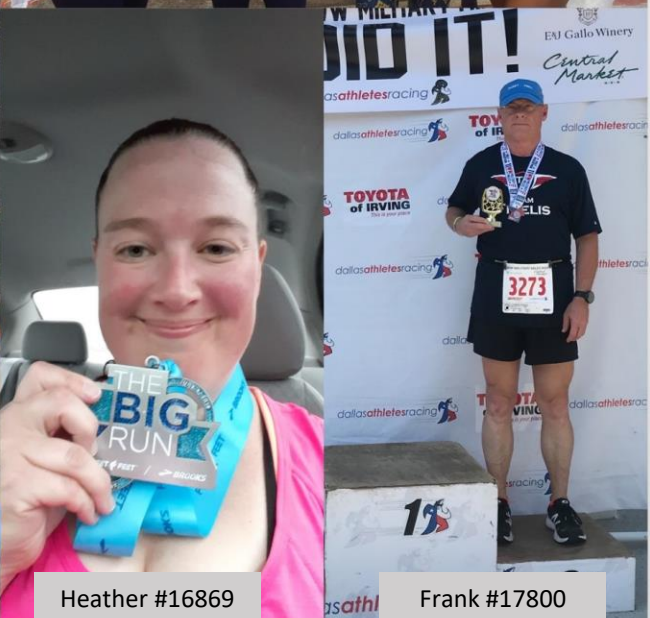
Demarcus #16030



Hop Hop Half



Sheila #4982, Edward #9256



Heather #16869

Frank #17800



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Jill #11071



James #11848



Jenny #17774



Jamie #17875



Jennifer #17578



Jason #12968



Joanne #14845



Kanisha #16236



Kathy #11932



Judy #17502



Jackie #17811



James #5344 Lois #6871



Jill #14534



Jamicka #15931



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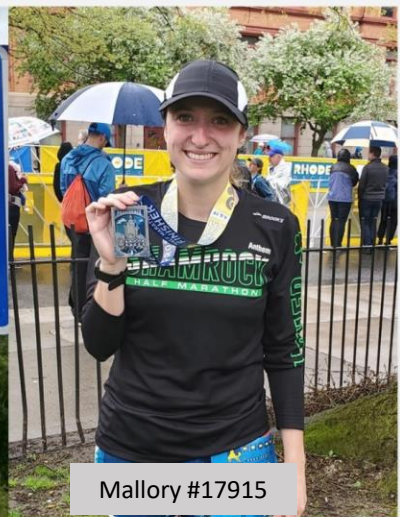
Kelly #16880



Lolita #13004



Lenora #3739



Mallory #17915



Kris #17802



Lindsey #17351



Luis #11212



Lisa #16948



Marthas Vineyard



Melanie #17370

Mike #17652



Meghan #14020



Naketa #9180



Manitoba Half



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17831	KAYLIE MIMS	17857	JILL WILSON	17882	DAVID SCHUITEMA GA
17832	TANA FIELD	17858	CRYSTAL BERRY	17885	JENNIPHER MCGRAW TX
17833	JOHN MCKINLEY	17859	TOM BERNSTEIN	17886	AMANDA KAISER-JONES KY
17834	JORDAN BOGART	17861	JUDSON BOISVERT	17884	MICHELLE KITCH OK
17835	EDNA WALL	17860	KIM MANTURUK	17887	SIERRA MARCUS OK
17836	RYAN M DEARBONE	17862	TRACY SELLERS	17888	WAYNE HRYNIUK AB
17837	JAMIE BIRDSONG	17863	SHANI WAITE	17889	BUFORD STEWARD TX
17838	TERRY BEWLEY AR	17864	SAMANTHA GRANT	17890	LUCINDA EVERSMA KY
17839	ALYANNA ESPINA CA	17865	BRYCE WILSON	17891	WILL HUGHES SC
17840	TARYN BEWLEY	17866	KEVIN HARPER OK	17892	JEN WILLIS FL
17841	BART FIRCH	17867	ERIN SHEPHERD	17893	JENNIFER BRISTOW OK
17842	MICHELLE WAGGONER	17868	KIM JONES	17894	ARNEL TAGLE MD
17843	ZIZA TREMOR	17869	STEPHEN MITCHELL	17895	KAREN ROMERO NJ
17844	POPCORN AR	17870	SAMANTHA AGER	17896	LETRICE CHESNEY TX
17845	TONYA RODGERS	17873	RANDELL BALLARD	17897	JENNIFER SCOTT TN
17846	JONATHAN TATE	17874	SEAN MATLOCK CA	17899	KRIS HUNT SC
17847	JASON GILPIN OK	17871	ELLEN LANNERT	17898	VALENCIA LOYD TX
17848	MELISSA ILLIES	17872	BEVERLY A OK	17900	MATTHEW WIDEMAN
17851	VICTOR FLEMING OK	17875	JAMIE KENDALL NC	17901	ASHLEY MORROW VA
17852	CLYDE BENNETT OK	17876	SCOTT GRIDER	17906	PAUL HUNT TN
17849	RYAN MAY	17877	JOHARI CREWS	17902	MICHAEL LEFKOWITZ PA
17850	AMANDA FLESHER	17878	CHELSEA HACKER	17903	DOUGGLAS FOSS OK
17853	KIM NEUMANN	17879	TERESA TAYLOR	17904	STEPHANIE ROLLINS AL
17854	BRENDON CHRISTENSEN	17881	ANGELA SINGH	17905	KORIE NORTHAM NV
17855	COLE BENSINGER	17880	ANGIE ANDERSON	17907	AMANDA GIBSON AR
17856	JILL BENSINGER	17883	CHRISTOPHER FRYE WA	17908	BRITTANY CUNNINGHAM AR





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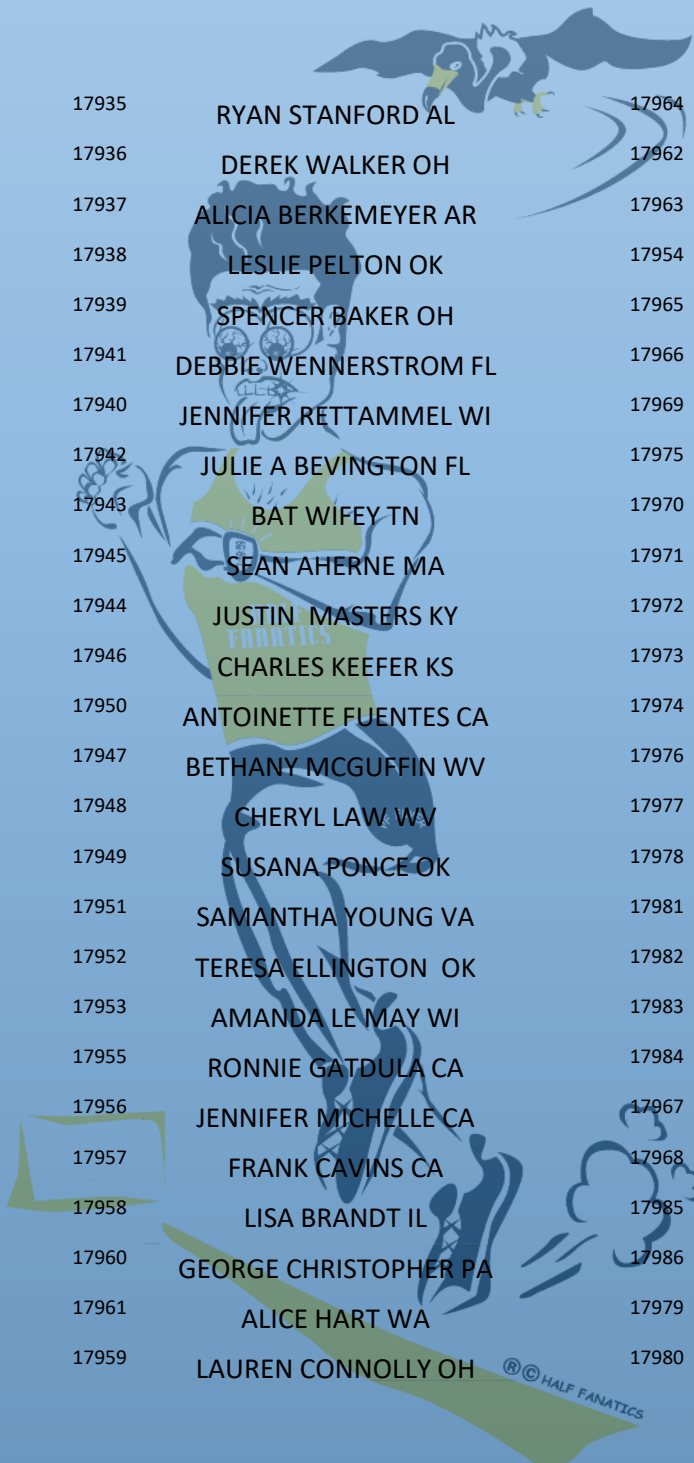
WELCOME TO THE ASYLUM! NEW 2019 HALF FANATICS



17909 BRIAN JACKSON AR
17918 ALBERT JORDAN JR. MI
17919 PAUL CHERRY TX
17915 MALLORY HARPER MA
17916 CARISSA TROST OK
17910 STACI PATTON OK
17911 DENISE LEDBETTER TX
17912 KASSIE STINSON OK
17913 SARA TOSCH AR
17914 KATRINA BROWN PA
17917 SONYA PATTON TN
17920 ROBERT CULLEY OK
17921 MICHAEL WARREN GA
17922 PAULETTE ESPINA IL
17924 KIMBERLY MATHENY WV
17932 BOB GRIMMIG FL
17930 TAMMY YANOVITCH OK
17923 KYNDEL LEATHEROCK OK
17925 JENNIFER RYTERSKI IL
17926 ALISON JENKINS AR
17927 MEGAN KHA CA
17928 TAYLOR FEBUS NY
17929 DEANNE SELINGER
17931 JEANPHILIPPE GUINDON TN
17933 PAMELA MASSENGALE OK
17934 JOAN RINCON AR

17935 RYAN STANFORD AL
17936 DEREK WALKER OH
17937 ALICIA BERKEMEYER AR
17938 LESLIE PELTON OK
17939 SPENCER BAKER OH
17941 DEBBIE WENNERSTROM FL
17940 JENNIFER RETTAMMEL WI
17942 JULIE A BEVINGTON FL
17943 BAT WIFEY TN
17945 SEAN AHERNE MA
17944 JUSTIN MASTERS KY
17946 CHARLES KEEFER KS
17950 ANTOINETTE FUENTES CA
17947 BETHANY MCGUFFIN WV
17948 CHERYL LAW WV
17949 SUSANA PONCE OK
17951 SAMANTHA YOUNG VA
17952 TERESA ELLINGTON OK
17953 AMANDA LE MAY WI
17955 RONNIE GATDULA CA
17956 JENNIFER MICHELLE CA
17957 FRANK CAVINS CA
17958 LISA BRANDT IL
17960 GEORGE CHRISTOPHER PA
17961 ALICE HART WA
17959 LAUREN CONNOLLY OH

17964 SAMA HANIF CA
17962 KERISHA BOWEN MD
17963 KENZIE HAHN AZ
17954 JULIE REISING OK
17965 THOMAS STANKUS WA
17966 LOVETTE RAUSCH OK
17969 DUANE MAXWELL TN
17975 NANCY MUSGROVE CA
17970 DAVID MAYNARD OK
17971 GELVER VERGELDEDIOS OH
17972 NICOLE VERGELDEDIOS OH
17973 MARICEL LAZO NJ
17974 TARA CHETTIAR KS
17976 LORI POOL OK
17977 MARIA CROMPTON TX
17978 LAURA STEWART MO
17981 STEPHANIE RICHARDS MO
17982 SHIRLEY SPENCER AR
17983 ALICIA LAUBSTED IL
17984 GLORIA HUTCHEK AR
17967 JOSEPH PAREDES TX
17968 JAMES CLAGG OK
17985 GRETCHEN STROUD OK
17986 THERESA WORMINGTON OK
17979 MICHELLE GANDY OK
17980 MEAGAN BARKER OK



© HALF FANATICS



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WELCOME TO THE ASYLUM! NEW 2019 HALF FANATICS



- | | | | | | |
|-------|---------------------------|-------|----------------------|--------|-----------------------------|
| 17987 | MELISSA BUDETTI MURPHY OR | 18012 | LILY CLEGG AR | 18039 | MICHELLE MILLER (#18039) AL |
| 17988 | EDGAR RAMIREZ OK | 18013 | MEGAN OSORIO NC | 18040 | BILLIE MCCAFFREY WA |
| 17989 | TRACY CLOW ND | 18015 | MARC WENDLETON IL | 18041 | TRACY TANNER NS |
| 17990 | JENNIFER HANSEN WA | 18016 | CARLA CHERRIER ND | 18042 | SHANNAH SHOOPACK PA |
| 17994 | TAMZIN HOWERTON DC | 18017 | AMY JACKSON AR | 18045 | JON RUCKLE WA |
| 17995 | MICHELLE WILLIAMS OK | 18019 | DONNA ADAMS TX | 18043 | DAVID PEX OR |
| 17993 | JENNIFER SCOTTO CA | 18018 | THERESA SMITH NJ | 18044 | STACEY BROWN` NC |
| 17991 | MATT TURNER CA | 18020 | ANTJE PERRIN IL | 18046 | RICH NEWMAN WA |
| 17992 | AARON BERTOSON OK | 18022 | SHEREE WILSON MO | 18047 | JENNIFER LOUIE-ABERNATHY CA |
| 17996 | PEGGY MARLAR OK | 18023 | LESLIE SMITH PA | 18048 | NICOLE LEVEQUE-WELLER MI |
| 17997 | TRACIE NEBRICH IN | 18021 | PATRICIA YVETTE MD | 18049 | CASSANDRA BALZARINI AZ |
| 17998 | LESLIE HICKMAN OK | 18027 | RYAN GARCIA OH | 18050 | MICHELLE GALEN IN |
| 17999 | RACHAEL ZARET IL | 18024 | BRUCE RUMBURG CO | 18051 | ROBERT GIALLORETO BC |
| 18000 | KIMBERLY SANDERS CA | 18025 | DANJA ROBERTS WA | 18052 | DESTINEY PATTON TN |
| 18001 | JOSEPH KOHUT IL | 18026 | HISASHI SPRINGER WA | 18053 | ERIN KNIGHT CA |
| 18005 | LORI COOPER TX | 18028 | JILL MCDONALD ON | 18054 | JENNIFER RANKIN OK |
| 18006 | JOY KOESTER IN | 18029 | RICHARD DUCRE MO | 18055` | LYRIC CAMPER |
| 18002 | ANDREA BLAYLOCK IL | 18030 | L. ANGELICA LERMA WA | 18056 | PATRICK HOLLINGSWORTH |
| 18003 | RENEE WILLIAMS WA | 18031 | DENEEN KEATON PA | 18057 | ELIZABETH SWANEY |
| 18004 | CATHY HOWARD OK | 18032 | SUSAN FEAKES MN | | |
| 18007 | JENN MILLER OK | 18033 | MARK MILLER MD | | |
| 18009 | ROBIN MITCHELL CA | 18034 | CHRISTINE FERRIS MI | | |
| 18008 | SCOTT LITHGOW PA | 18037 | STEPHANIE HARRIS GA | | |
| 18010 | KELLI FOSTER TX | 18035 | CADEN RYDER TN | | |
| 18011 | JULIE GOCHENOUR CA | 18036 | CHRISTINE RYDER TN | | |
| 18014 | CARRIE YOUNG IL | 18038 | ALEXA GOODLANDER NY | | |



Andrea #18002



Bethany #17947,
Cheryl #17948



Duane #17969,
Julie #7805



Rachael #17999



Sheree #18022



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Natasha #11356

Randy #4373



River Run



Patty #3454, Anita #7613



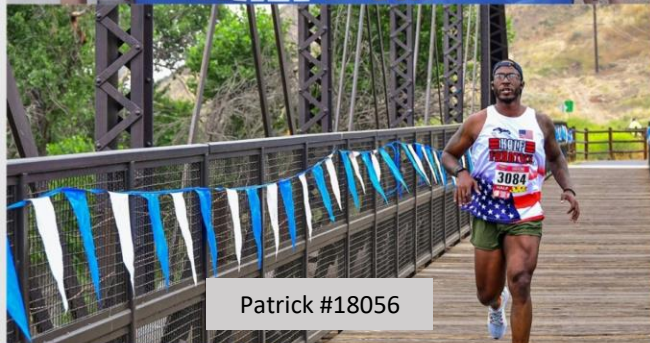
RnR San Diego



Ray #5604



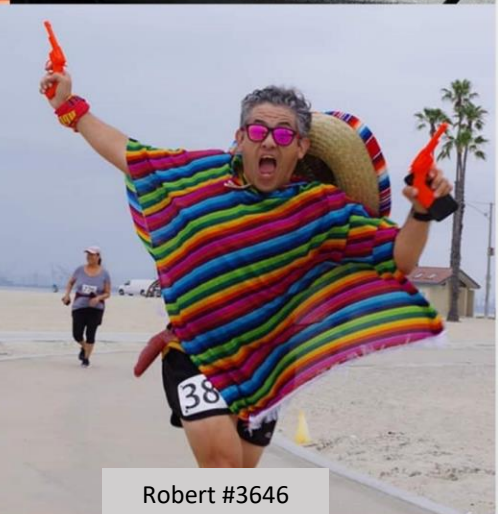
Nita #4789



Patrick #18056



Paula #3005



Robert #3646



Ralph #17645

Ron #15826



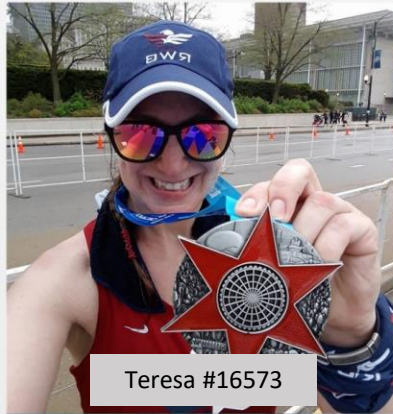
Ruthie #17679



Running with the Cows



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Teresa #16573



Snoqualmie Valley



Ryan #3422 Austin #17117



Susanna #16732



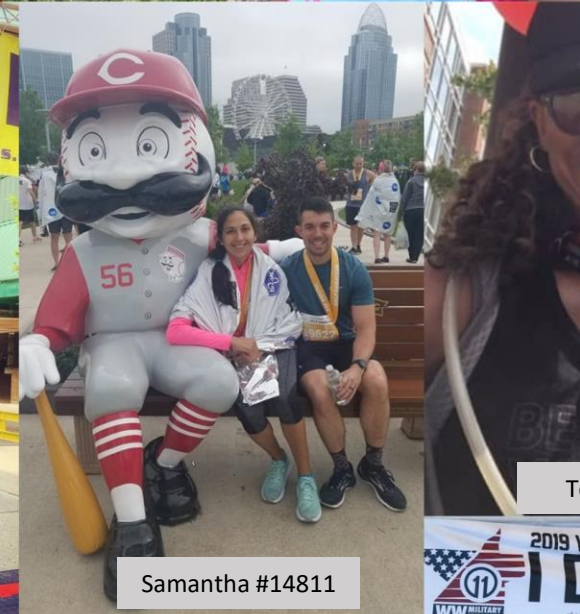
Sherri #10853



Scott #8354



Teon #7350



Samantha #14811



Terry #7578



Shelina #7054



Scott #8354



Susan #17429



Suzie #11134



Scott #16652



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Wenatchee



Uncorked Half



Tracey #10504



Tiffany #17242



Tracey #4389



Valerie #2821



Tracy #17989 Kristin #17288



Yinka #16715



Tom #2481



Tyisha #17725



TraLiza #14325



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IN MEMORIAM

Allen Sandstrom HF #13814
3/25/1938 – 6/19/2019

Allen became a Half Fanatic in 2016.
However, He qualified long before then.

Below is beautiful except written by his niece Teri Parent.



"Our beloved Brother and Uncle, Allen Ray Sandstrom, passed away on Sunday, June 16, 2019.

Born March 25th, 1938, Allen lived an extraordinary life, humbly and modestly. He served in the Merchant Marines and the U.S. Army, returning home to enroll at Portland State University in 1959 while working full-time. He graduated from PSU in 1964 with a business degree and was the first in his family to earn a college education.

With a passion for education, Allen created the Allen Ray Sandstrom Endowed Scholarship which provides an opportunity for full-time PSU students who graduated from a public high school in the Beaverton or Portland school districts with a grade point average of 3.0 or better to apply. The scholarship will pay 50 to 100 percent of tuition and fees.

Allen worked in accounting his entire career, primarily at Portland General Electric, before retiring as a Sr. Financial Planner in 1997.

In the 1970's, he joined the Mazamas Mountaineering group and participated in multiple climbs throughout the Pacific NW including Mount St. Helens before the eruption. Allen was also a passionate runner (and member of the Half Fanatics club) completing over 106 races, the first being in April of 1991, and the last in September of 2018. He completed a total of 30 half-marathons in 2017.

As in life, Allen choose to be remembered quietly, with his family at his side, therefore a public service will not be held. Charitable donations in his name can be made to the Mazamas Mountaineering group in his honor.

Preceding Allen in his death are his father George and mother Gloria Sandstrom. Allen leaves behind his "much older" brother John Sandstrom (wife Renate) and "much younger" sister Margaret (Marge) Evans along with his favorite cousin Sandy Lakomecki. Allen also leaves behind several nephews and nieces who not only considered him an uncle but also a father figure.

Allen was a quiet, loving, well-mannered and good natured friend, and community volunteer who is greatly missed by his friends and family.

And currently, we believe he's most likely leading a running group or climbing a mountain and won't have time to read this tribute (or correct it)."

"RUNNING HAS TAUGHT ME, PERHAPS MORE THAN ANYTHING ELSE, THAT THERE'S NO REASON TO FEAR STARTING LINES...OR OTHER NEW BEGINNINGS." -AMBY BURFOOT

You've lived a life worth living and left behind legacy. Cheers to your new adventure Allen.

