

The Loony Bin



Mainly
MARATHONS

Issue #2
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In this edition of The Loony Bin Newsletter, we'll unveil Mainly Marathons new logos, showcase September's series (NW and CON), Runner Spotlight, highlight Amazing Achievements and Mainlyner Milestones, take a look at The Flying V's, and share a little Loony Love with all of you!

If you look at the logo to the right in the circle, you'll see Mainly Marathons primary logo. As you can tell, the design incorporates two M's for Mainly Marathons. On the next page, you'll get a closer look at our secondary logo, which is a little more loony.



We encourage everyone to follow us on Facebook, as this is where you'll be able to read about runners' experiences at each of our series, pictures of the runners & volunteers, and staying up-to-date with all of the Mainly Marathons news! We have our main group page, but each series has their own group page for series specific information. We're excited to see many of you at the inaugural Northwest Series!

If you have any questions or comments, please contact us:
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The Loony Logo



Many of you may have noticed a theme with our naming, such as this newsletter being called The Loony Bin Newsletter and our kitchen being called the Loony Lunchbox.

Now you can see that these names are based on our new logo for Mainly Marathons. We have previously noted that Mainly Marathons runners are a loony bunch, we now have a logo to match! We wanted to make sure that the logo was unique, yet having a simple style. If you take a closer look at the design, you'll notice that the loon's wings form an "M" shape, along with the white speckles forming an "M" shape, as well. Can you guess what those two M's stand for? I'll give you a hint, it's not for that awesome running club with the same initials. The loon is also the state bird of Minnesota, which is the home state for Clint, Jesse, and Daniel. And just take a look into the loon's eye...you can see that there's something odd about him, like he wants to run 7 marathons in 7 days in 7 different states! If you ask us, that makes him extra special loony!

We hope you like our new logo and we'll have updated merchandise with this design soon!



Prairie Series Recap

The inaugural Prairie Series was a hot one to say the least. The runners and volunteers endured three days over 100°! The other four days were *comfortably* in the 90° range. This forced the crew and volunteers to be on the top of their game with supporting the runners. Thankfully, the runners with great assistance from the volunteers were able to complete their races without any harm (outside of the typical blisters, toenail deaths, etc.).

Although, one runner wisely yielded to the pain in her...um, posterior. Yes, as mentioned in the Prairie Series Facebook group, Pam Penfield had a crack in her butt (likely not a medically accurate diagnosis). All joking aside, Pam was a trooper as always and finished a half marathon on Day 1, and then she made the very smart decision to get medical attention. She was missed, but we're glad that she didn't further the injury. We wish Pam a swift recovery and I'm sure we'll see her soon!

Bill "Go Go Go" Murphy set the Mainly Marathon record for hottest finish, and we're not referring to his good looks! Bill finished Day 4 in Sioux City, IA at a blistering 101° and a heat index of 124°. If you would like to read more about Bill, take a look at this month's Runner Spotlight!

We received dozens of compliments during the week via casual conversations, Facebook posts, and e-mails sharing people's positive experiences at Prairie Series. These positive sentiments are easily attributed to the Mainly Marathons community (all of you!), which is the best running family out there! Thank you all for an unforgettable series and we look forward to seeing you again soon!

Northwest Series



Hell's Gate

Schedule

9/2 & 9/3: Pendleton, Oregon
9/4 & 9/5: Clarkston, Washington
9/6 & 9/7: Lewiston, Idaho

Travel Distance / Time

Days 1/2 (OR) => Days 3/4 (WA)
137 miles, 2 hours 40 minutes

Days 3/4 (WA) => Days 4/5 (ID)
7 miles, 15 minutes

We're excited to see many of you at our Inaugural North West Series:

Starting in Pendleton, OR for the first two days. Pendleton Underground Tours can give you a unique history lesson on gambling, opium dens, bootlegging, and prostitution in the West. Reservation might be necessary.

Our next destination will be in Clarkston, WA, which is known as "The Gateway to Hell's Canyon". Hell's Canyon is a 10-mile wide canyon carved out by the Snake River, which is North America's deepest river gorge!

Finally, we'll travel a few minutes to cross the Snake River and finish out the last two days in Lewiston, ID. Here, you can take in the views of Hell's Canyon from the other side of the Snake River. There's also the Lewis-Clark Center for Arts and History (open 11:00 AM - 4:00 PM). Can you guess the origin of the last two towns, Clarkston and Lewiston?

After the Northwest Series, Mainly Marathons will be moving their crazy caravan one state over to Montana for the start of Center of the Nation Series on September 11.

Center of the Nation

Shortly after the Northwest Series, we'll be hosting the Center of the Nation Series:

Our first two stops of the series are in the small, quaint towns of Baker, MT and Bowman, ND. Day 3 will find us in another small town named Belle Fourche, SD, which this series is named after. Belle Fourche is recognized as the geographical center of the nation, hence the Center of the Nation Series.

Next, we'll travel along the northern edge of the Black Hills to Sundance, WY. Sundance is known for being the namesake for the Sundance Kid and being "The Gateway to Devil's Tower" (see image to the right).

In 1893, Chadron was the starting point of Chicago World's Fair 1,000 mile horse race, which had a winner 13 days, 16 hours later. The Museum of Fur Trade can also be found near Chadron at the American Fur Company's former Bordeaux Trading Post.

Lastly, we'll be finishing the Center of the Nation Series in Sterling, CO. Here, you can visit the Overland Trail Museum to learn about this historic trail. If you feel like you didn't get enough miles in, you can also visit the nearby Chimney Canyon to hike around 250' high chalk cliffs.



Devil's Tower

Schedule

Day 1 (Mon, Sept 11): Baker, MT
Day 2 (Tue, Sept 12): Bowman, ND
Day 3 (Wed, Sept 13): Belle Fourche, SD
Day 4 (Thu, Sept 14): Sundance, WY
Day 5 (Fri, Sept 15): Chadron, NE
Day 6 (Sat, Sept 16): Sterling, CO

Travel Distance / Time

Day 1 (MT) => Day 2 (ND): 47 miles, 0:50
Day 2 (ND) => Day 3 (SD): 117 miles, 1:52
Day 3 (SD) => Day 4 (WY): 41 miles, 0:42
Day 4 (WY) => Day 5 (NE): 190 miles, 3:01
Day 5 (NE) => Day 6 (CO): 166 miles, 2:49

RUNNER SPOTLIGHT

Bill Murphy



If you have run any of our races, you have no doubt noticed that a lot of runners have unique things written on their bibs, catchy nicknames, or memorable phrases they are known by. Most of the time, these things just come about from the camaraderie on the course, which brings our running family that much more closer. Runners have a way of endearing themselves to others, and maybe none more so than a runner we all simply know as “Go Go Bill”.

Bill Murphy started running with us in 2015 at the Dust Bowl Series. He has been a mainstay ever since, completing over 70 long races and putting him at skull status as a Mainlyner. Very impressive for a little over two years. But that is just the tip of the iceberg for this very accomplished runner. To date he has completed 1,263 races of various distances.

Bill started running in 1983, and like a lot of us, quite by accident. In an attempt to lose a few pounds, he began to walk around his apartment complex every night after work, approximately, .9 miles. He was also an avid backpacker at the time, and at meeting with his regular hiking buddies, his roommate mentioned that Bill had been “running” every evening. A woman in his group took immediate interest and persuaded him to sign up for the Lilac 10K. Taking it very seriously, he trained by doing the course every night for the 10 nights prior to the race. On May 18, 1983, he finished that race, and became hooked on the sport.

If he is anything, Bill is very loyal to the races he likes. In addition to the 70 he has run with us, he has run the New York City Marathon 25 times, with a

personal best time of 4:25:45 in 1986. He has also completed the Thanks-giving day Run for the Diamonds 9-Miler 25 times.

That race earned him his first last place trophy, a large Lucite ‘diamond’ paperweight, in 2002. Since then, he has earned many the “last is best” cabooses with us. He also holds many unofficial Mainly Marathons records, such as the longest completed marathon at 15:32:19 and most marathons completed in 100°-plus temperatures, 2.

I asked him why he likes our races so much, and he answered, “I think I keep coming back because I have a slight Caboose addiction!” But above that, he noted why he really keeps coming back. “Mainly Marathons is fantastic for enabling slow runners to finish long races in several states in a few days. The Mainly crew support is outstanding and, despite conditions (hot/cold, wet/dry), they work hard to get you to the finish line. The small town venues also provide a view of America that is much enjoyed but seldom found in larger races. The race camaraderie is unsurpassed and I’ve made many friends.”

For future, he would like to complete his 50 states for both the full and half marathon distance. He currently has 30 fulls and 41 half’s under his belt. He also wants to reach 100 marathons, and keep continuing to reach for stars in the Marathon Maniac system. Another goal is to expand his horizons to run more races in other countries other than the US and Canada. He always has a smile on his face and encouraging words in his soul. When you pass him, he always greets you with “Go! Go! Go!” Make sure you return the gesture next time you see him on the course!

Amazing Achievements & Mainlyner Milestones

1st 1/2 Marathon *(Special Medal)*

Erin Brownlee, Aubrey Cravy, Makenzie Deener, Tyler Devos, Josie Durfee, Bill Hise, Jennifer Hise, Alissa Hurst, Brianna Jackson, John Puhak, Garrett Riley, Ronald Riley, Nick Schaunaman, Joyce Tanner

Additional Accomplishments
Bryndis Svavardottir
(42 Year Anniversary)
Chuck Harvey
(100 Marathons)

1st Marathon *(Special Medal)*

Vanessa Heit, Nathan Klein, LeAnne Hochstedler, Kendra Knox, Shaun Kober, Dalton Krause, Kelly Jakubowicz, Jacob Larson, Adyson McKinney, Carter Ossian, Callie Ribelin, Andrew Lindinger, Patrick Schroeder, Sophie Westbrook

Titanium Status
(Special Medal)
Terri Menghini

25 Mainly Marathons *(Tile Award)*

Caren della Cioppa
David Holmen
Steve Boone

50 Mainly Marathons *(Skull Award)*

Rand Nielson
Pam Mitchell
Greg James

100 Mainly Marathons
(Catrina Award)
Jeff Burleson

The Flying V's

Very Valuable Volunteers



We would like to highlight all of our Very Valuable Volunteers from the Prairie Series. The volunteers always do a wonderful job supporting the runners, but the Prairie Series challenged the volunteers to bring their “A” game. And the volunteers not only brought their “A+” game, but they surpassed all expectations and showed how truly valuable they are to the success and safety of the runners.

We had some early rising help, including Kevin Brosi, Liz Gmerek, and Chuck Harvey. Thanks Kevin, Liz, and Chuck! At the food station, we had Sue Harvey and Bettie Wailes keeping our runners nourished and well fed. Thank you Sue and Bettie! At the water table, we had Kelly Shank and Paula Boone taking on the difficult task of keeping the runners hydrated. Thank you Kelly and Paula! At the turn-around aid station, we had Michelle Trenkle making sure runners had support in the middle of their laps. Thank you Michelle! We had the Halls, Jeff and Elsie, helping in a variety of positions. Thank you Jeff and Elsie! We also enlisted the help of Patrick Schroeder’s kids. Thanks Schroeder’s! We had the Burleson Brothers, Clint and Jeff, directing traffic and getting the cars parked orderly. Thanks Clint and Jeff! We also had the brood of Burleson’s doling out freezies and helping out at the turn-around aid station. Thank you Burleson’s!

**Thank you from the Mainly Marathons crew
for all that you do for our runners!**



Testimonial from Prairie Series **Loony Lowe**

Mainly Marathon Crew,

I send this message to you and the entire MM crew, and the runners as well. I had originally signed up for Sunday (Day 1) only, then I received a free race registration for Monday's race. I didn't have high hopes to make it Monday due to my work schedule, plus, I lacked the racing experience to understand how to run multiple marathons on a daily basis. To be honest, I didn't have the foggiest idea what to make of the MM web page details describing this "family". I came into the Prairie Series race with very few marathons under my belt, and my last race was Grandma's, which was a miserable run for me. I wasn't feeling very confident about marathon running when I showed up Sunday morning. What I experienced was beyond impressive. To hear about the MM runners and the numbers of races they have run, along with the chatter and support by everyone was hard to put into words when I tried to explain it to my wife later that day. I read the "Loony Lunchbox" story, but didn't understand it. Now I do. I had homemade quiche and homemade energy balls. I am still laughing about that.

I left Wahpeton on Sunday amazed. Calling MM a runner's family is an understatement. I felt like I was witnessing a family reunion. The race was so happy and relaxed. I didn't leave with a PR, but I left with the sound impression that I will be blocking out my marathon calendar to run with the MM family. This was such a treat to find this race series.

I loved it, and will see the MM crew soon.

Thank you,
Jason





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**Friendly reminder, Aloha and Southwest Series
will have price increases after August 30th.**

**If you have any questions, corrections, or comments about The Loony Bin,
please e-mail Daniel@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,
again, please e-mail Daniel.**

