

## 2020 News at home with COVID 19



### Marathon Globetrotters Annual Meeting Moved Online



Early in March we became aware that there was a pandemic affecting all of the world except Antarctica. We did not

want members to risk their health and others trying to travel to races that might have fewer restrictions so we put forward the following and it was voted in.

Whereas a pandemic currently threatens the entire world population, the club does not encourage travel or joining to groups where the virus can be spread, either from or to an attending Marathon Globetrotter. To avoid rewarding risky behavior (to self and others), no races will be counted towards a members statistics or countries beginning 12:01 AM Eastern time Monday, March 23, 2020. This period of races and countries not counting will continue until the World Health Organization has removed the pandemic status. (see more in the letter from the President)

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# 2020 Annual Meeting

## Election, candidate list (6)

Election of President, Kevin Brosi

Director of Membership, Eddy Angkawibawa

Director of Publicity, Cheri Pompeo

**Director of Electronic Media, TBD URGENT, seeking candidates**

Director of Finance, Seth Kramer

Director of Awards, Don Bierer

## List of Ambassadors

Scandinavia (Sweden/Norway): Anders Forselius (Sweden)

Denmark, Finland, Iceland, Greenland: Vagn Kirkelund (Denmark) North Central Europe: Zdeněk Chmel (Czech Republic)

DACH: (Germany, Austria, Switzerland, Liechtenstein): Frank Fuessl (Germany)

North East Europe (Baltic): Wojtek Machnik (Poland)

South East Europe (Balkans and ex-Yu): Srećko Mičić (Serbia)

Southeast Asia: Revi Fayola Sitompul (Indonesia)

China: Sam Chong (Singapore, Taiwan)

Oceania: Jane Sturzaker (Australia, PNG )

South America: Camila Urdaneta Santa (Colombia)

Caribbean: John Lum Young (Trinidad and Tobago)

Africa: Dayo Akinbode (Nigeria)

Social Media: Lara Michelle

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# Marathon Reunion

**Video conference meeting to be held October 6, 2020 to replace the MG Annual Meeting in PNG. Time TBD**

## ARTICLE III — MEETINGS OF MEMBERS

Section 3 -- Displaced meetings: If, for any reason, the selected location and date of the annual meeting becomes infeasible, the President can propose an alternative location and date and alter the meeting to that place. At a minimum, the President would obtain a majority of the board members votes for the new meeting's specifics, and if there is sufficient time, instead conduct an e-mail vote of the full members to confirm that a majority of votes received support the proposed new location/date.

## **We still urgently need a person to take over our website operations!**

This club has never had dues or registration fees but due to the growth of the club, we find we can no longer cover the financial cost of our operation with the proceeds from the merchandise sales and Amazon Smile income.

Our membership has grown to the point of exceeding the capabilities of our current website configuration. Steven Lee has done an amazing job of setting up and maintaining our current website. He has volunteered much time to this task and now needs to put his time elsewhere. We are very grateful for his help. To set up and maintain a more robust website that can handle continued growth we will need to pay website fees and probably hire a consultant to do the work.

- We will accept donations. There is a donate button on our website. Creating our own races with the income after expenses coming to the club.
- Accept ads on our website and possibly let the web developer receive a percentage of the income generated by the ads to defray website development costs.**
- Make Marathon Globetrotters your charity of choice for Amazon Smile.

We welcome suggestions for website development and management.

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## **New Business:**

We have seen plans to have marathons in the near future and a few have already been held. This has caused our members to begin to ask when races will count again. This is solely dependent on membership (full and provisional) to propose and we will compile the proposals received and send to membership for a vote.

I have received 4 proposals so far and this is notification that you are invited to submit an alternative proposal not already addressed by the ones below if you wish. Please respond with alternate proposals if you feel they are needed by Saturday July 4, 2020 midnight Eastern time, after that all proposals will be sent to full membership for a vote.

### **Proposal #1**

The member-approved regulation that states: “Whereas a pandemic currently threatens the entire world population, the club does not encourage travel or joining to groups where the virus can be spread, either from or to an attending Marathon Globetrotter. To avoid rewarding risky behavior (to self and others), no races will be counted towards a member's statistics or countries beginning 12:01 AM Eastern time Monday, March 23, 2020. This period of races and countries not counting will continue until the World Health Organization has removed the pandemic status.” ... is hereby rescinded, effective July 1, 2020 (Note: the counting of marathons will be retroactive to July 1 if anyone participated).

Instead, we encourage members to practice safe social distancing measures and register into and participate only in marathons, which are in alignment with local and country government COVID-19 regulations. (WM & DB)

### **Proposal #2**

Whereas a pandemic currently threatens the entire world population, the club does not encourage travel or joining to groups where the virus can be spread, either from or to an attending Marathon Globetrotter. Therefore, no races (unless allowed and sanctioned by a local government or equivalent body) will be counted towards a member's statistics or countries beginning 12.01 Eastern time Monday, March 23<sup>rd</sup>. This period of races and countries not counting will continue until this emergency by amendment has been rescinded by the majority of the Board.

This amendment replaces the previous Pandemic amendment approved by MG membership vote on March 20. The Board has the authority to reimpose the Pandemic amendment in its original or varied form, following a Member proposal which achieves at least 15 votes (AS)

### **Proposal #3**

The current active rule which states no races should count until WHO removes the Pandemic status should be canceled and be replaced with a new proposal that marathons do not count if the country they are held in is blocking entry of par-

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## Financial Report from Seth Kramer:

We have \$2752.80 in checking, an increase of \$498.20 since 11-OCT-2019

Revenue of \$1,275 in apparel sales, 28.99 in AmazonSmile donations

Expenses of \$559.08 on merch, \$202.72 on postage, \$43.99 to Paypal fees

### VIRTUAL MARATHON GLOBETROTTER MARATHON?

As a fundraiser, we are considering hosting a virtual marathon. The fee will be small and the entry fee will come with the usual swag, a T-shirt, finisher certificate and medal. Details will be forthcoming.

## Membership Update from Eddy Angkawibawa

Following is a short summary of Marathon Globetrotters' Membership Data as of 30 June 2020:

1. Total Members 610 (from 51 countries)
2. Countries with more than 20 Members: US 165, England 68, Denmark 49, Sweden 41, France 35, Indonesia 28, Brazil 28, Germany 25
3. Total Members who have run in 50 countries or more = 31 Members
4. Following Members have run in 100 countries or more:
  - Brent Weigner (US) 184 countries
  - Klaus Westphal (Germany) 138 countries
  - Rich Holmes (US) 129 countries
  - Dan Micola (England) 110 countries
  - Dieter Max Elster (Germany) 109 countries
  - Vagn Kirkelund (Denmark) 106 countries

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## VIRTUAL RACING

After watching our races being cancelled one by one as the COVID 19 pandemic spread across the world, many of us began running virtual marathons. Some of these occurred as a result of races being cancelled with no refund. The race directors had already outlaid some of the money and offered a 'virtual marathon' that you would do on your own, send the results to them and they would send you a t-shirt and medal. Others were organized by groups of people just wanting to run. The first one I became aware of was the Easter World run. Dayo Akinbode was doing this and another woman with her. They went as far as having virtual numbers and a virtual pre-race dinner. Since I was on the other side of the planet, I chose not to eat and run when I would normally be sleeping, I know, no fun, right? But I did get up in the morning and set up my aid station then did the run.

I actually ran 16 miles before I came back to my aid station because I didn't want to risk stopping early. In the cooler was a Redbull. After I drank that, I was too buzzed to go home and sit around the house so I finished the run. Near the turn around at the north end of my route, I ran into a friend who was doing a 100 mile virtual run. Any thoughts I had of being silly doing this went away. I finished, sent my time in to Kati Jager, who organized the whole event and later received a lovely certificate. Don Beirer had invited me to this event. Soon after, he invited me to the Race Around the Baltic! See later pages for this.



My personal aid station.



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# 2020 COVID RUNAROUNDS

## Running During The Pandemic by Dayo Akinbode

Goal Setting is the process that drives successful people to keep raising the bar of performance. The process gives long term vision and short term motivation while achieving set goals raises self-confidence and makes us want to set new goals.

Personally, setting goals gives me a reason to jump out of bed every morning and helps me see forward progress in what might otherwise have seemed like a long pointless grind.

It is no wonder I felt stripped and aimless when the announcement of travel restrictions and city lockdowns was made in response to the COVID-19 pandemic. An abrupt halt had been slammed at my year 2020 travel and run plans of running 20 marathons in 20 Countries during the year.

My emotions were in a turmoil and drifted from disappointment to anger, from anger to frustration and finally from frustration to acceptance. My goal became how to stay alive once I accepted the fact that the virus was real and wasn't going away soon.

The lockdown in my city of Lagos meant we couldn't go outside of our residential estate without a pass and residents ran and jogged within the estate. I was too paranoid to even step out of my apartment so I started running round in circles in my living room in a bid to stay active.

Registration for virtual races started popping up and I registered for a few of them. The Self Isolation Circuit Marathon, organized by Z Adventures and which required participants to run indoors was the game changer for me. I registered for the half marathon since I was not sure I could run a full marathon indoors. I carefully chose my race course taking into consideration proximity to my refrigerator and to having a view. My kitchen balcony met my set criteria even though it measured only 10m



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## **2020 COVID RUNAROUNDS**



long and 1m wide. The balcony which was meant for flower pots and gas cylinders was promptly converted to my out and back marathon route of 2,110 laps.

I found out on race day that I still had fire in me after I crossed the 21.1km mark so I decided to continue running. I crossed the full marathon mark in 8hrs 23 minutes. That feat gave me the confidence that I could run all the Spring Marathons for which I had registered. The events were all cancelled but running was not cancelled so I decided to run all the 7 marathons on my Kitchen Balcony. I contacted the Race Directors, got my Bib Numbers and virtually ran the Prishtina, Kaunas, Varna, Riga, Luxembourg, Stazama and Plitvice Lake Marathons on the scheduled dates.

Each balcony marathon was then tied to a bicycle and a helmet to be donated to the Osun State Branch of the Nigerian Cross Society. The bicycles were meant to help them gain access to the rural villages in the region to create awareness about the Pandemic. I am grateful to friends who supported me in raising funds to make the dream of presenting 8 bicycles and 8 helmets to the Red Cross a reality.

Spring marathons are now over and I have a feeling my Autumn marathons will also be cancelled. I am not in a hurry to go back on the road so I will continue to participate in virtual races while we await a positive change in the pandemic situation.

I urge you all to stay safe as borders begin to re-open and road races begin to re-emerge

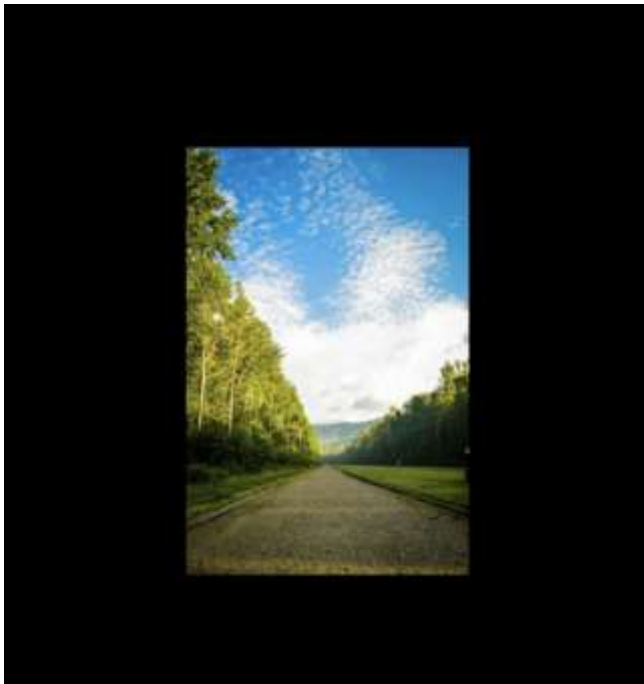




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## VIRTUAL RACING From Mark Lackey

I used to live in Richmond VA. Sportsbackers puts on the Richmond marathon. Since so many runs have been cancelled, they created the Great a American 5000. It's a 5,000K virtual run across the USA. You form teams of 12 or 24 and all miles run or walked count. There are several hundred team and runners from 45 states and several counties. We started June 14 and have until September 14 to complete. I created a team of our local runners and we'll enter Nebraska today at 1400 miles. You can check them out at [sportsbackers.org](http://sportsbackers.org)



Also I found a live event last week. It was a multi day run on a Ranger base. They have a one mile asphalt loop track that we ran on I signed up for the 12 hour event. I ran 7:30 in the full sun and heat before I called it a day since March has be 15 miles. But it was still fun to see friends and get a taste of something familiar

**Lara Mitchell is running the virtual Great Race Across Tennessee as are many other Globetrotters who just can't get enough running.**

### **The Great Run Across Tennessee 1000K**

Laz and Durb (with technical expertise from Bad Mike and Naresh) are putting together the virtual race of the summer: 1,000 kilometers across Tennessee!

To complete, the race will require only a hair over 5 miles per day... and those who want a little extra on their plate, you can do the out and back version - 2,000 kilometers!

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## Running in Quarantine

Wojtek Machnik was supposed to run a marathon on the British island of Guernsey last Sunday in what would have been his 100th race destination - a century-mark the Polish globetrotter is aiming to reach in the world's fastest time period of two years.

But that marathon and six others Machnik booked in the Middle East and Europe have all been cancelled due to the coronavirus outbreak, putting his world record attempt on hold. With his plans derailed, the 42-year-old tour operator decided to run his first-ever indoor marathon when he was kept under an obligatory two-week quarantine, following his most recent trip to Yemen.

Wearing flip-flops, a blue T-shirt and shorts, Machnik laboriously went clockwise and anti-clockwise in a 7.5-metre loop around his bed inside a small rented room in the Polish capital Warsaw.

He did this more than 5,600 times over almost nine hours, taking phone calls and walking in between, to eventually log a total distance of 42.2 kilometres (26.2 miles).

"When you stay in a room for two weeks, there is no way to do anything more crazy than this," he said laughing.

Polish runner and world record holder, Wojtek Machnik had his second world record attempt halted due to cancellation of marathons around the world. After completing 67 marathons in 67 countries within one year, he was attempting to become the first person in the world to run



100 marathons in 100 countries within two years. Instead, he was forced into self-

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## Running in Quarantine

quarantine in his tiny apartment in Warsaw upon his return to Poland from Yemen. Just to keep his mind active, he decided to run 42.2km around his bed on a 7.5m loop. He completed the challenge running around over 6,000 times in his flip-flops! It was one of the most grueling marathons that Wojciech Machnik had completed – and that was saying something. Mr. Machnik has run marathons that zigzag up mountain peaks. He has finished 26.2 miles in 90 degree heat and 95% humidity. One week last June, he ran six marathons in six Caribbean countries, just to see if he could.

But even Mr. Machnik had never run a marathon quite like this. On a quiet Sunday morning last month in Warsaw, Poland, he rounded his bed for the 5,626th time, and then plopped down on top of it.

“It was a crazy thing to do to commemorate a crazy moment in time,” he says. “So I thought, why not?”

After that, Machnik decided to run a marathon around the tiny loop of just 5 metres.



## Rich Holmes

I'm running about 95 miles a week, and every other Sunday morning run a virtual marathon. Pretty much all of my miles are in the dark (with the marathons starting around 2 AM while the other days can start later).

## Brent Weigner

**Brent Weigner** is 🥰 feeling blessed with Sue Hume and 5 others in Cheyenne, Wyoming.  
May 2 · 🌐

Good morning to my friends around the world. Greetings from Cheyenne, Wyoming, USA.  
It was a cloudy rainy day when I began my 42.2km in 42 hours virtual marathon at 5:02 am on Saturday 2 May 2020. I set two personal records; first virtual marathon and first solo marathon. Bonzer dog and I did have company some of the time. A big thank you to some of my running friends; Jerry, Jeff, David, Rob, Adam, Devonna, and Mary. On the majority of the course Bonzer and I were alone. I improved my last marathon time by nearly an hour. In Yemen on 3-12-2020 I ran 5:51:55. Today I finished a slightly long marathon course in 4:58:24. 🏃, 🐾, 🙏 — feeling blessed in Cheyenne, Wyoming.

Time	Weather	Temp	Humidity	Wind
AM	Showers	46°	40%	4 MPH
AM	Showers	46°	35%	4 MPH
AM	Showers	46°	40%	3 MPH
AM	Scattered Thund...	46°	45%	5 MPH
AM	Scattered Thund...	47°	55%	6 MPH
AM	Scattered Thund...	49°	55%	8 MPH
AM	Scattered Thund...	49°	50%	10 MPH
AM	Scattered Thund...	49°	50%	11 MPH
PM	Scattered Thund...	50°	45%	11 MPH





A couple weeks later I ran my first virtual ultramarathon, a 50k.





## Virtual Running Cont'd



Did you know?  
The length of the coastline of the  
Baltic Sea is 7.080 km/4,400 miles.

### The GREAT Race Around the Baltic

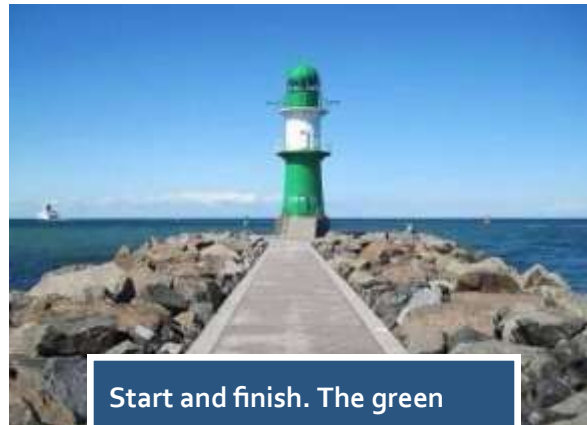
June 1st till August 30th, 2020

**WANTED!**  
international teams of 10 to 20 runners

Check more information under "info", "files", "popular topics".

Then this hap-  
pened! Don  
Bierer formed a  
team called Six  
Continents. The  
members are  
listed here.

Name	Residence	Marathon Globetrotter
Donald Bierer	Germany	1
Eddie Hahn	USA	2
Wojtek Machnik	Poland	3
Laurent Martin	France	4
Lara Michelle	USA	5
John Lum Young	Trinidad and Tobago	6
Anie Kowalczyk	Poland	
Bryndis Svavarsdottir	Iceland	7
Darren Rowe	UK	8
Oliver Stoltz	France	9
Lynne Kilrnir	USA	10
Cheri Pompeo	USA	14
Anders Forselius	Sweden	11
Jan Steenkamp	Canada	12
Tania Diener	Canada	13
Giovanna Minopoli	Japan	
Claudia Rodriguez	Paraguay	
Julia Sparks	New Zealand	
Anna Kasparova	Czech Republic	
Joyce Akpata	Nigeria	



Start and finish. The green  
light house. Rostock Germany

Countries 14 Continents 6 Marathon Globetrotter 14

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## Virtual Running Cont'd

Nine countries encircle the Baltic Sea: Germany, Poland, Russia, Lithuania, Latvia, Estonia, Finland, Sweden and Denmark. John Lum Young has tracked our journey with history, photos and information. The race starts in Rostock Germany. The teams have sent in playlists for running and photos of themselves. Our team, 6 Continents, is currently running along the coast of Sweden. It's a long coast. Another team has finished and decided that it was so much fun they would start over.

Crooked house in Sopot, a city near Gdansk.



There are many beautiful places to see along the way but during quarantine most of us are seeing the same roads or trails day to day and dreaming of the places we will one day see.

## Member Profile: Ryan Wrigley

I took up running for health when I was 31 back in 2012. I had been curious about running in a marathon for a long time. In 2013 I ran my first marathon in Birmingham Alabama where I live. I didn't run another marathon for seven months but ran in Asheville North Carolina in September 2013. I placed 9th overall. Four weeks later I ran a marathon in Atlanta Georgia and ran that in 2:57 qualifying for Boston and was 6th overall and won my age group. Over the next six years I would run marathon races in over half the U.S. states, I ran in Boston five times from 2015 through 2019 and I ran the NYC Marathon in 2016 and the Chicago Marathon in 2017. My best marathon was in San Diego California where I ran a 2:50:10 coming in 11th overall out of over 4,000 runners and I won my age group in that race. I have run marathons in Canada in Montreal and Toronto. I would also run the Dublin Marathon in 2016, the Stockholm Marathon in 2019 and the Kyoto Marathon in Japan in 2020. The Turks and Caicos Marathon in January 2020 I was 2nd of 22 runners by far my smallest marathon. It's been an interesting adventure.





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## Ile-Ife 2020 marathon

Here are a couple of pictures after the finish line was crossed by all in Ile-Ife 2020 marathon on Feb 2. (A lovely palindrome – 20200202). All in the pictures are globetrotters, although Jeanne deserves an asterisk – this was her fifth country so we can now submit her URLs for membership, but the lack of internet since the race means we have not done that yet. Minor other trivia – Rico from Germany at only 32 is already to half (64) of my countries (128) with 38 years to catch up! Dayo was



not only instrumental as the race director, enthusiasm leader, and friend to all, but also makes the race and civic support possible by having so many friends in the athletic and government organization in Ile-Ife, and also because her father is the king of the region to the north of Ile-Ife, Morongoa ("Mo") came from South Africa, adding youth, spirit, beauty, and athleticism. Jeanne and I were both about double the age of the next oldest runners, but I believe Jeanne's addition to the Globetrotters makes us the only family with 3 members in the club. And although Brent Weigner is older than me by a couple months, since he did not run it this year, I became the oldest person ever to have completed this marathon.

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## Merchandise



Please remember that the sale of gear is the means by which our club generates some income to help defray the expenses we incur to operate. The current web site has reached it's limit and some of the available items can not be displayed and must be ordered by contacting me directly at [merchandise@marathonglobetrotters.org](mailto:merchandise@marathonglobetrotters.org).

**Patch:** The 7 Continents patch can be added to the back of the singlet and T-shirts to go with the Countries patch. It can be ordered with numbers 2 – 7

Shown below are production proofs of a T-shirt and singlet that were ordered with and without the patch .





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## Merchandise

**ON SALE White T-shirts:** These are Sport-Tek brand T-shirts that may be ordered fully customized or not. The women's version has a v-neck. Examples of both are shown.



**ON SALE 7 – Continents T-shirt:** These are Sport-Tek brand T-shirts that come fully customized and for those who have finished the continents more than once, it can reflect the number (2X, 3X, etc.)

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## Merchandise

Some new items in our Merchandise Department.



The 7 continents patch, normally \$5, temporarily FREE on new orders.

### Basic facts:

1. Shirts are labeled: Sport-Tek
2. Womens (v-neck) Mens (round neck)
3. Short and Long-sleeve
4. non-custom and customized

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## Merchandise



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# Letter from the president

Hi All,

What an unusual year for the world. I expect you are very anxious to begin running marathons again, so am I.

I have polled the MG Board and Ambassadors and all are prepared to serve in their position for 2021. In the case of the Board, any member (provisional and full members) can nominate themselves or another for any position. The board is elected each year. Ambassadors and Manager are appointed by the President. Furthermore, I am always willing to consider adding an Ambassador in a region that could be served by a member from the region or sub-region or country. We can split up regions when it helps serve the area.



We are still seeking someone with website skills to fill the Electronic Media Director role. We hope someone will step up to this role soon. Let me know if you are interested.

The Port Moresby Marathon (PNG) has been canceled and if you signed up you may have already received a refund. That means our Annual Meeting is not viable and we have canceled for that date. However, I have proposed to the board that we have a video conference meeting as an alternative for our 2020 Annual Meeting. MG bylaws require a vote on any change to the meeting so I expect you will be seeing a request for vote soon.

As happens at each Annual meeting we prepare where we will meet for the next year. I expect most will still want to meet in PNG, but we will consider any alternative proposals for 2021.

Also, we are in a mode that was voted on by members to not count any marathons until the WHO lifts the global pandemic status. However, marathon events have begun again in the past few days and we expect more to be appearing on calendars, maybe with tentative arrangements and questionable likelihood they will actually be held.

I have already received several questions about how the "not counting" can be lifted. It is up to a member (any member) to make a proposal for membership vote. I expect we will be taking action on this very soon. All membership will be polled for proposals, just like when this was put in place.

Also, at Annual Meeting time we consider any Bylaws, rules or country changes. This is your opportunity to contribute to the way we operate this club.

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## Officers

### President

**Kevin Brosi (USA)**

[president@marathonglobetrotters.org](mailto:president@marathonglobetrotters.org)

### Director of Membership

**Eddy Angkawibawa (Indonesia)**

[membership@marathonglobetrotters.org](mailto:membership@marathonglobetrotters.org)

### Director of Awards

**Donald Bierer**

[award@marathonglobetrotters.org](mailto:award@marathonglobetrotters.org)

### Director of Electronic Media

**TBD**

### Director of Publicity

**Cheri Pompeo (USA)**

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### Director of Finance

**Seth Kramer**

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### Merchandise

**Robert Bishton**

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### Social Media

**Lara Michelle**

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## International Ambassadors

### Scandinavia (Sweden/Norway)

Anders Forselius (Sweden)

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### China

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### Oceania

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### Africa

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### Southeast Asia

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(Indonesia)

[eangkawibawa@yahoo.com](mailto:eangkawibawa@yahoo.com)

## International Ambassadors

### Germany/Switzerland/Austria (GSA)

Frank Fuessl

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### Southern Europe

Sidy Diallo

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### Denmark

Vagn Kirkelund

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### Caribbean

John Lum Young

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