



MARATHON GLOBETROTTERS

The Marathon Globetrotters organization now has 500 members!



Peter Olsen running his 100th marathon. in Helsingborg Sweden D.2-9-2017

Marathon Globetrotters is a member-run club of people who run marathon (or greater) distance races in multiple countries. The club is run entirely by volunteers elected by its members, and does not collect monies or pay any member/volunteer for their efforts. There are no dues. To provisionally join the club, a runner must have completed a full marathon (26.2 miles/ 42.2 kilometers or longer) in an official race in at least 5 countries. Full membership and voting rights are granted to runners who complete 10 or more countries. www.marathonglobetrotters.org

500 cont'd

Although our members don't have numbers, Peter is the 500th member to join our club as a full member.

With a little editorial help fine-tuning Peter's English, here is his story.

I am Peter Olsen.

I am 49 years old and have run 150 marathons and plan to complete my first Ironman in Copenhagen August 19, 2018.

I live in Slagelse Denmark with my wife Jane, and 2 children, Viggo, 14 and Kamma 12 years old.

I used to be big big at 150 kg (330 lbs) and now weigh 88 kg (194 lbs). I consider this a major accomplishment!

My running philosophy is "It has to be fun."

I travel a lot and have run in 13 countries. My goal is to run marathons in 25 countries.

I am a member of the Marathon Maniacs and Klub 100 Marathon Denmark.



Merchandise update:

Attention All Globetrotters!

We can finally announce that a new supplier has agreed to produce some of our merchandise items. I know it's taken a very long time, but there have been some very complex issues that had to be addressed and resolved, such as establishing the club as a non-profit, establishing banking capability, and finding a supplier willing to manufacture our merchandise on an "as needed" basis rather than the traditional business model. As it pertains to the suppliers, there had been many hopeful moments along the way that



Merchandise update:

were later dashed thereby requiring us to start all over again with another company. While it will still take additional time to set up the store and payment mechanism to process your purchases, we can at least show you what the supplier will be making for us.

Singlet (as seen on the previous page):

Two versions will be offered: a) plain, and b) as shown fully customized with your name and country flag on the front. The back will have your flag and country-level patch.

Running T-Shirt:

For those who prefer wearing a T-shirt while running, you may purchase either the plain or fully customized one.



Merchandise update:



Shorts: NEW ITEM !

The shorts will be unlined and offered in two versions and lengths:

No pockets or with two side pockets

Two lengths 5" or 7" inseam.

This is a major new and exciting undertaking for the club and we anticipate that we will encounter “glitches”, so we need to be cautious and take “baby steps” along the way.

Stay tuned for future updates and information!

Robert Bishton

Merchandise Manager

News from our Director of Finance

Greetings Marathon Globetrotters,

As you may or may not be aware, Marathon Globetrotters is a registered charitable organization whose mission is to facilitating members to meet and coordinate international travel and endurance races as well as recognizing the achievements of our members in those events. To advance that mission we wanted to make you aware of our participation in the AmazonSmile Program, which will allow you to raise funds for the club on things you already buy on Amazon by simply designating Marathon Globetrotters. Just go to the URL below to make a purchase from Amazon. Half a percent of the cost of the item will be donated to our club. It adds nothing to the price, and all information is kept anonymous so you never have to worry about us knowing what or how much you buy. It's a small thing, but it helps to keep our club dues-free. We hope you would consider participating the next you buy from Amazon. Please also note we are always interested in new ways to fund the organization so if you have any other ideas, don't hesitate to contact me at finance@marathonglobetrotters.org.

Our AmazonSmile URL:

<https://smile.amazon.com/ch/82-2147080>

Seth Kramer

Your friendly neighborhood Finance Director

Bionic Marathonning Is a new topic for this newsletter that I

thought we could continue in future issues. A few of our members are running with artificial joints and many others are contemplating joint replacement or the alternatives. I am not a doctor. I'm only reporting what I've read or heard on the topic. In a study, some patients returned to a high-impact sport or heavy manual labor had the same differences in the durability of the implants as those who followed recommendations to avoid those activities. The researchers noted that prostheses are better-made and stronger than those produced in the past. It is important to follow the proper steps to return to the activity. Please consult your doctor to get the information that is best for you. Here are stories from our members.

Troy Johnson

My name is Troy Johnson I am 71 years old and have been doing marathons (with Cathie Gregory Johnson) for 21 years. I started by doing a marathon in Memphis, TN in 1997, and marked doing a marathon off our bucket list. In 1998 I received a flyer from the Memphis Marathon about the 1998 marathon, it was on 12-7-98, our 30th anniversary, I asked Cathie if she wanted to do it and she said, "if you do". The rest is history. Around 2011 I started to have a lot of pain in my right hip and right knee, and went to a Sports Medicine Ortho doctor. He told me that my hip would need to be replaced, but he would give me cortisone shots till I was ready for a replacement. In February 2016 we went on a running cruise with Z-Adventures to run 6 marathons in 6

days. It started in San Juan, PR, and I had a hard time completing the marathon. It took a little over 7 hours to finish. My hip was hurting so bad I could not do anything the next day. For the next 4 days we did Half Marathons

and with the hip pain they were hard. A week later we returned home and I called my Ortho doctor and said I'm ready for the hip replacement. After 246 marathons/ultras, on 2-23-16 I had my hip replaced. Since the hip replacement I have completed 57 marathons with my fastest time being 6:16:00. When I start-



ed doing marathons at age 50, I was running marathons in 4:00 hours. After different medical problems, and not being able to run for 5-6 months at a time, I'm in the category of just being able to finish. Some medical history: right shoulder off 5 months, left shoulder off 5 months, right shoulder off 5 months, hip replacement off 5 months, pulmonary embolism 2 times,

AFib 2 months, weak heart valve with heart stopping for 3 seconds at a time, and 5 blood clots. At this time I have both rotator cuffs torn, and a muscle in my hip torn, but I'm leaving for Alaska on 7-16-18 to complete 5 marathons. This year we have completed 34 marathons which is the most we have ever completed in a year, and we have almost 6 months to go!!

Kevin Brosi

I had been running with significant knee pain for several years. I'd had 2 meniscus surgeries, 9/10/08 and 1/3/13. I did all of the physical therapy recommended but felt little if any relief. I had received Supartz midyear 2013 Hyaluronan is a natural substance found in your joint cartilage and in the synovial fluid that fills your joints. In the knee joint, hyaluronan acts like a lubricant and a cushion in the knee. SUPARTZ FX is used to supplement poor-quality hyaluronan. I was given Synvisc, similar to Supartz but is given in 3 shots , in August

2017. Neither seemed to help me much. Others like Carol Goslin and Clyde Shank have felt a benefit. I also used Voltaren on my knee every time I ran a marathon.

Finally I'd had enough.

The doctor recommended Stryker MAKOPlasty partial knee replacement



for the troublesome right knee.

I walked on it the first day and walked 5 1/2 marathons on day 5 thru 10. I felt very little pain then and now for walking. The original range of motion day 3 was 105 degrees, it remained at 110 degrees for 2 months and the Dr gave me a cortisone shot to reduce swelling and released me to run short distances at 2 months. At 3 months I can bend 125 degrees. I'm still doing PT twice a week when in town. I've walked about 20 marathons in 3 months. I run short bursts with no pain, but am not trying to run long yet. I've needed no medication other than some vitamin I (Ibuprofen) during marathons. I have marathons in 10 countries on the agenda for the rest of the year.

Clay Shaw (future member)

I had been wearing an unloader brace since the 2011 micro fracture and torn meniscus surgery . I managed to get 30 more marathons in with it, includ-



ing Ethiopia and Brazil. I finished the 50 states a 2nd time. But after I hit

200 marathons in LA in early 2016, it was not going well. I did Grand Rapids in October and was hurting. Washington's Birthday Marathon in Feb 2017 was another disaster. It was painful and not fun. I managed to get out of last place in the final mile and beat the time limit. After that it got worse just walking everyday. I had stopped marathon training, and just biked hard. I was successful for several years with the unloader brace and "training" for marathons with long distance cycling. but alas the rest of the knee was going bad and it was time for the replacement. I had full knee replacement surgery July 12 last year. I used a walker for 2 weeks or so, then a cane. I did lots of PT for a few months to get strength and bending to return. I couldn't ride stationary bike until September. I concentrated on PT. I was fit before from lots of cycling. It's going well now, almost a year post surgery. I may try the Mad Marathon's half in VT. Then one of the no time limit Day of the Dead marathons in NM in October. I need to see if I can do it before I spend money for anything overseas. If anyone wants to talk about knee replacement contact me on Facebook.



RUNNING MARATHONS IN AFRICA

The African continent is made up of 54 recognized countries, a good continent to visit, explore and check off many countries in our quest as Marathon Globetrotters.



However, although 27% of the countries of the world are on the continent and East Africans tend to dominate the global long distance running terrain,

there are still too many African countries that do not hold marathons.



I am therefore very happy to introduce www.marathon.africa to the group. The charity based organization managed by Dr Christof Lindenbeck, seeks to take runners to different African countries to run marathons while being mindful of the rules that guide country qualification for our club.

Please find attached the schedule up to the first quarter of 2019. I will be delighted to help clarify any grey areas

Regards

Adedayo Akinbode

African Ambassador



His Imperial Majesty presenting the first male finisher with his prize

Statistics

Provisional 221

One flag 190

Two flags 46

Three flags 26

Four flags 11

Five flags 7

Six flags 3

Seven flags 3

Eight flags 2

Nine flags 1

Thirteen flags 1

Fifteen flags 1

Due to much activity in the Provisional and One flag areas, these numbers may be off by a bit.

Notes from the Editor

Please share with me:

- Photos from marathons, with descriptive captions
- Member profiles, written in your own words
- Race reports, via link to your blog when possible

Email me at publicity@marathonglobetrotters.org. If English is not your first language, I will be happy to work with you to edit your text.

Cheri Pompeo
Director of Publicity

Officers

President

Kevin Brosi (USA)

president@marathonglobetrotters.org

Director of Membership

Eddy Angkawibawa (Indonesia)

membership@marathonglobetrotters.org

Director of Awards

Don Bierer

award@marathonglobetrotters.org

Director of Electronic Media

Steven "Thunder" Lee (USA)

electronicmedia@marathonglobetrotters.org

Director of Publicity

Cheri Pompeo (USA)

publicity@marathonglobetrotters.org

Director of Finance

Seth Kramer

finance@marathonglobetrotters.org

Manager of Merchandise

Robert Bishton

merchandise@marathonglobetrotters.org

Special Ambassador

Social Media

Hideki "Kino" Kinoshita

social@marathonglobetrotters.org

International Ambassadors

Northern Europe

Anders Forselius (Sweden)

anders@marathonglobetrotters.org

Northeastern Europe

Zdeněk Chmel (Czech Republic)

zchmel@post.cz

Southeastern Europe

Srećko Mičić (Serbia)

micicsrecko@gmail.com

China

Ferdinando Sorrentino (China)

ferdysor@gmail.com

Oceania

Jane Sturzaker (Australia)

jsturzaker@ozemail.com.au

South America

Camila Urdaneta Santa (Colombia)

cami_47@hotmail.com

Africa

Adedayo Akinbode

Dayoakinbode@yahoo.com

Germany/Switzerland/Austria (GSA)

Stefan Hornke (Germany)

mglobe@hornke.net

Revi Fayola Sitompul

Southeast Asia (Indonesia)

fayola.yola@gmail.com