

The Loony Bin



Mainly
MARATHONS

Issue #3
September 2017

In this edition of The Loony Bin Newsletter, we'll showcase the Appalachian Series, unveil our Series Badge designs, show off our new merchandise, share some running Fun Facts, and the Runner Spotlight!

We're excited to see many of you at the inaugural Northwest Series, which is then quickly followed by the Center of the Nation Series. During the Northwest Series, we're adding a adding a Finishing Bell to our staging area. When you're coming in to finish, we encourage everyone to ring the Finishing Bell. Every race finish is an exciting moment, and we think that ringing the bell is a fun exclamation point to your race!



In addition to the Finishing Bell, the upcoming series will also have FREE tattoos! Jesse and I have a fondness for tattoos, and we would like to share the beauty of tattoos with all of you. We understand traditional tattoos are definitely a commitment that not everyone ones to make, so we'll be giving out temporary tattoos to those interested. The tattoos are celebrating our loony runners with the new loon logo!

If you have any questions or comments, please contact us:
Daniel@MainlyMarathons.com
Jesse@MainlyMarathons.com
Katie@MainlyMarathons.com

Appalachian Series



Schedule

Day 1 (Sat, 10/7): Bluefield, VA/WV
Day 2 (Sun, 10/8): Bluefield, VA/WV
Day 3 (Mon, 10/9): Bristol, TN
Day 4 (Tue, 10/10): Fletcher, NC
Day 5 (Wed, 10/11): Seneca, SC
Day 6 (Thu, 10/12): Lizella, GA
Day 7 (Fri, 10/13): Eufaula, AL
Day 8 (Sat, 10/14): Cottondale, FL
Day 9 (Sun, 10/15): Marianna, FL

Travel Distance / Time

Day 1/2 (WV/VA) => Day 3 (TN): 111 mi, 1:45
Day 3 (TN) => Day 4 (NC): 103 mi, 1:59
Day 4 (NC) => Day 5 (SC): 80 mi, 1:34
Day 5 (SC) => Day 6 (GA): 193 mi, 3:04
Day 6 (GA) => Day 7 (AL): 119 mi, 2:12
Day 7 (AL) => Day 8 (FL): 83 mi, 1:31
Day 8 (FL) => Day 9 (FL): 10 mi, 0:14

The Appalachian Series will be the first series where we're using our new Series Badge designs (see next page for more details). This will also be the first series to have 9 races - yes, that's 9 days of races!

During these 9 days, runners will get to experience some of the most scenic courses that Mainly Marathons has to offer. We'll start the series with the first two days taking place on the border of VA-WV in the town of Bluefield, which has a legacy in coal and train. Next, we'll visit Bristol, known as "The Birthplace of Country Music" and home to NASCAR's Bristol Motor Speedway. If you have time in Fletcher, you can check out the North Carolina Arboretum. Then we'll visit Seneca, nestled in the foothills of the Blue Ridge Mountains, where you can see South Carolina's Botanical Garden. This will be followed by Lizella, which will have us running in the Arrowhead Recreation Area, the Crown Jewel of the Greater Macon Metro Area. Next, Eufaula will encourage you to bring your fishing rod to Lake Eufaula, which is the "Big Bass Capitol of the World". Be careful coming into Cottondale as the speed limit changes four times in less than a quarter mile. Finally, we'll finish the 9-day stretch in Marianna where you can see the beautiful caves of Florida Caverns State Park!

Series Badges

Each series has a new badge logo. You'll see these designs on the new tech shirts (Dry Zone®) included with your registrations. Each of the badge designs were based on the location and name of the series. The primary Mainly Marathons logo is in every design, often discretely. We challenge you to find all of them! These designs will actually be made into badges to be used for a really cool perk for Mainlyners. We'll share more on this in January.

We hope you enjoy the Series Badges!



Series Registrations

We have been working with Active to update our online registration method to make it easier and more convenient, especially for those that are multiple days and/or multiple distances in a series. Previously, outside of registering for a single day or the whole series, you would have to register for each day separately.

Now, you can pick which days (and distances) you want to do on one screen. Then you only need to input your information and pay once. Also, if you have a discount code, you'll only need to input this once and it'll apply the discount to all of the races in your cart. Currently, there are four series that are setup with this new registration method - Gulf Coast, Heartland, New England, and Prairie Series.

Gulf Coast Series is a new series taking place February 17-21, 2018 in Florida, Alabama, Mississippi, Louisiana, and Texas. We're getting close to confirming the courses in each of these states. Once they're confirmed with the local officials, we'll announce them on our website and the Gulf Coast Facebook Group.

New England Series is seeing a couple changes for 2018. First, the series was moved from May to June 24 - July 1, 2018. Next, the series is adding an additional state, Pennsylvania, to bring the series total to 8 states! We're also excited to showcase a couple new courses in Massachusetts and New Hampshire. These new courses are sure to impress!

If you're interested in registering for any of these series, we posted links on our Facebook page (and corresponding Facebook group pages) and we updated the registration links on MainlyMarathons.com. If you have any questions about the series or the new registration method, please e-mail us.

Merchandise

Shirts

Our shirts were picked based on their super soft feel and amazing comfort!

- 6 color options (aqua, grey, purple, green, forest, and red)
- 52/48 cotton/poly blend
- Tear-away label
- Two designs



Hats

Our hats are BOCO Gear Technical Truckers® designed for both running and leisure.

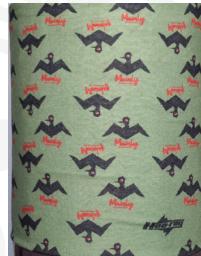
- 5 Panel (blue) and 6 Panel (black)
- Moisture-wicking material
- Adjustable snapback
- Built-in sweatband



Hoo-Rags®

Our Hoo's are like Buffs (but better) and will come in half and full length.

- Half (green) and Full (grey)
- 100% polyester microfiber
- Moisture-wicking material
- Sun protection: 30 UPF



RUNNER SPOTLIGHT

Deb Greene



Deb Greene is an original, in every sense of the word. She is a 67-year-old free spirit who in heart has never left the 1960's, and embodies the can-do attitude of the era in everything she does. On the course, she was an original participant in the 2013 Dust Bowl, Mainly Marathons' first multi-state series. She has been with us ever since, having run 90 races on our courses over the past 4+ years.

Deb kicked off her running career less than ten years ago by finishing the 2008 Seattle Half Marathon in her hometown. The running bug didn't quite take hold, though, until the 2010 Seattle Rock 'n' Roll Half Marathon. She wanted to keep fit and decided that running was a reliable routine that she could keep up for the rest of her life. In the seven years since, she has proven that by finishing 182 half and 32 full marathons.

Along the way, she has accomplished things very few of us ever have or will. In the Half Fanatics' club, Deb has achieved Sun level twice. As a Marathon Maniac, she has hit Titanium level. Being a member of both clubs, she qualified as a Double Agent, and attained the ultimate level in that club, Mt. Everest, in 2016. That means she ran 30 halves AND 30 full marathons in 365 days. That is a lot to be proud of, but to Deb her biggest accomplishment was completing a 100 mile race last year at Across the Years.

Through all of that, she has completed her quest of running half marathons in all 50 states. Up next is finishing a full marathon in every state (18 to go, at the time of publication) and completing 100 races with Mainly Marathons. Her 50th state for the full marathons will be Hawaii in 2019, the year she turns 70.

I asked Deb for her thoughts about Mainly Marathons, and why she can't seem to get away from us. The following is her answer, in her own words:

"Mainly Marathons is a runner's dream come true. I LOVE so much about this organization! As a slow runner, it has allowed me to see my goals met. The 'no time limit' takes pressure off to be done before they close the course and encourages me and others to reach for goals we thought were out of reach. The support is incredible on so many levels! The food table is ALWAYS filled with a HUGE variety of selections. They strive to meet the needs of ALL runners, whether they are vegans, vegetarians, or meat eaters. The hot food is such a treat! They make dishes that are easy to grab and run with and they are so positive and encouraging to the runners who come to their table. The hydration table also does everything they can to see to everyone's needs. They are mindful of your drink, see that it's filled again for your next run through the area and show the same enthusiasm as the entire Mainly staff... positive, encouraging and fun. I like the structure of the races and the ability to see the fast runners throughout the day on the course. And, after the first couple of days, if they haven't really interacted with the other runners, they start calling out names, smiling, saying encouraging comments in passing and show signs of relaxing. It's wonderful to watch the transformation. Why do I come back to the crazy loops? Because, over the years, I have found the most incredible, inspiring, supportive, fun family EVER! And it GROWS every series. People helping others attain their goals, friends laughing and teasing one another throughout the day, showing others what a smile and encouragement can do for them. These are things you don't see in a larger race because it's usually either point to point or out and back. I plan to run Mainly for the rest of my life...whether it's a full, half, 10k or 5k because it's always going to be 'coming home' to my running family, which includes the staff and owners. And, without them and Mainly, I don't think I would have accomplished the level of running I have."

Fun Facts & Terrific Tidbits

Funky Feet

Your feet can produce a pint of sweat in a day.



Beer Belly

The world record for fastest beer mile is 5:04 - that's 4 bottles of beer in mile!

Hay, that's fast!

The world record for fastest mile by a horse is 1:32.1.



Never Too Young to Start

Budhia Singh ran 48 marathons before her 5th birthday!

Wonder Women

In 1990, around 25% of road race finishers were women. Now, women make up more than half of road race finishers.

Winning Weather

45°F is scientifically considered the perfect racing temperature.

Loony Lunchbox

Your body can store more than 2,000 calories of glycogen to fuel your run. Refuel at the Loony Lunchbox.

Never Too Old to Finish

Fuija Singh is the oldest person to ever complete a marathon at 101 years old!



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**Friendly reminder, Appalachian Series
will have price increases after September 30th.**

**If you have any questions, corrections, or comments,
please e-mail one of us below:**

Daniel@MainlyMarathons.com

Jesse@MainlyMarathons.com

Katie@MainlyMarathons.com

**If you have suggestions for articles, recommendations for
Runners Spotlight, share some Loony Love, or an interesting story
that you would like to share, please e-mail Daniel.**

*Thank
You*