



## **Yakima River Canyon Marathon Trip Notes** **March 29 to April 2, 2012**

I'm not too sure anymore how I got into this. I was going to branch out, diversify my life, stop focusing so much on marathons, etc. I think it was Diane who mentioned it being Bob Dolphin's 500<sup>th</sup> marathon and my mind immediately went to honoring this mid-80 year old race director who has created and directed this marathon with his wife Lenore for maybe 14 years. But everybody who was going to go didn't. But everybody else did. I've never been in the company of so many Marathon Maniacs, 50-staters and 100-marathon club folks. All in all, I'm very glad I attended diversified or not.

As usual, here are my Ups and Downs of this marathon. Overall it's really fine and I hope the reader appreciates the effort to not just sugar coat marathons. The couple of marathons I've disliked have been very clearly noted as such and why. This one should be on everyone's list.

### **Pros**

- Home of Bob and Lenore Dolphin, the famous couple in their mid-80s who are also the many-year-in-a-row famous race directors.
- Place for the 100-marathon club reunions where most everybody comes to include the Maniacs and the 50-Staters. Great fun to be with those celebrating their 100-marathons, up to and including 800-marathons. Bob was celebrating his 500<sup>th</sup>.
- Land of a lot of old grizzly-serious-fast runners maybe because Maniacs was started in Seattle, maybe because Eugene Oregon not so far away, maybe because their weather is reasonably fair and they can run all year. Thus you see a lot of older good examples of growing old.
- Nicely designed t-shirt without advertisement.
- Goody bag included a huge 24" x 36" poster [www.mymarathonmap.com](http://www.mymarathonmap.com) showing the top 100 U.S. marathons and offering little flags to keep track of marathons accomplished.
- Easy and family-fied bib pick up location at the Selah Civic Center followed by a cheap (\$8) pasta dinner. Speaker was John "The Penguin" Bingham and he stayed on for the marathon and came back for the Awards Dinner too. He was original throughout – no canned talk like we've been getting elsewhere.
- Course is considered a net downhill. (What a joke!)
- A two hour early start is offered. (Gee, I got up at 4am – there would have been NO sleep with an early start!
- Course is totally off limits to cars for the 7 hours and is a scenic by-way running along the river.
- Food was available on the course but not until very late in the marathon.

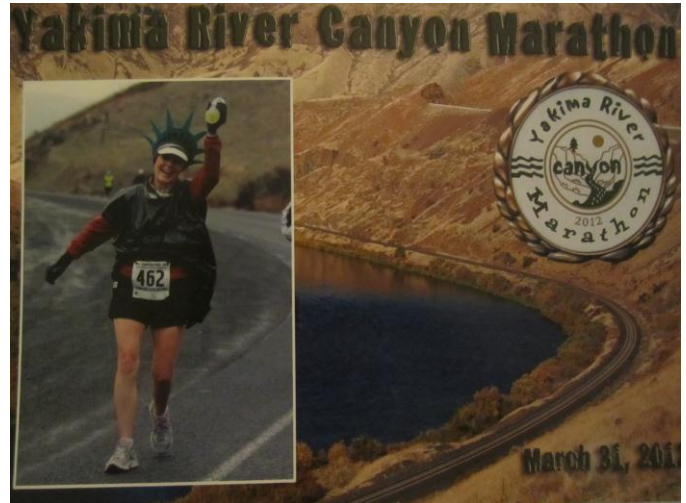


- Toilets are plentiful and rarely a line. Hint: Don't go down to the river and the public toilets – they were closed for the season. Hint: Don't get into one that's tipsy; the next day one had blown into the river. Gave me goose-bumps as the chances were good that I was in this one – if not most of them!
- At the finish line everybody gets a hug from Lenore Dolphin.
- Pictures are developed and ready at the finish line for only \$20. See picture of my picture. (Yes, that's snow!)
- Big potato bash after the marathon also at the Selah Civic Center. Almost everyone goes home with a raffle prize or an age group award, but it does go on and on and on.
- Big newspaper coverage with lots of photos and all 530 results printed the next day.
- Optional Sunday morning no-host breakfast in Yakima.



### **Just the facts Ma'am**

- Not entirely convenient location as its 2-3 hours from Seattle and 3-4 hours from Spokane. Over a big pass in the case of Seattle at least which surprised me with snow necessitating either chains or an AWD vehicle.
- Weather can be iffy. Well, it's said to be dry and lacking rain but it snowed and then rained on us at the start from about 6am to 9am.
- Course might be a net downhill but there are some major UP hills in between. Maybe around mile 14 and again at mile 20. Locals claimed the last long hill was over 2 miles long and an 8% grade but I'd be surprised if it's that steep but it is one that slows everyone down. There are plenty of small hills in between too but of course with UP comes DOWN.
- Sweet prayers and a prayerful song before the potato bash.
- The Pink Kimono runner from Japan's 100-marathon Joyful Marathon Club didn't show. (See Annette's trip report below.)



### **Cons**

- Closest airport would be Seattle about 2-3 hours away and over a major pass that had snow this time and an avalanche earlier in the day. Fran and Tom (CJRRC) had more delay than I did, only able to drive behind the plows at about 10-15mph.
- Big decision as to where to stay – near the start or the finish. See 'hotels' below.
- Most have to bus to the start and I'd question why the last bus is 6am except I've learned the reasons for NYC and for Boston and thus assume there's a good reason. Damn.
- Course can be mildly challenging even without snow and rain due to the hills.
- Residents suggested the elevation was 2500 feet but I'd be surprised if it's quite that high.
- No chip but that's okay if you don't really care about your time. And only about 500 runners anyway.
- Not a lot of tourist things to do.
- Simple little medal not much to write home about. (Picture of medal on the t-shirt picture above.)

### **Results**

So much for training for the upcoming Paris and Stockholm Marathons with 6 hour cut offs. I managed this good cool-weathered marathon in 6:19. No excuse but laziness. Well, maybe a bit of



age. . . . (smile). I was comfortably on pace with my 5:45 finish pace band at mile 11 but started slowing at mile 13 (2:53). Maybe that was after a first of three potty stops or maybe that's just an excuse but after the half way point I got into the mode "this is lovely and I have 7 hours so why hurry" and walked every step of the second half finishing in 6:19. Frankly, I seem to be training my body to "run/walk 30/30 seconds" for the half and then walk the second half. On the other hand I feel grateful to be out there and I always cross the finish line very happy and comfortable and don't suffer any soreness in the days after. Well, not yet at least.

In marathons this small (about 500) I oftentimes get an age groups award but with all the serious runners I didn't expect to this time, and I wouldn't have had they not gone 5 deep. I got a 5<sup>th</sup> place ribbon.

The picture is at the 'potato dinner' after the event and here is with David who is on a quest to finish his states again but all in a BQ finish time. You'll find many of his trip reports on [www.LibertyLadies.weebly.com](http://www.LibertyLadies.weebly.com) and his Yakima report below along with Annette's too.



### Weather

Freakish! Everything I read said it was always dry. It was 10% chance of rain when I checked at 5am. But . . . the weatherman is like the economists. I should have known, already having driven across the pass from Seattle needing AWD or chains.

Here's a short report from Yakima on marathon day: *YAKIMA, Wash. - Pacific Power says the windy weather was to blame for Saturday's outage in Yakima. A spokesperson for the company says the outage happened around 8:15 a.m. They say 750 customers were without electricity. The power was also out at a traffic light on 40th Avenue and Fruitvale Boulevard, according to the City of Yakima. Pacific Power says no poles were damaged. They say winds caused wires to "slap" together, which created the outage. Electricity was restored to homes and businesses by 10:30 a.m., according to Pacific Power.*

Throughout the first half I kept on two t-shirts, a windbreaker jacket, two Buffs, a headband and hat, gloves with Hand Warmers inside, and on top of that I had a space blanket wrapped around twice as a skirt and a black garbage bag. See my lovely photo taken on the course above. (This is a picture of a picture.)

### Miscellaneous pictures



With the starting line very cold, windy and snowing I considered the threat of a slippery roadway and that maybe I should pull out. I'm glad I didn't. Look at this starting line: a line of chalk! I love it. A

traditional runner with a flag who sadly had to pull out shortly after I took this picture. (He'd started in the early start and was a pacemaker runner who bravely started at all.)



Bob proves that no matter the way one gets there, it's possible to get to the finish line. His escort is my hero – a guy who usually does ultra's but chose to stay with Bob. A guy who is famous in his own right for being fast. I suspect that we ALL had to stop and get our pictures taken with Bob.



A train but it didn't toot its horn for us! A nice and simple finish line. The last bus had gone but a sweet young fellow let me hitch a ride home. I should have had his picture: I thought he was a bit hippy in his jeans and sweats and maybe pretty young to be driving but it turned out he was a sports medicine doctor who had come from Texas to volunteer.

### **Photos**

Lots of newspaper coverage. Try [www.yakimaherald.com](http://www.yakimaherald.com) or 71 photos at <http://yakima.mycapture.com/mycapture/enlarge.asp?image=41034707&event=1442977&CategoryID=53501&picnum=70&move=F#Image>

### **John "The Penguin" Bingham**

I was getting pretty grossed at the same speakers all the time saying the same thing all the time so I was pleasantly surprised for the second time in the recent past (Jeff Galloway at Tallahassee has some new material) to hear something new and exciting. The Penguin, in case you don't know, brags on being slow and having fun at the back of the pack. He threw a lot of barbs at these Maniacs.

He has now come up with the ultimate Galloway method: Run with right leg and walk with the left.

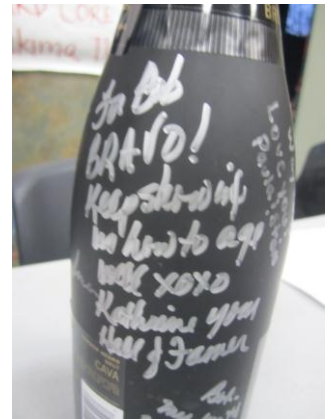
The Penguin finally got his son to run a marathon with him. Son shows up and confesses that he hasn't trained one iota. He forgot. He got busy. He figures if old dad can do it, young son can do it -- without training. Somewhere around the famous wall time frame, maybe 20 miles, son goes into the porta potty and doesn't come out. The Penguin knows he's been in there far too long so he bangs on the door only to hear a whine that sounds something like "I can't get up." The Penguin knows how to fix that! He declares that he's starting to rock the porta potty and that will get Son out either sooner or later. Final outcome? Newfound respect by son.



He refers to Age Group Award seekers as Age Groupers or Trophy Snipers or was it Trophy Sniffers?

### **The champagne bottle tradition**

This was started by Dale, friend of David Williams, for David's 50<sup>th</sup> state completion and I liked the idea so much that there's often a flat black bottle of Cava 'champagne' and a silver Sharpee pen for friends to sign and send their congratulations. Cathy Troisi got one for her birthday and 300<sup>th</sup> marathon as did Bob Dolphin for his 500<sup>th</sup>, complete with messages from their friends to include Kathrine Switzer's personal message. When I ran into Bob on the course (he'd started two hours earlier) he amazed me that he'd had time to read the messages. Fran Libasi would have had one for her 100<sup>th</sup> had she not been keeping it a secret! (Fran is first NJ woman to reach 100. There are two men.)



### **Friends in attendance – probably more . . . .**

Lis Cooper, Fran Libasi and Tom Brand, Ginny Turner, Henry Rouden, Peggy from SC, Steve and Paula, Dave Holmen, Cowboy Jeff. And more!

The two founders of Maniacs were there, a couple book writers such as Malcolm Anderson (I bought his 3<sup>rd</sup> book called "Messengers," and a load of folks celebrating their 100<sup>th</sup>, 200<sup>th</sup>, 300<sup>th</sup>, 400<sup>th</sup>, 500<sup>th</sup> and even 800<sup>th</sup>. Do you know they have pins for each of those numbers? How amazing is that!



Monkey goes everywhere with the Boone's and gets dressed in special outfits; Henry with more facial hair than usual; Ginny who will be in Stockholm and who I met first in Rio; Fran celebrating her 100<sup>th</sup>.

### **Hotels**

This is a very tough call as nothing is perfect here and the options are varied. Forget luxury as I don't think it exists.

Think of the race logistics: Start north in Ellensburg and finish south in Selah. Yakima is farther south.

I stayed at a Hilton Garden Inn in Yakima about 10 minutes south of the Selah Civic Center, home of the bib pick up, pasta feed, bus to the start and awards dinner. Yakima is also the place for an optional Sunday morning no-host breakfast. (Though I slept in and enjoyed the very late big buffet breakfast at the Hilton Gardens.) I only switched to the Yakima location at the last with the

recommendation of Ginny and a comment from Bob Dolphin that Selah or Yakima might be easier. I reluctantly canceled the Days Inn in Ellensburg where the start was located.

Yakima has this Hilton Garden Inn on its Main Street called Yakima Drive. It's a nice little town with plenty of stores and restaurants. There's also a Fairfield Inn by Marriott but buried off the highway in an out of the way location. There are a number of small dumpy looking places that seem ancient. Staying in Yakima puts you within a maximum of 10 minutes of Selah. But race morning requires catching the last bus out of Selah at 6am going to Ellensburg for an 8am start. Uck.

Ellensburg's Days Inn is next to nothing but a big truck stop and junky RV park. Well, it's conveniently next to the marathon start – maybe .3 miles walk. About a half mile farther away is a Comfort Inn and a Holiday Inn Express that looked marginally better. There might be a Hampton Inn by Hilton too. It would be wonderful to roll out your bed at Days Inn and be at the start . . . Yet those who stayed there paint a not so convenient picture. They chose to drive to Selah for the bus to the start so they'd have their car at the finish line area (which still required a bus.) Others who didn't do so and had to catch a bus back to Ellensburg hotel to change clothes for the 4pm awards banquet ended up missing it if they weren't under a 4-hour marathoner.

**Hint for race morning:** When the bus dropped us at Day's Inn, we were to go into this nothing junky building out back of the Days Inn. I walked into the Days Inn and asked reception if we could stay in their nice warm lobby and was clearly accepted and offered to use the breakfast room too. There were toilets and I'm told some marathoners staying at Days Inn open their rooms too.

### **Tourist**



- Since the run was in snow or rain and the camera was in a zip bag for the first 9-10 miles, I took a day to drive it (in reverse of the run) and then visit the historical town of Ellensburg.
- Central Washington University is a lovely and quaint campus with a big surprise – an authentic Japanese Garden. I'd read about it but had a heck of a time finding it. Hint: its near to the Student Lounge and almost in the center>
- The University has a world famous chimpanzee study group on talking. I missed the last tour at 2pm.
- Downtown has a number of old time buildings maintained well.
- What are these "jet ski" contraptions with tracks?
- Downtown Yakima is less exciting though they do have a train/trolley and Disneyland looking Front Street.
- Theatres, symphony and culture are available in Yakima with some attending the symphony Saturday night.
- Up high on the hill of Yakima is a neighborhood designated historical with some more interesting houses. Until I found them, most were pretty plain.



### **Hint for driving in from Seattle:**

If the weather is decent and you arrive in Seattle pre-2pm, get off at Ellensburg to see the Days Inn race start, then find your way to Canyon Road (really close) and drive into Yakima via the Canyon Road and the marathon course. With a GPS or map you could find your way to Selah if it were bib pick up day as it's on your way to Yakima.

### **Description by Nature Conservancy:**

*The Nature Conservancy established its Yakima River Canyon preserve in 1993 to protect the fragile and unique habitats there. The preserve includes 105 acres of basalt cliff as well as important grasslands and an island in the middle of the Yakima River.*

*Sheer basalt rock cliffs frame the Yakima River Canyon, casting shadows on the waters below. Located between Yakima and Ellensburg, the 15-mile canyon rises as much as 2,000 feet above the river that carved it. These rock faces are home to the densest concentration of nesting hawks, eagles and falcons in the state. A rare plant—the endangered basalt daisy—grows only in the Yakima River Canyon and one of its tributaries.*

*In addition to the hawks, eagles and falcons that nest here, the preserve is also home to great blue herons, osprey, big horn sheep, deer, elk, several species of small mammals, and rattlesnakes.*



### **Description by State of Washington:**

*Washington State Scenic Byway - 18 Miles Between Yakima and Ellensburg on State Route 821*

*This route follows the Yakima River, dividing the hills of sage covered desert between Yakima and Ellensburg. The basalt cliffs, some rising more than 2,000 feet, reveal a story of cataclysmic geologic events. The canyon is known for its year-round sport fishing and as a blue ribbon catch-and-release trout stream. The crevices and cliffs make a perfect home for the densest concentration of nesting hawks, eagles, and falcons in the state.*



### **The drive back to Seattle**

I wasn't too sure about the weather and the tiny road leading up to Leavenworth, and even less sure of the commonly closed road from Leavenworth going easterly into upper Seattle, but the weather held but only for a couple days, and I was able to do this ultra scenic drive and to enjoy an afternoon in Leavenworth.

Leavenworth is a wee town that we knew about years ago when friends in Belgium retired there in the 70s. We were told, and it's true, that it's a perfect little Bavarian town and maybe more Bavarian than in Bavaria itself due to the careful building requirements. It sits in a valley, though still very high, with mountain peaks all around.

I managed a Bavarian meal with Bavarian wines and did a bit of window shopping and plenty of wandering the lovely town. Due to the past snow and the predicted snow, I was somewhat concerned about the road going easterly and with good reason: they had a foot of snow the next day and the road would have closed.



According to Wikipedia: *Leavenworth is a city in Chelan County, Washington, in Eastern Washington. It is part of the Wenatchee–East Wenatchee Metropolitan Statistical Area. The population was 1,965 at the 2010 census. The entire town center is modelled on a Bavarian village.*

*History- The first route across Stevens Pass was built by the Great Northern Railway in 1892. The townsite was across the Wenatchee River from Icicle and was named Leavenworth the same year the rail construction began. Captain Charles Leavenworth, president of the Okanogan Investment Company, purchased the land in the present-day downtown and laid the streets parallel to the new railroad tracks. The railroad construction was completed during the winter of 1893. Lafayette Lamb and his brother, Chauncery Lamb arrived in 1903 from Iowa to build the second largest sawmill in Washington state. Leavenworth was officially incorporated on September 5, 1906. A small timber community, it became the headquarters of the Great North Railroad in the early 1900s. The railroad relocated to Wenatchee in the 1920s, greatly affecting Leavenworth's economy. The city struggled until 1962, when the Project LIFE (Leavenworth Improvement For Everyone) Committee was formed to transform the city into a mock Bavarian village to revitalize its economy. Owen and Pauline Watson, owners of a business on Front Street, formed the committee after visiting Solvang, California in 1958 and thought it was an excellent idea for Leavenworth.*

*Leavenworth is home to the Leavenworth Nutcracker Museum, which opened in 1995 and contains more than 5,000 nutcrackers dating from prehistoric to modern. Leavenworth hosts an annual Oktoberfest celebration. Leavenworth's transformation into a theme town was inspired, and assisted, by Solvang, California. Later the Washington town of Winthrop followed Leavenworth's example and adopted a town theme.*

*In November 2007 Good Morning America went to Leavenworth for Holiday Gifts for the Globe where GMA helped light up the town for the Christmas Holiday. Leavenworth was also named the Ultimate HolidayTown USA by A&E.*

**A trip report about the marathon and area off the web:** Note that the author claims the chance for rain is 'slim to none.'

*Well, even without the exercise, the scenery itself is enough to raise the pulse rate. Those who have driven, rafted, biked or hiked the canyon in Central Washington State know of which we speak. Basalt cliffs soar 1,500 feet above the meandering river (a marker midway through the marathon course offers a geological explanation). Wildlife abounds -- airborne, afield and afoot. Runners will have the route to themselves -- the course will be closed to most vehicular traffic -- so any noise likely will be traced to the rippling river on your right or the footfalls of fellow competitors all around you.*



*This is a point-to-point marathon, the standard 26.2-mile distance, on paved State Route 821 starting at Ellensburg, Wash., and finishing north of Selah, Wash. Selah itself lies just north of Yakima, Wash. Runners can expect two significant grades, including one past the fabled 20-mile mark, and a range of curves that result when a road is constructed to follow the course of a river through a canyon. It is neither a classic, fast, flat, PR course nor an extreme test of endurance. Race organizers consider it a representative course, tilted slightly toward the difficult side. Actually, since runners go with the flow of the river, it's a net downhill.*

*Given this is the Pacific Northwest, you ask, what are the chances for rain? The answer is slim to none. This area sits just east of the Cascade Mountains, in what meteorologists call a rain shadow. Annual precipitation totals about 10 inches a year, and the native flora (sagebrush, grasses) reflect the arid climate. Irrigation makes the area's agricultural industry possible; this is where the famed Washington apples grow up. Normal*



low temperatures for the date are 25-30 degrees F, normal highs in the mid-50s. A normal day during the race period (8 a.m. to 3 p.m.) will see sunshine and temperatures in the 35- to 50-degree range, very much in the comfort range for a long race.

### **Annette's Yakima trip report - 2010**

Finally, after several races this year of getting up way too early, a later flight, only needed to get up and out the door at 6 00 am but little Michael 8 years old did too, so off to McDonalds for car breakfast. SW, no delays this day and flew 4.5 hours into SEATAC, what a great airport, not that big, lots of restaurants, shops and clean.

Of course Janet, hubby Jim and new acquaintance David Weimer Canadian Marathon Maniac are right there to shuttle me off to race weekend festivities. David, I learned had a special function this weekend, in addition to being an old friend of Janet's, he accepted the task of pacing her to a BQ. No way would I ever want that pressure, but wait no one is old enough to ever need me to help them, I don't think there are any Boston times over 6 hours:( right?

A beautiful drive from Seattle to Yakima, through the Cascade Mountain range which were snow covered all the way down to the road, the air was heavy, grey and cool an almost 100% change from Seattle. Yakima is a nice little town, population 80,000 plus and we went over to the community center for packet pickup. Nice long sleeve tee shirt, not much else and no chip so if you are looking for a BQ line up in the very front. A meeting was going on for the 100 Marathon Club and while roughly 40 some were in attendance they had run almost 10,000 marathons, YIKES this little old lifetime 40 marathoner was seriously out of her league. Fun fact, there were several cardboard boxes of throwaways from last year's race with a sign "Help Yourself". After the meeting, our prepaid \$7.00 bought us a tasty pasta dinner, just wish the desserts were not store bought but kept that to myself while there. Happy the East to West travel netted me an extra 2 hours, though at 7 pm couldn't quite stifle the yawns any longer. Back to the Comfort INN and sound asleep and happy to know an 8 o'clock start meant I could sleep late. The morning was pretty cool, but I was stylin' in my plastic throw away rain poncho and black knit gloves I had swiped from the lost and found at the grade school. OK OK they were holey and mismatched and didn't have too much of a chance of being reclaimed by some little kid with blue fingers in Spring. I quickly found MY spot at the start, the back back back of the line but not before I captured a photo of the start line, yup my favorite seen only for the second time in my short career a long WHITE CHALK LINE, but I was quickly distracted by my prey, slightly up ahead was Barefoot Jon in full Joyful Running Club kit. I had heard of the club before and he was recognized at the pasta feed, and now I wanted that pink kimono badly. I quickly ambushed him to find out how his outfit could also be mine. For those of you unfamiliar with the Joyful Running Club I will try to give you a somewhat accurate description and would sincerely appreciate anyone with the facts to additionally enlighten me. It seems to have started in the East, Japan? and the basic premise is you wish to run 100's of marathons. It was the not only that but the outfit I sorely coveted, a Pepto Bismol Pink shorty kimono emblazoned with beautiful symbols on the back as well as along the wide ribbon the open front. Barefoot Jon had gotten his in Japan and was sporting some very non-technical cotton black cut off shorts but the piece de resistance his Coolie hat with charms hanging off, which he quickly informed me was his addition to the look. No problem, I happen to have one at home from the globe trotting in laws whose idea of souvenirs is to bring me interesting clothes I can never wear easily around conservative Wheaton, IL but being a mom of four boys, I quickly realized a lot of this crap, I mean keepsakes come in handy for hundreds of Halloweens and class projects. Okay, forget that I have told too many folks after I finish the 50 I am off to Competitive Crochet! Change of plans! Now, I am all about the hundred 26.2, if that means I can wear the pink kimono! Jon was pleasant and encouraging while answering my questions though he never did divulge what one symbol meant hmmm. Never heard the start but somehow managed to start running, again the gross injury was causing severe heel pain so knew I would be slower but lo and behold up ahead was Paula Boone of the 50 States Club fame,(she is in charge of membership so keep good records as she has to wade through them all) she on her quest for completion of the second round of the states with 200 plus marathons run. She mentioned she too was injured and we took off together. During our hours of solving world problems, (Obama will get a copy of our notes), we discovered our injuries were not only freakishly similar but giving us pains in new places at the same time during the run, how weird is that. Anyway if you get a chance to run with Paula please do, she is a delight and like Larry Macon very unassuming and gracious when talking about her achievements, if you are faster then you must run with her husband Steve (treasurer of the club) a gazillion marathons and who is probably one of the best story tellers I have come across. I had my phone with picture and video capability and Paula pointed out some good shots, though I was not lucky enough to spot any eagles teaching their babies to fish like she did at a previous running of

Yakima Valley. I even got a picture of the Mahr Brothers compound for my brother who was a big fan of the Olympian skiers from the "97" Olympics. The Canyon was so beautiful and I was not disappointed and got to see a train go through too, told one year the train whistle actually signaled the start of the race, how cool is that to this city girl. Paula and I stayed together the whole course. Finally hours later though it was still SATURDAY we finished and actually were chastised by a much older gal for not staying passed by her. We did a little sprint to the finish. Our friends and Paula's husband were there only patiently waiting for should I really say this, two and a half hours, now those are real friends! 530 marathoners finished. A beautiful rose, medal, blankie and photo op were next, then off to the showers at the middle school. Okay one weird thing about the showers well two actually, the jets in the showers could have pierced armor they were set to that velocity and you could tell it was a middle school as the towels barely covered well not much. Let's leave it at that as I know I didn't gain that much weight this year. A couple of big wicker baskets held dozens and dozens of hotel toiletries and I did feel really old when I had to ask the locker room attendant if what I was holding was indeed shampoo or mouthwash. She was not wearing eyeglasses and easily 30 years my senior. Yikes. Freshly laundered, Janet and I met up with David and Jim and drove over to Arctic Circle for fries with mayo/ketchup dip, I declined as I think I probably barely burned enough calories to cover one fry let alone the super size. However snack time did score me another piece of bling. While running with Paula and Lis Cooper (OR Maniac) I noticed one of those stretchy type Live Strong bracelets off to the side of the road. I have a son who likes those so I picked it up even though it was pink, squinted through old eyes I read the words, "Have you touched your Boobs Today?" uh oh definitely not what a 17 year old guy should be wearing or maybe? Ok won't go there. anyway I tossed it back down and mentioned to Paula that the 50 State Club should have those and she replies funny but we just got them in and I have a bunch in the trunk. Well the price was a whole lot less than the Tiffany charm bracelet hubby had bought that now lies languishing for years in my drawer and I said SOLD! Here is where I get more even more obnoxious, I am the first gal in IL to have one and Paula informs me over fries actually after her and Steve the third person in the club to wear one, How Cool is That? See I am so easily impressed by the little things in life. Next off to the community center again for the TATOR FEED put on by Bob and Lenore Dolphin the octogenarian race directors extraordinaire. In our race packets were complimentary tickets for dinner and it was wonderful. Baked potatoes and almost everything imaginable to put on them, a nice salad bar and more store cake. Then awards and awards and awards and photos and raffles. Lenore was in heaven orchestrating every little thing and I enjoyed watching all the WA runners come up and down to the stage for their recognitions. Time to leave for Renton, WA with Janet and Jim and Darwin, it was a quiet sleepy ride home except for the munching sounds of Cheese Its and Chocolate Covered raisins in the Costco size containers (Janet runs marketing for Costco which is based in her town) she is either very generous or gets a big discount on her groceries judging by how many goodies she had stocked our car with. She is generous!!! A nice evening at her house, in bed and sound asleep before midnight, then headed back to IL in the afternoon. Run Yakima River Canyon if you can and I pretty much guarantee you will love it. There is a lot of history there and I would love to return to sightsee like the Liberty Ladies do 26.2 miles at a time, but my family and husband give me the weekend and I can't complain as I am one lucky lady. Another sticker on the car window this morning and my new jewelry on my wrist. Off to Battleground Marathon in IN this Saturday provided 1.. no flooding it is near the Wabash River and Purdue and notorious for flooding in the spring hence not one but two flood dates on the web site 2... my heel is only working part time to kill me 3...husband feels like running it too as I registered both of us last year while looking for filler races in months that did not have states I needed to finish the 50. 4.... I really want to be on the road at 4 am!

### **David's Yakima trip report**

On March 31, 2012, I ran the Yakima River Canyon Marathon. This race is directed by Bob and Lenore Dolphin, who are also the founders of 100 Marathon Club, North America. Bob Dolphin was running this race as his 500th marathon, so it was a special event. Everyone wanted to be there to celebrate with Bob.

This race was a reunion of the 100 Marathon Club, and I expected to see many Marathon Maniacs and 50 States Marathon Club members as well, but I was blown away by all the familiar faces I saw at the pre-race dinner. I saw a lot of friends that I didn't know would be there.

At the dinner, Lenore Dolphin introduced many of the more accomplished members of the 100 Marathon Club. I saw legendary runners I had only heard of before. It was the ultimate reunion of runners who have done hundreds of marathons.



*The course starts in Ellensburg, WA and follows the Yakima River to the finish in Selah (near Yakima). There were hotels in both Ellensburg and Yakima. I opted to stay in Yakima, since the pre-race and post-race activities were all in Selah.*

*The morning of the race, it was 33 degrees and drizzly. Like most runners staying in Yakima, I took one of the busses from the Civic Center in Selah to the Days Inn in Ellensburg (near the starting line). The Days Inn provided a building where we could wait indoors until it was time to line up for the race. While we were waiting, we saw the rain change to snow. It would change back and forth a few times as the temperature hovered near freezing.*

*Having run in similar conditions before, I knew I was dressed adequately for running in this weather, but when we walked out to the starting line, I was shivering. After the race started, I wondered if I would ever warm up. It took about four miles. Eventually, the rain stopped, but a cold breeze through the canyon ensured I would never get too warm.*

*Except for the first two miles, the whole course follows the river. On either side of us, there were big hills towering over the river, but our route was (mostly) a gentle downgrade. Initially, it was hard to see the canyon walls, but once the morning fog lifted, the views were excellent.*

*Although the race is mostly downhill, it has a few tough sections where the road climbs high above the river. Each of these hills is followed by a steep downhill as the road returns to the river level.*

*Bob Dolphin was one of several runners who took an early start. That allowed the rest of us to congratulate Bob on his 500th marathon, as we each caught up to him. Jeff Hagen accompanied Bob for the entire race. Chuck Engle, after winning the race, waited to greet Bob at the finish line.*

*For the first time since a recent hamstring injury, I ran without wearing a compression wrap. My goal was to finish under 3:30. I started a bit tentatively, but eventually found myself running hard. My hamstring held up fine, but even on a downhill course, it took an all-out effort to reach my goal. I finished in 3:28:37, which was good for fourth place in my age group.*

*After the race there was an awards ceremony/potato bake in Selah. In addition to the usual awards for overall and age group winners, there were several special awards. Anyone who completed their first marathon or a multiple of 100 marathons received an award. Bob also received a special award from Marathon Maniacs (presented by the three main Maniacs).*

*I wouldn't normally recommend a small race in a remote area to a first-time marathoner, but this race is the exception. Bob and Lenore go out of their way to make everyone feel special. I envy the runners who experienced this race as their first marathon.*

### **Miscellaneous – just for fun**

I have been stunned at the statistics – so here are a few for you to ponder too. From 100-marathon club newsletter.

1. Who was the first club member to run his 700th marathon in 2010?
2. Who was the second one to run his 700th marathon in 2010?
3. Who was third to run his 700th marathon in 2010?
4. Who will be the third Brit to become a States FINISHER soon?
5. Who is the oldest member in the club....and the second and third oldest?
6. With 335 completed marathons, which woman is on the world's list of "top 10 women?"
7. After December 2010 heart surgery, who completed his 201st marathon at the April 2, 2010, Yakima River Canyon Marathon (YRCM).....one year after he ran #200 there?

8. Another heart surgery question.....after his heart surgery, who “managed” to run 10 marathons (including Boston) and a couple of international races to bring his total to 628 marathons and 78 countries?

9. Who is the youngest person and first woman to become a 5-TIME STATES FINISHER?

10. Who runs 27-32 miles most days? (Not in races.)

11. Who has been the OVERALL WINNER of 121 marathons?

(1) Jim Simpson; (2) Henry Rueden; (3) Larry Macon; (4) Peter Graham; (5) Ed Burnham, Hal Copeland and Don McNelly; (6) Lois Berkowitz; (7) David Jones; (8) Andy Kotulski; (9) Kendel Prescott; (10) Ray Scharenbrock; (11) Chuck Engle.



## ***Itinerary***

### **Thu Mar 29**

7:45am Depart Newark EWR via UA#1241  
10:49am Arrive Houston IAH for plane change  
11:44am Depart Houston IAH via UA#1275  
2:26pm Arrive Seattle SEA

#### Rental Car

From I-82 East: Take Exit 33B for Yakima Avenue and get into the right lane marked Yakima Avenue. At the stop light, turn right onto Yakima Avenue and the hotel will be located 6 blocks ahead on the right hand side.

Hotel Hilton Garden Inn Yakima  
401 East Yakima Avenue, Yakima, WA 98901 Tele: 509 454 1111

### **Fri Mar 30**

Note: Purchase champagne bottles for Bob Dolphin (500<sup>th</sup>) and Kathy Troisi (sp?) (300<sup>th</sup>)  
Race headquarters at Selah Civic Center, 216 South First Street, Selah, Washington.

#### **Activities at the Race Headquarters:**

- Packet Pickup - Friday, March 30, 2012, 3:00 - 8:00 p.m.
- Pasta Feed – Friday, March 30, 2012. 5:30 - 8:00 p.m. (Adults \$8.00 – Paid with registration)
- Shuttle Bus Service to Race Start - Saturday, March 31, 2012, **6:00 a.m.**
- Shuttle Bus Service from Finish (via shower facility) between 11:00 a.m. and 1:45 p.m.
- Shuttle Bus Service to Ellensburg - At 1:00 p.m and 2:00 p.m. (via shower facility), and 3:00 pm from finish area.
- Awards Ceremony/Meal - 4:00 p.m. In addition to the category awards, prize drawings will be held for those in attendance. One ticket for the meal will be included in the entry fee. Athletes are encouraged to purchase additional tickets for friends and family when sending in entry fees. Limited extra tickets will be sold on a first-come first-served basis.
- Photographs - Pictures taken on the course may be purchased here after the race. They are also available for purchase at the finish line.

Packet pick up at Days Inn, 901 Berry Road in Ellensburg, WA 98926 Tele 509 933 1500  
Directions: I-90 Exit 109, left to Berry Road

5:30pm Pasta Party with speaker John “The Penguin” Bingham to 8:00pm

### **Sat Mar 31**

6:00am Bus to start  
8:00am Marathon – check if early start recommended – Race open for 7 hours.  
Average weather 30-55 degrees

Start at Exit 109 off I-90 near Days Inn on Berry Road Ellensburg; Use Exit 109 from I-90. Go south past the Buzz Inn and Flying J Truck Plaza. Take the first left onto Berry Road...to the race start headquarters at the Days Inn, 901 Berry Road. The starting line is on Canyon Road .2 mile south of the Berry Road intersection. (see map) For safety reasons running in the right lane is recommended, but not mandatory.

Finish at Exit 26 off I-82 in Selah. Take Highway 821 north about 3 miles.

<http://www.ontherunevents.com/yrcm/>

In 2011: 184 women timed to 8:07 and 301 men timed to 9:26. Annette at 6:26.

**Course Description** - *This point-to-point marathon course is exceptionally scenic as it offers spectacular views of the Yakima River Canyon. It starts on Canyon Road .2 mile south of the Berry Road intersection in Ellensburg, Washington. After two loops, it proceeds directly south to the canyon. There are two major hills and many curves as the course follows the Yakima River downstream on the asphalt surfaced highway. The long downhill just before the finish in rural Selah, Washington, near the canyon's mouth contributes to the net elevation loss of a few hundred feet as it brings the runners to the Yakima Valley orchard and ranch country.*

### **Sun Apr 1**

Open

### **Mon Apr 2**

Depart to Seattle

Hotel            Town Place Suites by Marriott – take employee form  
300 SW 19<sup>th</sup> Street, Renton, WA 98057 Tele: 425 917 2000

### **Tue Apr 3**

11:30am        Depart Seattle SEA via UA#1232  
5:40pm        Arrive Houston IAH for plane change  
7:24pm        Depart Houston IAH via UA#1038  
11:59pm       Arrive Newark EWR

### **Participants from 50-states club**

Roger Biggs  
Paula Boone  
Steve Boone  
Tom Brand  
Jack Brooks  
Janet Burgess  
Bob Cannava  
Lis Cooper  
Tom Craven  
Bob Dolphin-**500th marathon**  
Peter Graham  
Jane Herzog  
David Holmen  
Alan Leach  
Fran Libasci  
Gina Little  
Robert Lopez  
Fred Neff  
Pat Neff  
Tony Phillippi  
Ray Shaw  
Ginny Turner  
Cathy Troisi-**300th marathon**-Happy Birthday!



*HIGHLY recommended, beautiful course!! (about: 2011)*

*I give spectators 5 stars because the ones who were out there were awesome!! I regret missing the pasta party. I heard it was excellent... but I flew out the day before on the 6 a.m. flight from Boston, and we had a snowstorm, so I was delayed. At least made it the morning of the race! Loved getting a cotton t-shirt since I have so many tech shirts now! The race organizers and volunteers were excellent! Loved being able to buy my picture at the finish... and such a nice presentation with the course and rose! Runners were very friendly. I'll never forget the course views... I ran with my camera and have a great slide show! What a great West Coast marathon - sweet memories!!*

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*serene and beautiful (about: 2011)*

*This race had majestic views that created a mood of serenity. This was one race where I didn't care that there were not a lot of fans because the scenery was all you needed. It even distracted me from a couple of pretty wicked hills. The lone ghetto blaster placed in a rock at the top of the hill playing "Highway to Hell" was classic. I would definitely tell friends about this one!*

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*My favorite race (about: 2011)*

*This is a race that is designed for runners and not as a backdrop for corporate logos. Heck, the shirt has no sponsor logos. Plus the competitors seem to be the friendliest of any race that I've done.*

*The race is a pure point-to-point, with no backtracking. The race loses about 300' over the 26 miles, but there are hills at 14, 18 and 23 miles (mile 23 is the high point so the last 3 miles lose 100' apiece - it's nice to have gravity's assistance when you need it most). The course is on a state highway, so it is fairly wide, and the hills are not steep. The first 5 miles are OK scenery-wise, but the last 21 are about as good as it gets. Aside from the 3 hills where the course pulls away from the river, the river is your companion. The walls of the canyon shoot up at about 45 degrees about 1,500' above the river. There are portions where you will be running along the base of 200' cliffs. This is a desert canyon. There was a small rockslide caused by some bighorn sheep above us. Due to clouds in the distance we were not treated to a view of Mt. Adams at the 25 mile mark. It seemed that there were 2 or 3 times as many cars on the road this year.*

*There had been heavy rains the previous days, so instead of the clear Yakima River, the river looked like chocolate milk, with a few logs and branches along for the ride (unlike in previous years, the river was traveling faster than runners were).*

*The course is closed, so aside from the aid stations (as always staffed by wonderful people), there are no spectators - only the other runners.*

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*Great race (about: 2010)*

*Pros: This is a terrific race. Incredibly scenic course; I saw several deer and hawks during the run. There are not a lot of spectators. However, the course volunteers are very friendly and enthusiastic. The course has several hills, so this most likely won't be a good PR-course.*

*Cons: The shuttle service is confusing and may not run often enough, especially towards the latter part of the day when more finishers are coming in. They have loud music at the last hill. This may be a matter of personal taste, but I found the blaring music distracting and rather unpleasant. However, it may have helped some folks get to the top of the hill.*

*Overall, it is a well done race and well worth running.*

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*Par - Excellent (about: 2010)*

*Great run. I strongly disagree with the comments/attitude of M.L., from Walla Walla, WA in a previously posted review. I fail to remember a single car passing fast. There may have been only 20 or 30 cars along the entire 26.2 miles. In my view, all appeared careful and slow. This course, for a road, was possibly the safest run provided I have ever been on over several dozen races. I also want safety. Next to a trail run, Yakima Canyon Marathon is about as safe as it gets.*

*My one suggestion is to clarify the bus shuttle timing. From where do they leave, and where do they drop off? I wasted a lot of time, along with others, hoping to catch a bus to the showers and back to the start line after the race. The buses were a great provision, but even the volunteers could not tell us what the bus routes included.*

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*GORGEOUS SCENERY! HOMETOWN FEEL! (about: 2010)*

*Gorgeous scenery. I love the personal touches that race directors Lenore and Bob did for all of the people who came to the race! They gave out flowers at the end, and recognized the first marathoners, or marathoners who'd run all 10 races, or people doing their 100th, 200th, etc. Love the pics available on the site for \$10 - instead of Brightroom or ASI charging \$5 shipping just for a picture! The pasta dinner was good, and the speakers were entertaining. Beautiful age awards for all categories! Lots of door prizes. I love the Dolphins (RD's), and love the course! Highly recommended!*

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*Beauty, Organization, Hospitality, Integrity (about: 2010)*

*I chose this race because of previous reviews I had read. The natural beauty was awe-inspiring to the max. The volunteers seemed like family - maybe more so. Many elite runners were recognized at the pre-race dinner. You read of some in Runner's World. Race directors, Bob and Lenore, are immortals. They have experience, dedication, and huge respect from every participant. They will take care of you, and are not money-hungry like many race directors. They are very generous. Thanks to all who made this a huge success. I recommend this race to any first-timers who need a memorable "first-time" race experience.*

*P.S. The way-out location of this course prevented large numbers of spectators from coming out, and thus prevented me from giving that category 5 stars.*

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*Great race (about: 2010)*

*This was a great race with a few challenging hills. Not a lot of spectators, but the volunteers were wonderful! The run along the river is very peaceful and pretty. Weather was excellent and the support at the finish line was fantastic!*