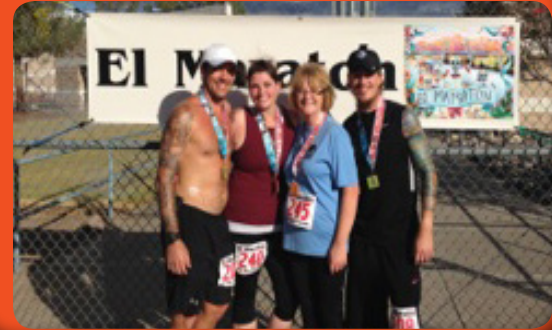


MAINLY MARATHONS

Loony Bin Newsletter

Issue #1

July 2017



First of all, we would like to thank Clint and Hanne, along with Norm, Cathy, George, and Kate for creating such a wonderful series of races and fostering a family of runners as loony as us! Some of you might be wondering who we are. We are Jesse and Daniel Rueckert, sometimes referred to as the Minnesota Brothers. Together, we've ran around 50 races with Mainly Marathons starting with the 2013 Day of the Dead Series, which is where we finished with members of our family (wife/sister-in-law and mother, pictured top-right) and found our running family. We're eager to share our passion for running and, even more so, this wonderful community of roaming runners that is known as Mainly Marathons.



We're excited for the tremendous opportunity to be co-directors of such an amazing running company. Our first series will be the Prairie Series. We understand that this change, although exciting for us, could create some concerns for the Mainly Marathons community. We hope to calm any concerns and answer any questions that you might have right away. Take a look at our Questions section of this Loony Bin Newsletter and if you still have questions or concerns, please reach out to us at Jesse@Mainly-Marathons.com or Daniel@MainlyMarathons.com. We're excited to see many of you at the inaugural Prairie Series!

What is the Loony Bin Newsletter?



Runner Spotlight

We choose one of our great community members to interview as a means to share their story.

Highlighted Series

This is where we share information about our upcoming series.

Series Recap

Highlights of the previous series, along with Amazing Achievements and Mainlyner Milestones.

Community Articles

We want to hear from the Mainly Marathons community, so send us your articles.

Announcements

Stay up-to-date with news regarding Mainly Marathons and our community.

How often will the Loony Bin Newsletter come out?

The Loony Bin will be a monthly newsletter.

Why wasn't I mentioned in the Series Recap?

We will do our best to include unique achievements and milestones.

How do I submit articles?

You can e-mail them to Daniel@Mainly-Marathons.com.

What kind of announcements?

We'll announce new awards, updates to series, and occasional discounts.

Prairie Series



Travel Distance / Time

Day 1/2 (MN/ND) => Day 3 (SD): 195 miles, 2:44
Day 3 (SD) => Day 4 (IA): 101 miles, 1:29
Day 4 (IA) => Day 5 (NE): 10 miles, 0:21
Day 5 (NE) => Day 6 (KS): 209 miles, 3:13
Day 6 (KS) => Day 7 (MO): 43 miles, 0:45

Schedule

7/16: Breckenridge, MN/Wahpeton, ND
7/17: Breckenridge, MN/Wahpeton, ND
7/18: Baltic, SD
7/19: Sioux City, IA
7/20: South Sioux City, NE
7/21: Hiawatha, KS
7/22: St. Joseph, MO

We're excited to see many of you at our inaugural Prairie Series. July in the Midwest can be rather warm and humid, so we would like to encourage everyone to take advantage of the optional early start time at 4:30 AM (CDT). We will still have our regular start time at 5:30 AM (CDT).

As part of the Loony Bin Newsletter, we would like to give you some information about possible sights and activities along the path of our next series. The Prairie Series will be starting along the MN-ND border in Wahpeton, which is home to the Chahinkapa Zoo (open 11 AM - 7 PM). On days 4 (IA) and 5 (NE), we'll be close to the Lewis and Clark Interpretive Center and several museums (Blue Bunny Ice Cream, Sergeant Floyd, Milwaukee Railroad, and more). In Hiawatha, KS, you'll be able to see the Davis Memorial, which was added to the National Register of Historic Places in 1977. At our last stop in St. Joseph, MO, is likely best known as the starting point of the Pony Express and the death place of Jesse James. There are museums here for both the Pony Express and Jesse James, so make sure to check them out if either of their histories are of interest.

Passing of the Ladle



The Loony Lunchbox is endearingly named after the runners we're feeding. We think that the people running with Mainly Marathons (including us) are a little loony, like who runs a 183.4 miles in a week?! Well, many of you do and you need nutritional food to fuel you on your way to completing those miles. We'll be serving unique options daily and, when possible, two different options each day – everybody loves second breakfast!

Even though Norm is retired, his legacy will live on. Whether it be his motivational cheers of "less talking, more walking" or the magical powers he used to make his ever-so tasty French toast, the legacy of his ladle will not fade! We obtained some of his secret recipes, which we had to trade a small fortune for and swear an oath of silence. So, with these secret recipes and a helping of our own homemade dishes, we hope to fuel you as you reach your goals. However, if your goal is to enjoy your time on the course, then you should definitely stop by the Loony Lunchbox and get seconds or thirds!



Menu Options:

Pasta Salad
Potato Salad
Fried Rice w/ Veggies
Tator Tot Hotdish
Goulash
Chili
Soups
Mini Quiches
Pancakes
French Toast
Fruit Smoothies
Energy Bites
Protein Balls
Cookies
Brownies
Bars
and much more!

Runner Spotlight

Ila Brandli



Not many people in running can match the accomplishments and smile of one of our very frequent repeat offenders, Ila Brandli. Ila has been running with us since the Center of Nation Series in 2013. That year marked a coming out of sorts for the then-67-year-old: she ran a total of 36 marathons, more than quadrupling any prior year.

Ila began running in 1988, on the bet of a co-worker. She started training, ran a 5K, then a 12K, and completed the Seattle half marathon in November. She paid a hefty price, though, and her knees were killing her. She didn't run again until five years later, when she bet the same co-worker that she could run another half marathon. The results were the same: a lot of knee pain. Then she said she discovered orthotics, and her knee problems disappeared. From there, she took off (so to speak), and ran her first marathon in 2007, at age of 61 at the Mayor's Midnight Sun in Anchorage. Like most of us, she said, "Never again." Four months later, she completed the Portland Marathon.

Since that first challenge, she has completed over 200 marathons, in all 7 continents (in 11 days), achieving what may be considered the holy grail for endurance runners (twice). As a double agent with Marathon Maniacs, she has achieved Mt. Everest status twice, once by completing 52 half marathons and 52 full marathons in a year; the second time, she ran 30 marathons and 30 half marathons in 30 different states in a year. She also has run over 300 miles in six days.

As a Mainlyner, Ila has completed 110 half and full marathons with with Mainly Marathons, which puts her 9th on the coveted list, earning her Catrina status. I recently asked her why she keeps coming back, and she said that Mainly Marathons has "provided the races (for her accomplishments), support and life long running friends." She has no plans of slowing down into the future, and will keep running as long as possible. Her mantra is "Believe in No Limits", and when you see her on the course, you will believe that she indeed has none.

QUESTIONS?

How will this affect the participants?

First and foremost, we intend to keep the events running the same as you have become accustomed to enjoying. This includes: early starts when possible, copious amounts of food, special menu items daily, no time limits, rubber bands, etc.

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Are there any changes to the races already scheduled?

No, all events will be taking place as noted on [Mainly Marathons' Calendar](#).

What if I already registered for races?

All will be the same and we'll be excited to see you there with us!

Are you still giving away Mainlyner awards?

Of course! We also exciting plans to add some new awards for the Mainlyners!

So, what is changing?

Instead of seeing Clint and Hanne, you'll be stuck with looking at our mugs! You'll actually see Clint (and possibly Hanne) from time to time as he is planning on running with us and he is also a 2M consultant. The main crew members that you'll see on-site is Jesse, Daniel, and the renaissance man George. Other changes include new cooks and , of course, this Newsletter.