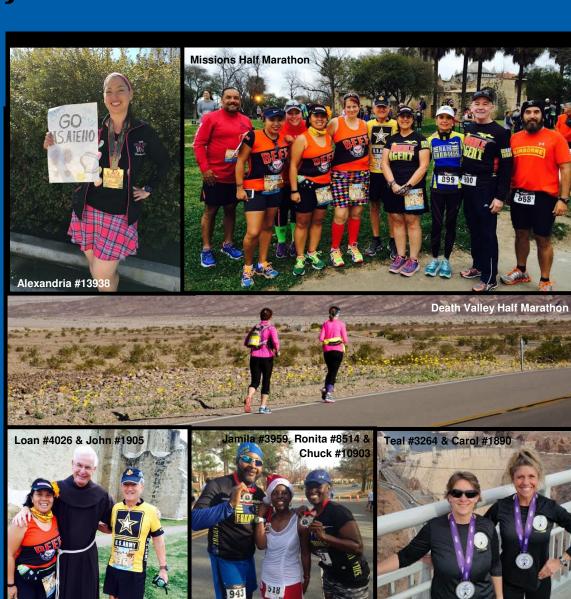


## FANATICS HALF-MARATHON CRAZY HALF-MARATHON CRAZY HALF-MARATHON CRAZY HALF FANATICS

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## JANUARY/FEBRUARY 2016 NEWSLETTER

#### **Featured Fanatic**

#### Allyn Crowe, HF#10705

My Road to the Asylum I used to run cross country in Jr. High School, but when it came time to go to high school I decided it was just too far to run. Fast forward 20 or so years to 2011 and a group of friends and I decided it was time to get back in shape. We started with some yoga and such and then graduated to some jogging. I couldn't even jog around the block. We decided to really challenge ourselves and plan to run a 5K 4 months later in June. We started with a couch to 5K playlist (the one from the UK Ministry of Health) and since then I haven't stopped. That first year I ran 3 5K's and a 10K. I did that level for another year and then it went downhill from there.

I found out my friend Ray (RayoVac Double Agent #1601) was running and we started planning races together. He goaded me into my first half marathon (The Air Force Half Marathon 3 years ago), and then bumped up to the Full. And we've been running like this ever since. We get together and find race weekends with full and half and run them together.



My Most Memorable Races My favorite race has to be the Air Force Marathon. It is such a top quality race. As an Air Force brat there's something about seeing all of the service men and women cheering you on and then finishing under the wings of the planes. It's a truly incredible experience. I have run it for the last 5 years, and have doubled up with the 5K on Friday night and long run on Saturday. It's also one of my favorites because I usually get to run with some of my family. My Mom has run every year she's been able to and continues to inspire me with her tenacity and unwavering drive to finish.

My most memorable race was the Urban Bourbon Half Marathon last fall. I had planned to do this one solo, but even last minute Ray decided to join me. He talked about pushing for a PR or taking it easy. In the end he decided he was going to get me to PR. I had been having a good year and dropped 10 min off of my PR already. I thought maybe we'd get a minute or so, but nothing crazy. The race started out ok, but about 3 miles in the tape on my toes started coming off (or so I thought, turned out to be rubbing my other toes and was completely shredded). Another mile in it really started to hurt, but we were on pace and doing ok so we pushed through. Despite the hills we kept on a PR pace. Around 11 I hit a wall, my foot was throbbing, legs were lead, and was slowing down, but Ray pushed me on and we ended up finishing together a full 4 minutes ahead of my PR!

<u>My Inspiration</u> I run all of my races for Destiny Rescue (<u>www.destinyrescue.org</u>). DR is an incredible organization fighting to rescue children from sex trafficking. I have been volunteering for them in various capacities for 5 years. I've taken 2 trips to Southeast Asia (their primary operating area) with them and have fallen in love with them. They not only rescue the children but also provide aftercare, education, and vocational training. Their mission is so important and these children are so precious and wonderful. I'd love to chat with anyone who's interested about them, and I'd love to have you join me on a "Race to Rescue". Just drop me a line at allyn@crayo-running.com or find me on the Facebook Fanatics group!

My Goals for 2016 & Beyond My goal for 2016 is to just keep going. This year Ray and I will run 19 races. I'll be doing 16 halfs and 3 fulls. My first 2 fulls will be back to back, as part of the Mainly Marathons Midwest series (that way I can get my Double Agent status of course!). I also get to pass along the love of running when my Son (8 years old) runs the Air Force 5K with me (his first 5k)!



I'm also looking ahead to the future years. Next year we plan to cut back on the number of races (it's tough planning that many races plus travel especially with each of us having family commitments!) and focus on doing better. I'm also thinking about some bucket list races like the Marine Corps Marathon, Disney races, and even some "crazy" ones like the Ankor Wat half, Bangkok Marathon, Great Wall Marathon, etc! One thing I know is that I'll just keep plodding along and finishing. I'm always pushing for a PR, but in the end it's about the internal challenge of a finish. I'm certainly not the fastest out there, but I'm out there and having fun (at least once I'm done). This is why I love the Half Fanatics.

Would you like to be a "Featured Fanatic"? Do you have an inspiring or entertaining story to share? Email me at: halffanaticnewsletter@gmail.com!



## JANUARY/FEBRUARY 2016 NEWSLETTER

#### HALF FANATIC PACE TEAM



Our pacers have literally run hundreds of races! Between the Maniacs and Fanatics we have over 24,000 members who run 13.1 and 26.2 every weekend. Running 26.2 and 13.1 is our passion. Our pacers are some of the most experienced runners in the world. Their confidence will put your participants at ease while being paced to their personal bests.

Learn more at: http://marathonmaniacs.com/marathon-maniacs/pacer-team).

#### **NOW ACCEPTING APPLICATIONS**

We are currently accepting Pace Team Applications for the following races:

Asbury Half Marathon, NJ—April 16, 2016
Whidbey Island Half Marathon, WA—April 16, 2016
Tacoma City Half Marathon, WA—May 1, 2016

Pacer Perks include— waived entry fee, sublimated pace shirts, a chance to carry the coveted maniac cat pace sign or fanatic vulture sign, discounts on lodging when applicable, the fun of pacing runners to their goal finish time.

Find out more on our Pace Team page: (<a href="http://marathonmaniacs.com/marathon-maniacs/">http://marathonmaniacs.com/marathon-maniacs/</a> <a href="pacer-team">pacer-team</a>).

#### **NEW FANATICS GEAR!**

NEW Fanatic Trucker Hats will be available in May!



Visit www.halffanatics.com and select the "Fanatic Gear/Dues" tab to check out all the available HF gear.

# HALF HALF FANATICS HALF-MARATHON CRAZY HALF-MARATHON CRAZY















Allyn #10705 & Raymond HF#11616 DA#1601









## JANUARY/FEBRUARY 2016 NEWSLETTER

		ићеошти	9		P-	II DDID	
WHEN		WHAT	WHERE	WHEN		WHAT	WHERE
2-Apr	13.1	Run the Bluegrass	KY	9-Apr	13.1	Chick-fil-A Connect Half Marathon	GA
2-Apr	13.1	Savannah Womens Half	GA	9-Apr	25K	Ayala Cove 15M	CA
2-Apr	13.1	Volition Half Marathon - Boise	ID	9-Apr	13.1	Holy Half Marathon	IN
2-Apr	25K	Tejas Trails Hells Hills 25k	TX	9-Apr	13.1	Singer Island Half Marathon	FL
2-Apr	13.1	Oak Barrel Half Marathon	TN	9-Apr	13.1	Chi-Town Half	IL
2-Apr	13.1	Lincoln Presidential Half Marathon	IL	9-Apr	13.1	Rock N Roll Raleigh	NC
2-Apr	13.1	Yakima River Canyon Half Marathon	WA	9-Apr	13.1	Race 13.1 Memphis	TN
2-Apr	13.1	Centerpoint 13.1	AL	9-Apr	13.1	Lake Lowell Half Marathon	ID
2-Apr	30K	Behind the Rocks 30k	UT	9-Apr	13.1	Palmetto Half Marathon	SC
2-Apr	13.1	Do or Die Half Marathon	МО	9-Apr	13.1	Squak Mountain Half Marathon	WA
2-Apr	13.1	Rise & Shine	MS	9-Apr	13.1	The Outlaw Half	TX
2-Apr	13.1	Peace Love Run (San Diego)	CA	9-Apr	13.1	Garden Spot Village	rPA
2-Apr	13.1	Aquarium Run Half	ОК	9-Apr	13.1	Dismal Swamp Stomp	VA
2-Apr	13.1	Whispering Woods Half Marathon	MS	9-Apr	13.1	Hoosier Half	IN
2-Apr	13.1	Bentonville Half Marathon	AR	9-Apr	13.1	Honeywagon Runs	WA
2-Apr	30K	Birch Bay Road Race	WA	9-Apr	13.1	Hollywood Half Marathon	T CA
2-Apr	Other	Queen City Metric Marathon	MD	9-Apr	13.1	Rock the Parkway	МО
2-Apr	13.1	Rockin Rabbit Half	NV	9-Apr	13.1	Martian Half Marathon	MI
2-Apr	13.1	East Haddam Community Lions Club April Foo	СТ	9-Apr	13.1	Emerald Isle Half Marathon	NC
2-Apr	13.1	Willie McCool Half Marathon	TX	9-Apr	13.1	Fairview Half Marathon	TX
2-Apr	13.1	South Shore Half Marathon	MA	9-Apr	13.1	Go Girl Run	МО
2-Apr	13.1	Pride Run	AZ	9-Apr	13.1	Eisenhower Half Marathon	KS
•					N		NV
2-Apr	13.1	Grizzly Peak Half Marathon & 30K Trail Runs	CA	9-Apr	13.1	Henderson Trail Classic 25k/13.1	Jr.
2-Apr	13.1	Brew City Half Marathon	WI	10-Apr	13.1	Scranton Half Marathon	PA
2-Apr	13.1	Camel City Race Fest	NC	10-Apr	13.1	Philadelphia Love Run Half Marathon	PA
2-Apr	13.1	Trailbreaker Half Marathon	WI	10-Apr	13.1	Blooms to Brews	WA
2-Apr	13.1	Harbour Heights Half Marathon	FL	10-Apr	13.1	Gulf Coast 1/2 Pensacola Beach	FL
2-Apr	13.1	Oldfields Half Marathon	MD	10-Apr	13.1	Reston half marathon	VA
2-Apr	13.1	Columbus Pilgrimage 1/2 Marathon	MS	10-Apr	13.1	North Face Endurance Challenge DC	VA
3-Apr	13.1	Fool's Dual Half Marathon	MA	10-Apr	13.1	Ironman 70.3 Texas	TX
3-Apr	13.1	Reading Half Marathon	GBR	10-Apr	13.1	Athens Half Marathon	ОН
3-Apr	13.1	Harvard Pilgrim Middletown Half Marathon	СТ	10-Apr	13.1	Rock N Roll Raleigh	NC
3-Apr	13.1	Caesar Rodney Half Marathon	DE	10-Apr	13.1	Hogeye Half Marathon	AR
3-Apr	13.1	Texas Wines Festival at Whistling Duck Vineya	TX \	10-Apr	13.1	GO St Louis Half Marathon	MO
3-Apr	13.1	Three Creeks Half Marathon	CO 👢	10-Apr	13.1	Everett Half Marathon	WA
3-Apr	30k	Around the Bay	CAN	10-Apr	13.1	Spring Fling Prairie Dog Half	СО
3-Apr	13.1	Berlin Half Marathon	DEU	10-Apr	13.1	Greenwich Cup Half Marathon	СТ
3-Apr	13.1	Altis Half Marathon on the Tanglefoot Trail	MS	10-Apr	13.1	Summerlin Half Marathon	NV
3-Apr	13.1	Danbury Half Marathon	CT	10-Apr	13.1	Western Maryland Rail Trail	MD
3-Apr	13.1	Running of the Elk	CA	10-Apr	13.1	Ironman 70.3 Florida	FL
3-Apr	13.1	Run 13.1	FL	10-Apr	13.1	The Hapalua	HI
3-Apr	13.1	The Ann Arbor Half Marathon	MI	10-Apr	13.1	Big D Texas Half Marathon	TX
3-Apr	13.1	April Fools Half Marathon	NJ	10-Apr	13.1	ORRRC Marathon and Half Marathon	ОН
3-Apr	13.1	California Classic Half Marathon	CA	10-Apr	13.1	Vernonia Marathon & Half Marathon	OR
3-Apr	13.1	Syracuse Half	NY	10-Apr	13.1	Iron Girl Clearwater	FL
3-Apr	13.1	Punta Cana Half Marathon	DOM	10-Apr	13.1	Great Bay Half Marathon	NH
3-Apr	13.1	Mike to Mike Half Marathon	NC	10-Apr	13.1	Negative Split 1/2 Marathon	WA
3-Apr	13.1	Knoxville Half Marathon	TN	10-Apr	13.1	Run for the Animals	VA
3-Apr	13.1	Rock N Roll San Francisco	CA	10-Apr	13.1	Union Hospital Run for Home	ОН
6-Apr	13.1	Anniversary Elements 8 - Fire	TX	16-Apr	Other	Hot Springs Trail Run 18 Miler	OR
\ 8-Apr	13.1	Carnival of Venice Half Marathon	TX	16-Apr	13.1	Run the Reagan	GA
9-Apr	13.1	Wickenburg Wild West Run	AZ	16-Apr	13.1	Belgrade	SRB /
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<sup>\*</sup> You can find links to these races (and many more) on the Race Calendar at:

http://www.marathonmaniacsdb.com/fanatics/events.



## JANUARY/FEBRUARY 2016 NEWSLETTER

	Upcoming	Rac	es in	Apr	il 2016	
WHEN		WHERE	WHEN		WHAT	WHERE
16-Apr	13.1 Georgia Peach Jam Half Marathon	GA	23-Apr	13.1	Golden Driller Half Marathon	OK
16-Apr	13.1 GMAA Rollin Irish Half Marathon	VT	23-Apr	13.1	Race for Hope	МО
16-Apr	13.1 Earth Day Run	MN	23-Apr	13.1	Movie Madness Half Marathon	PA
16-Apr	13.1 Texas Wine Series Keipersol Estates Vineyard	TX	23-Apr	13.1	Sisters Better Half	OR
16-Apr	13.1 Blue Ridge Half Marathon	VA	23-Apr	13.1	Omak Orchards in Bloom Half Marathon	WA
16-Apr	13.1 Fort Dodge Hy-Vee Half	IA	23-Apr	13.1	Trail Half Marathon	MI
16-Apr	13.1 Trestle Trek	MI	23-Apr	13.1	Thunderbird Spring Run	ND
16-Apr	13.1 Parkinson's Half Marathon	WI	24-Apr	13.1	Adrenaline Marathon on the Eisenbahn Trail	WI
16-Apr	13.1 Murray Half Marathon	KY	24-Apr	13.1	Trap Pond 50K, Half Marathon	DE
16-Apr	13.1 Race to Robie Creek	ID	24-Apr	13.1	Messina Hof Wine and Roses Half	TX
16-Apr	13.1 Wenatchee Half Marathon	WA	24-Apr	13.1	Run Like the Wind	WA
16-Apr	13.1 GE Irving Marathon and Half Marathon	TX	24-Apr	13.1	Rochester Regional Health Flower City Half Mara	NY
16-Apr	13.1 Double Half Mary	NE	24-Apr	13.1	Lake George Half Marathon	NY
16-Apr	13.1 Asbury Park Half Marathon	NJ	24-Apr	13.1	32nd Annual Spring Classic Duathalon and Home	OR
16-Apr	13.1 Salt Lake City Half Marathon	ÚΤ	24-Apr	13.1	Shakespeare Half Marathon	GBR S
16-Apr	13.1 Carmel Half Marathon	IN	24-Apr	13.1	3rd Annual Joint Base San Antonio Half Maratho	TX TX
16-Apr	25K Brazos Bend 25k	TX	24-Apr	13.1	Oshokosh Half Marathon	WI
16-Apr	13.1 Petersburg Half Marathon	−VA	24-Apr	13.1	Lone Star Half Marathon	TX
16-Apr	13.1 Rattler Trail Races 25k	CO	24-Apr	13.1	Lone Star Half Marathon	TX-
16-Apr	13.1 Garmin Half Marathon	KS	24-Apr	13.1	Divas Half Marathon Galveston	TX
16-Apr	13.1 Whidbey Island Half Marathon	WA	24-Apr	13.1	Ion Bank Cheshire Half Marathon	СТ
16-Apr	13.1 All-Out Beat the Heat	со	24-Apr	13.1	CROSSROADS OF NORTHWEST INDIANA MARATI	IN
17-Apr	13.1 Unite Half Marathon (Rutgers Half Marathon,	NJ	24-Apr	13.1	Divas Half Marathon	FL
17-Apr	13.1 Mainly Marathons Riverboat Day One	IL .	24-Apr	13.1	Blackstone Valley Half Marathon	RI
17-Apr	13.1 Disney World Star Wars Half Marathon - The [	FL	24-Apr	13.1	Bend Half Marathon	OR
17-Apr	13.1 Leather N' Sole Run/Ride	AZ	24-Apr	13.1	HITS Kiwanis Kingston Classic	NY
17-Apr	13.1 IRONMAN 70.3 New Orleans	LA	24-Apr	13.1	Lake Minneola Half	FL
17-Apr	13.1 Kill Cliff Destin Half Marathon	FL	24-Apr	Other	Big Sur 21m	CA
17-Apr	13.1 Race for the Roses	OR	24-Apr	13.1	Rock N Roll Madrid	ESP
17-Apr	13.1 Flying Pirate Half Marathon	NC	24-Apr	13.1	Coastal Delaware Running Festival Half Maratho	DE
17-Apr	13.1 Desert RATS Trail Running Festival - Trail Half	со	24-Apr	13.1	Ojai Half Marathon	CA
17-Apr	13.1 Earth Day Half Marathon	NY	24-Apr	13.1	Glass City/ Owens Corning Half Marathon	ОН
17-Apr	13.1 Gazelle Girl Half Marathon	MI	24-Apr	13.1	Columbia Half Marathon	MD
17-Apr	13.1 Loudoun Half & 8k	VA	24-Apr	13.1	ABP Southampton Half Marathon	GBR
17-Apr	13.1 Corvallis Half Marathon	OR	24-Apr	13.1	La Jolla Half Marathon	CA
17-Apr	13.1 Spring Fling Running Thing	CAN	24-Apr_	13.1	Pro Football Hall of Fame Half Marathon	ОН
17-Apr	13.1 More Women's Half Marathon	NY	24-Apr	13.1	Oklahoma City Memorial Half Marathon	OK
17-Apr	25K Yakima Skyline 25k	WA	30-Apr	13.1	Kentucky Derby Festival Mini Marathon	KY
17-Apr	13.1 Dover Air Force Base Heritage Half Marathon	DE	30-Apr	13.1	Frisco Railroad Run	МО
17-Apr	13.1 Double Half Mary - Day Two	NE	30-Apr	13.1	Hurt the Dirt Half Marathon	MI
17-Apr	13.1 Dirt of the Earth	ОН	30-Apr	13.1	Capital City Half Marathon	ОН
17-Apr	13.1 NYCRuns Queens Half Marathon	NY	30-Apr	13.1	Illinois Half Marathon	IL
17-Apr	13.1 The Moose On The Loose Half Marathon	NH	30-Apr	13.1	Ghost of Tacoma	WA
18-Apr	13.1 Mainly Marathons Riverboat Day Two	AR	30-Apr	13.1	Rock N Roll Nashville	TN
19-Apr	13.1 Mainly Marathons Riverboat Day Three	MS	30-Apr	13.1	Western Pacific Half Marathon	CA
20-Apr	13.1 Mainly Marathons Riverboat Day Four	TN	30-Apr	13.1	AEC Run United Half Marathon	SC
21-Apr	13.1 Mainly Marathons Riverboat Day Five	KY	30-Apr	13.1	Ocean City Island to Island Half Marathon	MD
22-Apr	13.1 Mainly Marathons Riverboat Day Five	AR	30-Apr	13.1	Recycled Run Half Marathon	NV
23-Apr	13.1 Mainly Marathons Riverboat Day Seven	IL	30-Apr	13.1	Tear Drop Half Marathon	GA
23-Apr 23-Apr	13.1 West Mountain Half Marathon	UT	30-Apr	13.1	Carolina Brewsfest Run	NC
23-Apr 23-Apr	13.1 RussVegas	AR	30-Apr	25K	Greenland Trail	CO
23-Apr 23-Apr	13.1 Runs With Scissors Half Marathon	CO	30-Apr	13.1	Drake Relays Road Races	IA
23-Apr 23-Apr	13.1 Grand Ridge Half Marathon	WA	•	13.1	Race Against Child Abuse Half	OR
•	The state of the s		30-Apr		_	
23-Apr	13.1 Race the Runways Half Marathon	ME	30-Apr	13.1	Let's Move Festival	MI /

<sup>\*</sup> You can find links to these races (and many more) on the Race Calendar at:

http://www.marathonmaniacsdb.com/fanatics/events.



## FAMATICS... JANUARY/FEBRUARY 2016 NEWSLETT

HALF-MARATHON CRAZY

#### HALF FANATIC CRITERIA



#### **NEPTUNE**

- 2 Half Marathons within a 16 day time frame.
- 3 Half Marathons within a 90 day time frame.



#### O URANUS O



- 3 Half Marathons within a 16 day time frame.
- 6 Half Marathons in 6 consecutive calendar months.
  - 8-11 Half Marathons 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.

#### ♠ ♠ IUPITER ♠ ♠



- 4 Half Marathons within 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.







- 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 different US states\* within 10 days.
- 13 Half Marathons in 13 different US states\* within 365 days.

#### CO CO EARTH CO CO CO







- 31-37 Half Marathons within 365 days.
- 16 Half Marathons in 16 different US states\* within 365 days.
  - 6 Half Marathons within 16 days.

#### O O O O UENUS O O







- 38-44 Half Marathons within 365 days.
- 20 Half Marathons in 20 different US states\* within 365 days.
  - 13 Half Marathons within 79 days.

#### 6 6 6 6 MERCURY 6 6 6 6







- 45-51 Half Marathons within 365 days.
- 23 Half Marathons in 23 different US states\* within 365 days.
  - 28 Half Marathons within 183 days.









- 52 Half Marathons or more within 365 days.
- 30 Half Marathons in 30 different US states\* within 365 days. - 20 Half Marathons in 20 different countries within 365 days.
- \* US States, Countries or Canadian Provinces (any combination)

## HALF FANATIC MEMBERSHIP

Races can be run on either Saturday or Sunday. We will take into consideration events that are on other days of the week.

All races need to be official events. no training runs will count!

To be a Fanatic, Half Marathon times are not an issue, just that you finish your races. Also that you are having fun! After all, isn't that why we do this?

If you fit the Criteria, You too can be a Half Fanatic!

Visit <a href="http://www.halffanatics.com/">http://www.halffanatics.com/</a> membership to join!

## MEMBERSHIP RENEWAL

Visit www.halffanatics.com to renew your Membership today!

## HALF FANATICS FANATICS JANUARY/FEBRUARY 2016 NEWSLETTER

HALF-MARATHON CRAZY













#### **NEW MOONS**

URANUS



**SATURN** 



**IUPITER** 



**MARS** 



**EARTH** 

666666 Rachel Ross, #6506

**VENUS** 

000000000

**MERCURY** 

THE SUN

666666666

Teal Clark, #3264

Congratulations to all the Half Fanatics who achieved their goals and new Moon levels, including our newest inhabitant of the SUN!

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



## JANUARY/FEBRUARY 2016 NEWSLETTER

#### HALF FANATIC RACE DISCOUNTS

The following are just some of the newest races offering discounts for HF members. Check out the "Members Only" section of the website for a complete list and access to discount codes.

WHEN		WHAT	WHEN		WHAT
19-Mar	OR	Easter Egg Stash Dash Half Marathon	24-Jul	MT	Big Sky Half Marathon
10-Apr	CO	Spring Fling Prairie Dog Half Marathon	14-Aug	ОН	Rock Hall Half Marathon
24-Apr	TX	Lone Star Half Marathon	20-Aug	OR	Monkey Face Half Marathon
24-Apr	CT	Ion Bank Cheshire Half Marathon	27-Aug	ID	Idaho Wine Run
1-May	WA	Tacoma City Half Marathon	3-Sep	GΑ	Tortoise and Hare Half Marathon
21-May	ОН	To Do My Best Half Marathon	10-Sep	GA	Craft Classic Half Atlanta
22-May	OR	Grapes of Half	24-Sep	NE	Monument Half Marathon
4-Jun	MD	Zooma Annapolis Half Marathon	1-Oct	NH	New Hampshire Marathon & Half
5-Jun	ON	Niagara Falls Women Half Marathon	16-Oct	ΑZ	Craft Classic Half Phoenix
26-Jun	CT	Fairfield Half Marathon	20-Oct	RI	Ocean State Half Marathon
2-Jul	RI	Bristol Independence Half Marathon	11-Nov	VA	Cross County Trail Half Marathon
17-Jul	CA	Craft Classic Half San Diego	17-Dec	OR	Eugene Holiday Half Marathon

## FANATIC POLL



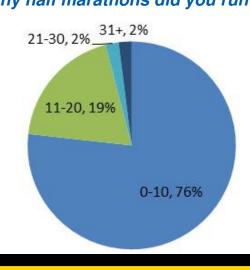
Each month there will be a "Fanatic poll". This poll will be posted online. Please take a few moments to answer this poll. I will post the results in the next newsletter.

## Last month's question: How many half marathons did you run in 2015?

This month's question:

How many states, provinces, and/or countries have you completed races in so far?

Please submit your response at: <a href="http://survey.constantcontact.com/poll/a07ecdj6aysiljzwdke/start.html">http://survey.constantcontact.com/poll/a07ecdj6aysiljzwdke/start.html</a>.





## JANUARY/FEBRUARY 2016 NEWSLETTER

#### Welcome to the Asylum!

**NEW JANUARY 2016 HALF FANATICS** 

#13601 Angie Werring, Flo #13602 Mark Jennings, IL

#13603 RaiAnne Cruz, NC

#13604 Sarah Demy, TX

#13605 Rob Lagon, TX

#13606 Jocelyn Piedrasanta, TX

#13607 Tito Windham, TX

#13608 Rita Carlile, TX

#13609 Denise Smith, OK

#13610 Karen Clements, GA

#13611 Brye Wiskman, FL

#13612 Katie Lewis, TX

#13613 Kerri Anderson, AL

#13614 Coretta Briscoe, AL

#13615 Michele Gurnsey, WA

#13616 Paula Keefe, OK

#13617 John Fesler, VA

#13618 Robert Gensler, MD

#13619 Tom Meglin, CT

#13620 Michelle Keffer, OK

#13621 Lillian Ghigliotti, VA

#13622 joselito estrella, TX

#13623 sharon Brimhall, WA

#13624 Robyn Cook, OH

#13625 Kelly Hills, IL

#13626 Quan Chase, TX

#13627 Sabrina Brigance, FL

#13628 Kerrie Greenfelder, KS

#13629 Jessica Wendel, AR

#13630 amy lewing, TX

#13631 Samantha Huckabee, WA

#13632 Stephanie Hahn, TX

#13633 Melinda Kunz, TX

#13634 Stacy Turner, OK

#13635 Christine Soh, CA

#13636 Sandra Roberts, QC

#13637 Jada Jackson, OH

#13638 Amanda Hoskins, WA

#13639 Tricia Wilkerson, TX

#13640 Judy Vocelka, FL

#13641 Shanda Blankenship, AR

#13642 kelly schneider, WA

#13643 Katherine Murray, MS

#13644 Susie Orsak, TX

#13645 Deanna Leedy-Andreozzi , MA

#13646 Joshua Leedy-Andreozzi, MA

#13647 Kevin Wang, TX

#13648 Petriece Culberson, TX

#13649 Timothy Smith, TX

#13650 Rose Green, AR

#13651 Roberta Davis, PA

#13652 Tabitha Mayers, GA

#13653 Tony Harting, IA

#136<mark>54 Michelle W</mark>ebb, GA

#13655 Tanya Murnock, FL

#13656 Michelle Jacobson-Kwok, CA

#13657 Jeff Sullivan, MS

#13658 John Cord, SC

#13659 Angela Jones, TN

#13660 Michele Marshall, FL

#13661 Michael Maddock JR, VA

#13662 Stephane Cole, TN

#13663 Elisabeth (Liz) Brauza, NY

#13664 Monique Mcneill, NV

#13665 Cheneé Mays, OH

#13666 Walter Lawrence, GA

#13667 Pam Zimbeck, MN

#13668 Jennifer Hassler, TN

#13669 Kathie Walthall, TN

#13670 Jo Bailey, WI

#13671 Rod Owen, AL

#13672 Jessie Armstrong, MS

#13673 Janet Green, OK

#13674 KEVIN PINTUS, OK

#13675 Ann Neu, MO

#13676 Jennifer Girod, VA

#13677 Tina Hollis, VA

#13678 Ann Asani, Nev

#13679 Linda Sue Stevens, TN

#13680 Sonja Donoley, OK

#13681 Nicholas Nicholson, IL

#13682 Nicole Patterson, NJ

#13683 christopher paul, WA

#13684 Rebecca Shehorn, MI

#13685 Nikki Wright, PA

#13686 Megan Taylor, TX

#13687 Marc Staut, NJ

#13688 Mark Taylor, FL

#13689 Stephanie Foglesong, KS

#13690 Laura Plaisance, KS

#13691 Robert Qualman, TN

#13692 Greg Hunger, OH

#13693 Melvie J Harris, SC

#13694 Fred Henninger Jr, NJ

#13695 Rachel Davis, VA

#13696 Cheryl Voloshin, AL

#13697 Wanda D. King, AR

#13698 Alexia Brooks, TX

#13699 Jodi Haywood, AB

#13700 Jane Davenport, okl

#13701 Sabrina Thomas, GA

#13702 Kathryn Feather, WA

#15/02 Rathlyn Cather, W

#13703 Gina Jones, GA

#13704 REBECCA RUSSELL, NY

#13705 Suzanne Buerchner, CA

#13706 Linda Thomas, IL

#13707 Jeff Smither, GA

#13708 Joseph Fischer, NJ

#13709 Angi Saffle, FL

#13710 Tom Cheaney, TX

#13711 Jessica Blackstone, SC

#13712 Slychet Stone, Cal

#13713 Jeanne-Marie Bailey, GA

#13714 Kara Hood, FL

#13715 Diana Warner, SC

#13716 Mike Messersmith, NC

#13717 Lori Masters, PA

#13718 LeAnn Thompson, TN

#13719 Sachi Byrne, WA

#13720 Frank Barrett, MS



## JANUARY/FEBRUARY 2016 NEWSLETTER

#### **Welcome to the Asylum!**

**NEW JANUARY 2016 HALF FANATICS** 

#13721 Jennifer Lawson, FL #13722 Julie Anderson, AR

#13723 Charles Dean, FL

#13724 Yvonne Taylor, Mic

#13725 Eva Crabb, UT

#13726 Jessica Reynolds, NH

#13727 Beverly Rush, GA

#13728 Kristie Fink, FL

#13729 Nannette Mereles, CA

#13730 Elizabeth Culver, TX

#13731 Chandra Madden, TN

#13732 Veronica chiddick, SC

#13733 Uneeda Arnold, GA

#13734 Elizabeth Lasseter, FL

#13735 Christa Bailey, FL

#13736 Adam Bailey, TN

#13737 Tonia Carroll, WV

#13738 Jamey Davidson-Zuniga, OK

#13739 Deleica Clayton, MS

#13740 Alison Nieporent, GA

#13741 Maribeth Clark, AL

#13742 Braden Miller, GA

#13743 Beth Kenworthy, MS

#13744 Carrie Seningen, VA

#13745 Ramsay Miller, GA

#13746 Amie Buckley, MS

#13747 Regina Bartel, VA

#13748 Jackie Pica, WI

#13749 Stephanie Yoshida, CA

#13750 Mariah Evenson, MO

#13751 Lynn Franklin, GA

#13752 Terry Cole, NC

#13753 BERTHA LOTJE WOEHL, SC

#13754 Lashawn Isley, NC

#13755 Brian Sorrells, LA

#13756 Erika Miller, MS

#13757 Tamara Evans, CA

#13758 Danielle Mandino, AZ

#13759 Jennifer Walsh, TX

#13760 Kimberly Johnson, GA

#13761 Tina Caminiti, NY

#13762 Leslie Pender, FL

#13763 Adriana Scott, OK #13764 Brian Boatwright, OK

#13765 Jennifer Vivion, OK

#13766 NANCY FLORES, SC

#13767 Vanessa Yingling, CA

#15707 Vallessa Hilgilig, CA

#13768 Heather Swartz, OK

#13769 Carra Summers, FL

#13770 JOSEPH ADKINS, OK #13771 Brandon Brazeel, OK

#13772 Annie ADKINS, OK

#13773 Rachel Richter, FL

#13774 Cassandra Nodine, OK

#13775 James Grindeland, MN

#13776 Laura Hunter, OK

#13777 Ashley McKee, OK

#13778 Kathryn Lucht, MN

#13779 Sue Cottrill, FL

#13780 tara howard, nc

#13781 Jamie Summerton, OK

#13782 Laura Snell, AP

#13783 Brad Church, OK

#13784 Billie Lunsford, OK

#13785 Phillip Griffith, MI

#13786 Randa Bean, Lou

#13787 Shauna Rainwater, OK

#13788 Valeria Mack, GA

#13789 Carla Simon, AZ

#13790 Linda Ambard, MA

#13791 Mike D Flores, TX

#13792 Elle Henry, FL

#13793 Diane Yanez, FL

#13794 Kirby Kelly, TX

#13795 Tracy Bair, OK

#13796 Victoria Cox, GA

#13730 VICTORIA COX, GA

#13797 Jaun Robinson, TX #13798 Jessica Gilbert, MD

#13799 Kina Jefferson, TX

#13800 Desiree Rew, NC

#13801 Darrin Hughes, TX

#13802 Heather Winn, CA

#13803 Katy Rozas, LA

#13804 linda ko, CA

#13805 Zelva Frazier, Ala

#13806 Meilissa Lum, CA

#42007 Chaparala Nivera T

#13807 ShaRonda Nixon, TX

#13808 Jennifer Griffith, DC

#13809 Tenecqua Davis, TX #13810 Malik Owens, FL

#13811 Jean Rigatti, TX

#13812 Darlene Cardillo, NY

#13813 Antonette Cockrell , TX

#13814 Allen Sandstrom, OR

#13815 Tanya Mack-Flemon, TX

#13816 Sherelle Williams, GA

#13817 Shelley Hills, OK

#13818 Kara Weiner, VA

#13819 NATHANAEL DILLARD, TX

#13820 Mike Herrin, IL

#13821 Richard Bemrose, OR

#13822 William McMillan, MA

#13823 Gwen Thompson, SC

#13824 Steve Patten, MN

#13825 edwin tisho, Okl

#13826 Regina Hood, al

#13827 Nini Tayet, WA

#13828 Rodney Tayet, WA

#13829 Jennifer Jones, FL

#13830 eugene kitagawa, CA

#13831 Latoya Marble, TX

#13832 Lisa Caskey, LA



## JANUARY/FEBRUARY 2016 NEWSLETTER

#### **Welcome to the Asylum!**

**NEW FEBRUARY 2016 HALF FANATICS** 

#13833 Shanna Houdashelt, FL #13834 Elizabeth Ortiz, TX #13835 Dana Blackburn, LA #13836 Arthur Santos, CA #13837 Giset King, TX #13838 Tanisha Bailey, TX #13839 Amanda Flores, TX #13840 sharon maki. TX #13841 Kelli Key, TX #13842 Sharon Kleefisch, LA #13843 Teri Carper, FL #13844 Angela Bonilla, OK #13845 Josey Allen, GA #13846 Lila Rogers, FL #13847 Amanda Williams, AL #13848 Shawn Brooking, FL #13849 valeri pate, WA #13850 Zelda Abram, FL #13851 Ginger Ohlenforst, LA #13852 Amanda Mangus, MA #13853 Chris Chao, NC #13854 Melanie Conner, NC #13855 Soubanh Manivanh, TX #13856 Kristen Kirdahy, FL #13857 Nancy Frederick, WA #13858 Kinsey McKenrick, PA #13859 Eddie Gibbs, NC #13860 Melissa Hager, PA #13861 Adriana Lopez, WA #13862 Bonnie Moser, FL #13863 Olivia Durst, FL #13864 Angel Brock, CO #13865 Regina La Cour, #13866 Pamela Davis, FL

#13874 STACEY PISKULA, PA #13875 David Hendrix, MO #13876 Becky Hedges, AR #13877 Bob Whitaker, NC #13878 elle dodard, FL #13879 Diane Getz, MO #13880 Wade Hathborn, OR

#13867 Justine Moton, NC

#13868 Arturo Apodaca, TX

#13870 Alfred Lin. CA

#13871 Lisa Atkins, PA

#13872 Sandra LeBlanc, FL

#13873 Jessica Horn, CA

#13869 Tamara Pavasovic, NJ

#13881 Lesley Jackson, TN #13882 Therrian lucas, SC #13883 Angela Shoates Walker, GA #13884 Rodney Stubblefield, TX #13885 Anne Chen. V

#13886 Daycia Jensen, wa #13887 Kimberly Tapia, FL #13888 Starr Tomlinson, CA #1389 Emily Bryan Coffey, SC #13890 LAURA\_JOHNSON, FL #13891 Christine Fox, TX

#13892 Kiesha Mitchell, TX #13893 Connor Bussiere, FL

#13894 Terri Visovatti, IL #13895 Jenn Conner, AR

#13896 Jonathan Sisson, MS

#13897 Susan Reehill, WA #13898 Tom Hosner, CA

#13899 Gaston Moran Celayes, FL #13900 Estela Gil, TX

#13901 Karon Holmes, GA #13902 Mary Baker, AR

#13903 Tim Collier, TX

#13904 Dionne Lyne-Rowan, GA #13905 Carrie Dushey, CA

#13906 Roshan Marksman, NY #13907 Terry Arnhold, WA

#13908 Carole Travis, MO #13909 sandy stewart, FL

#13910 Rebecca Morgan, TX

#13911 Melinda Mizrachi, FL #13912 Melissa Hayes, CA

#13913 Thomas Smith, AL #13914 Hilary Juedes, CA

#13915 Mary Weise, CA

#1<mark>3916 Tyree Lauritze</mark>n, CA #13917 Brian Neumann, NC

#13917 Brian Neumann, NC #13918 Garrett Skinner, MA

#13919 Brandie Seibel, OR #13920 Andre Kalimanov, CA

#13921 Daphne Monique Guy, AL

#13922 Michele Berkowitz, GA #13923 Amy Lakin, AR

#13924 Leigh Burdick, AR

#13925 Amanda Gholson Hosman, TN #13926 caitlin montgomery, Ark

#13927 Linzey Jackson, OK

#13928 Denise Sweeney, MS #13929 Tina Doyle-Hines, TX

#13930 Adam Kennedy, WA

#13931 Michelle Stanley, GA

#13932 Cedric Rodgers, TN #13933 Karen Fanaff, TX

#13934 Warner Smith, AR

#13935 Shannon Holbrook, AL

#13936 Kerri Marsh, AR #139<mark>37 Max Grimsley, MD</mark>

#13938 Alexandria Aiello, CA

#13939 Chris Church, TX #13940 Barbara Bacon, ON

#13941 Megan Dunn, OK #13942 Annette Larkins, GA

#13943 Debbie "Barky" Graziano, LA #13944 Ruth Kelly, TX #13945 Jonus Gerrits, OK

#13946 Rebecca Laymon, AR #13947 Mariella Rehfeld, CA

#13948 Heinrich Mynhardt, SK

#13949 Heather Spindle, VA #13950 Daviada Harris, GA

#13951 Mary Beth Lampe, TX

#13952 Lynnette Naughton, FL

#13953 Vanessa Parker, NY

#13954 Michael Locke, TX

#13955 Denise Porter, SC #13956 John Thompson, TX

#13957 Erin Sellinger, GA

#13958 Valarie Dennis, CA

#13959 Nicki Streit, TX #13960 Letty Joyce, TX

#13961 Melissa Gillespie Davis, TX

#13962 Linda Floyd, GA

#13963 Gladys Williams, TN

#13964 Jane Bierman, WA #13965 Dana Zweibel. FL

#13966 Julie Roemele, VA

#13967 Heather Benson, FL

#13968 Jessica Morrow, TX #13969 Traci Stinson, OH

#13970 Viviana Bruno, NY

#13971 Renee Pawlish, FL #13972 Benita North, SC

#13973 Travis Kacsan, FL

#13974 Kimberly Philo, FL

#13975 Candace De Long, #13976 Marilyn Hannah, AL

#13977 Kristopher Joy, MB

#13978 rebecca ramos, FL #13979 Lori Frederick, FL

#13980 Ivonne Reinhardt, NV #13981 Danielle Rvan . OK

#13982 Michelle Howard, TX

#13983 Bonnie Sue Cahill, FL #13984 Courtney Ruhland, NE

#13985 Bobbie Davis, FL #13986 Sherry Hawkins, MS

#13987 LindsayLinds, SC

#13988 David Winstead, AR #13989 Lisa McManus, OK

#13990 Michelle Klein, LA

#13991 Latoya Harwell, GA #13992 Clare Huff, CA

#13993 Tammie Thornton, MS

#13994 Terri Pitt, GA

#13995 Jessica Imamura, UT #13996 Kenny Pitt. GA

#13997 Patrick Henderson, OK

#13998 Carla Monson, AZ #13999 Kathryn Yurkovich , TX #14000 Danae Vaughn, LA