



MARATHON GLOBETROTTERS

Issue #13

July 2018 — December 2018

2018 Annual Club Meeting, Indonesia

Annual Meeting



Borobudur Marathon, Magelang - Yogyakarta, Indonesia

Important: All of our databases and records are based on your email address. If you submit a race using another email address, it will not be credited to you.

Remember to use the email address that you used to become a member.

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

2018 Annual Club Meeting, cont'd



Marathon Globetrotters Annual Meeting Minutes
Magelang, Yogyakarta, Indonesia Nov 17, 2018 4-6 PM Artos
Hotel



Candi Borobudur or Borobudur Temple , a UNESCO World Heritage Site is a Buddhist stupa and temple complex dating from the 8th century.

Marathon Globetrotters Annual Meeting Minutes
Magelang, Yogyakarta, Indonesia Nov 17, 2018 4-6 PM Artos Hotel

Date : 17 November, 2018

Time : 4:00 PM / 16:00 (local time)

Address : RUN CREW CORNER Semanggi ballroom, 3rd Floor

Artos Hotel, Magelang, Jawa Tengah

**Jl. May Jend Bambang Sugeng No.1, Mortoyudan, Magelang, Central Java,
Indonesia,**



Preparing for the Annual Meeting

Meeting Minutes cont'd



Meeting Minutes:

Introduction by Revi Fayola Sitompul, 9 attendees + President. 2 additional members arrived 35 minutes into meeting.

President Kevin Brosi: 4 PM Call meeting to order and Greeting, thanking attendees and Fayola for hosting, organizing and handling all the details

Invite attendees to introduce themselves at meeting Name, Country, # marathons, # countries after tomorrow

Election of President, all approved, none opposed. candidate nominations discussed

Election (5), Member elections will be sent out to all members in coming weeks (*election results follow letter from the president*)

Director of Membership, Eddy Angkawibawa, all approved, none opposed.

Director of Publicity, Cheri Pompeo, all approved, none opposed.

Director of Electronic Media, Steven Thunder Lee, all approved, none opposed. Steven's desire to move out of the position after a suitable replacement is found was discussed and solicited. That is an ongoing effort.

Director of Finance, Seth Kramer, all approved, none opposed.

Meeting Minutes cont'd

Director of Awards, Don Bierer, all approved, none opposed.

Introduction of Ambassadors (10)

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

Northeastern Europe: Zdeněk Chmel (Czech Republic)

GSA (Germany, Austria, Switzerland): Stefan Hornke (Germany)

South East Europe: Srećko Mičić (Serbia)

Southeast Asia: Revi Fayola Sitompul (Indonesia)



Post meeting Photo

China: Ferdinando Sorrentino (China)

Oceania: Jane Sturzaker (Australia)

South America: Camila Urdaneta Santa (Colombia)

Africa: Dayo Akinbode (Nigeria)

TBD: Social Media, looking for candidates, temp fill by Don Bierer

TBD: add an Ambassador for Southern Europe, looking for candidates

Meeting Minutes cont'd

Membership statistics, Eddy Angkawibawa, 518 members, living in 43 countries, statistics attached on last page. Recently met a runner from India that may join because we don't have a member from India yet.

Announcements

Photo after meeting

Photo prior to regular start, at start location, near water fountain
4:30 AM

Finance report, we now have approximately \$1625 USD in our account after recent gear sales, registered Charity, we receive rebates from Amazon.smile in USA and are pursuing UK and Europe if possible.

Merchandise, orders being fulfilled, payment by PayPal or checks, cash at meeting for a few stock items, order anytime. Suggestion: MG muffs.



Niclas

Website, feedback, calendar view is not working, desire to see more race photos

Next Annual meeting vote (3 remaining continents)

Australia (Run for the Young, Lilydale, Victoria, Australia Sunday 24 November, 2019, South America (Buenos Aires Marathon September 22 2019), Antarctica (discussed because it is a continent, but not likely due to cost and remoteness). Reminder on voting for this, All members are invited to vote (even provisional), members should only vote if they plan to attend the meeting in that country.

Club feedback

Countries, 254 based on ISO 3166 list, this solution is working well. Bylaws: changes discussed by President; housekeeping language correction and adding a hand cycle and wheel chair statement to make it consistent. Voting on this change will be sent to all members in coming weeks.

Vatican City event January 2019 discussed, labeled a training run by organizer and not to be counted as a valid event by Globetrotters, voted by board.

New Business: none brought up.

Meeting Minutes will be posted on website and all members notified of posting.



Revi Fayola

Closed meeting at 4:40 PM, then took meeting photo

Bionic Marathoning



LOVING MY NEW KNEES

by Ginny Turner

After more than 10 years of running I developed pain in my knees. Post marathon recovery would include leg and foot elevations to keep the swelling of my knee joints at a minimum. I continued running marathon after marathon ignoring the pain. When the range of motion in my right knee was impacted by the

constant swelling, I finally met with an orthopedist. The MRI showed a tear in the meniscus. I had two choices: 1) arthroscopic surgery, or 2) physical therapy. I chose physical therapy for 9 months with no relief, and finally consented to surgery in January 2001. The surgery went well according to the doctor, but I never regained my ability to run without pain. I JUST GAVE UP. Running had been my “life” and I really missed my marathon friends and everything else that goes along with the sport.



Ginny's Knees before Surgery

Bionic Marathonning cont'd

I didn't do anything physical for about three years and became very depressed. Then I saw a medal around the neck of my non-runner friend, Lynn. I asked her if she did the Portland Marathon, and she said, "Yes! I walked it!" When I asked her time, she said it took her about 7 ½ hours. It never occurred to me that I could "walk" a marathon. We trained for about 6 months and I walked my first marathon—2004 LA Marathon—with Lynn. **I WAS BACK!**

Another 10 years of marathons took me all over the country and all over the world. I walked my second time around the 50 states and the 7 continents, plus all of Canada. My knee pain continued to increase as the years went by. Ok, so my knees hurt all the time—for me, that was "normal." It never prevented me from entering more and more races. Finally, in the spring of 2014 after completing the Yakima River Canyon Marathon, my recovery was more than 5 days. I stopped having fun. That was my last 26.2-mile race.

My Son convinced me to get my knees checked out. The orthopedist came in and shook my hand telling me that he did not know how I could do what I did [walking marathons]. The x-rays were consistent with someone in a wheelchair. Total knee replacement was the only option. A friend told me that if I was thinking about knee replacements, it would be best to get that done before I retired. For the next three years, I cut back to Half-Marathon distances.

Finally, in January 2017 total knee replacement was on my schedule. My

surgeon did not recommend both at the same time, so the right knee was first. I was up walking on my “new” knee the day of surgery. Pain meds for the first 5 days, and started physical therapy a week after surgery. I followed my PT schedule and was thrilled with the results. The toughest PT challenge with my right knee was gaining full extension. I race-walked a 5K less than 3 months later, just a week before my left knee surgery.

My left knee was replaced in April 2017, three months after the first one. Again, up and walking day of surgery. Only used pain meds for 3 days and physical therapy began a week after surgery. This time my biggest challenge with my left knee was getting as much flexion as possible. I worked diligently and was able to gain more range of motion in both of my knees;

more than I had experienced in decades. My knee replacement goal was to achieve the best possible outcome. The best parts are my “straight” legs and being PAIN FREE!

Ginny's fastest walking marathon was 5:42!! - CP



Ginny's New Knees

Merchandise

GEAR NEWS

The board and I would like to thank you for your gear purchases. It was quite a test of the system and a learning experience for me. Previously, gear purchases were made through a company that created the MG storefront, processed the sales, and managed the entire operation for us. It took a lot of time and effort for us to develop and implement all those elements and start over from scratch. For the most part, things went well and a few of the following changes will be made.

Welcome letter – When you go to Merchandise, you will see a notice that suggests you read the Welcome letter before you look at the items and order. The letter will advise you how the ordering and shipping process works and what you can expect to occur.

Customizing singlets and T-shirts – These were the most popular items ordered and you had four available options: name and country flag on the front, and flag plus a countries badge on the back. Processing problems arose because members were ordering a customized piece and either not providing any information or submitting partial information. That problem caused a lot of extra emails to be generated and a delay in having the item made. The solution was to create boxes and drop-down menus that must be completed.

Country badges – The badges were left-over stock purchased from the previous company and now that badges can be dyed directly onto the clothing, the question arose about whether or not to continue offering a sew-on version of the badge, and secondly, do we continue to maintain any restrictions on the badges? Here are the answers: a) we will continue to offer sew-on badges for those of you who would like to put them on luggage, backpacks, or non-Globetrotter gear, and b) all restrictions for the dyed-in numbers have been lifted. You will be able to order the singlets and Tees with any number starting with 5. We are exploring the option of having the supplier make badges from the same fabric so that you can buy a set of badges (e.g. 16, 17, 18, 19, etc.) and each time you complete a marathon in a new country you will be able to cover the existing badge with a new one.

Merchandise

We have run out of some numbers: 10, 30, 40, 80, 90, and have only one or two of the others. If you would like to have a 20, 50, 60, 70, or 100, order it soon.

New item: Our supplier does not make a long-sleeve version of the Tee-shirt and we are in discussions with them about doing so. We are hopeful and optimistic that we'll be able to add standard and customized long-sleeve Tee-shirts soon and in time for the late winter and early spring marathon season.□

Robert, Merchandise Manager



Actual shirt received by a member

Merchandise

You will find photos like these on the merchandise page along with sizing charts.

Happy Shopping!



Featured Member Achievement

Canada X 5!



Rich and Jeanne Holmes

time in Washington DC and Durham NC, USA, not anywhere near the Canadian border.) Well. . .

Twenty years ago, I ran my first marathon in Canada. Sixty-six Canadian marathons/ultras later, I completed the 5th circuit of Canada's 13 provinces and territories at Boundary Bay, south of Vancouver, on the first week-end of November (and celebrated by raising \$7,300 for the Ronald McDonald House there). Why? What happened? (After all, I lived all of that

Having finished the 50 states in 2001, I changed my attention to Canada. I met the venerable Eugene DeFronzo at the Calgary Stampede marathon in 2002, being foolishly proud of my having run just over 100 marathons while new acquaintances Phil Little (135) and Eugene (170) dwarfed my numbers. Later, when looking at what I might possibly accomplish that had never been done, I learned that Eugene was the only runner who had ever completed two circuits of the 13 provinces and territories of Canada. (Because the territory of Nunavut was not created until April of 1999, all the folks who had completed circuits of the previous 12 provinces/territories needed a Nunavut to get to 13, and Nunavut turned out to be one expensive devil of a race to get to and finish.) So of the various longevity records in the world (states, continents, marathon count, etc.), the only possible one I could hold the record for was Canada, and off I went!

The next twenty years blur – lots of races, places, and faces – but Canada became a “welcome home” place – terrific people, scenery, wildlife (with a dash of danger), and yet peculiarly laid-back.

I think it would be incredibly boring to narrate through the 65 marathons/ultras that went into the record 5th completion – and no one yet besides Eugene has been foolish enough to do this more than once. (My wife, Jeanne, is the only runner I know to have completed a half-marathon in all 13 areas.) So I have picked a single event in each province and territory to relate in what follows, in alphabetical order by province/territory:

Alberta: Among the least known Alberta marathons is Red Deer, about half-way between Edmonton and Calgary. Surprising in this front range plains area of the Canadian Rockies, a river has carved a picturesque canyon be-

Featured Member Achievement

low the level of the treeless plains, and the water in the river supports bushes and trees for a beautiful winding bike and pedestrian trail along the gurgling river, on which the marathon is run.

British Columbia: While I finished the record in Boundary Bay, the most memorable moment was in the First Nation island group named Haida Gwaii (formerly called the Queen Charlotte Islands). In the Totem-to-Totem race run entirely on First Nation land, the local tribal shaman (priest) blessed the gathered runners with a traditional Tlingit prayer, which his bilingual son then translated so that the runners would understand it. The shaman had asked the three primary Tlingit spirits and clans (the eagle, the raven, and the wolf) to watch over and protect the runners. Then, as approximately 30 runners navigated the out-and-back course, pairs of eagles (which have about a 5 mile territorial dominance) flew over the field, trading off with another pair as each new eagle territory was reached!

Labrador and Newfoundland: Most everyone runs St. John's (NOT Saint John, which is in New Brunswick!) because the only other alternative is Trapline in Goose Bay, which typically requires overnighting in both directions in St. John's airport to get there from anywhere else. But Trapline is a point-to-point of about 20 runners that starts at the statuesque monument to the trappers that were the first Europeans in the areas, and the start is a shotgun blast from a tradition shotgun used by the trappers!

Manitoba: This province borders the great plains and has much water-filled area like adjacent Minnesota. While almost everyone runs the traditional big city marathon in Winnipeg, for one of my races I delighted in a trail 50K in Spruce Woods Provincial park, which wound through valleys and thickets of the Assiniboine River (which eventually is Winnipeg's main river), and includes beaver ponds complete with beaver mounds and beavers!

New Brunswick: Moncton's Legs-for-Literacy is an ideal and charitable race in this only bilingual Canadian province. It is bilingual for the same reason it is a fun race: Moncton river has a tidal bore – where the world's highest tides fight the flow of the river at its mouth until the height difference becomes too great and the tide comes sweeping *upstream* as a wave to end when it hits the dam in Moncton. Since much of the race is on trails along the river, in fortunate years runners will even see the tidal bore go by, which happens twice a day. (Regrettably, a dam built more than a decade ago has silted in the river with consequent diminishing and slowing of the tidal bore, so it is much less the spectacle that it was before the dam when I first saw it.) (New Brunswick is bilingual because the British Fleet could not sail up the Moncton River due to the tidal bore, which allowed the French town of Dieppe to hold out beyond the period of the expulsions of the French in the Acadian exodus that populated the 'Cadiens (Cajuns) of Louisiana and Haiti.

Featured Member Achievement

Because the French never left New Brunswick, it is mandatory for school-children to attend the public schools that use the language that they do NOT use at home.)

Northwest Territory: Like Prince Edward Island, there is only one marathon in the Northwest Territory (Yellowknife, the capital) so I've had the pleasure of running it 5 times. Yellowknife is an interesting city and one of the best places to see the Northern Lights, although in August when the race is held, daylight is about 20 hours a day so the period of darkness to see the lights is brief (but still the only place I've ever seen them). Nevertheless, the Overland Sports organizer and host of the marathon are incredible people and enthusiastically greet the dozen or so non-locals who make it to the race each year.

Nova Scotia: There are many races to choose among in Nova Scotia, most located near Halifax and most famously, the Blue Nose Marathon. All of these give the runners the chance to tour one of the most novel Canadian cities, which includes among other things the most historic old Scottish brewery (complete with period actors dressed accordingly) and the graveyard holding the identified and unidentified victims of the Titanic with the headstones arranged in the shape of the prow of a ship. Also, less than an hour north of Halifax is Truro which also has a tidal bore (see New Brunswick), but there has been no dam built on the Truro river so the tidal bore is undiminished from times of old.

Nunavut Territory: After the bankruptcy of the sponsoring mine in Nanisivik (2000) followed by a couple of struggling years where runners slept in paral-



Post Nunavut Marathon 2010

lel sleeping bags on the living room floors of the power engineer and school teacher, marathoning in this territory became possible only through the cooperation of the Weber family (all world record holders, generally in treks to the north and south poles) at Arctic Haven and Arctic Watch in uninhabited areas of Nunavut. (I've enjoyed running this race with many of my best running friends,

Featured Member Achievement

including the Boulbbees of Ontario, Kevin Brosi of Texas, Gregg Walchli and Cheri Pompeo of Seattle, John Lum Young and wife Charlene of Trinidad, Jack Brooks of England, and my wife and both daughters.) Easily the most memorable event came when my wife, running the marathon and in the lead at that distance, came upon a mother polar bear and its two cubs hidden in a tundra melt wash along the trail and only 20 yards in front of her, staring straight at her when the mother bear lifted her head above the gully wall. (My wife lived, so I did not get to inherit her retirement funds.)

Ontario: Having met delightful and athletic Dineh (Navajo) sisters April and Melanie Boultbee in Nunavut, we planned a reunion race at the nighttime Haliburton Forest 50K a few hours north of Toronto. (Unfortunately, due to injury and sickness, neither Boultbee was able to run.) But the race was held in a park home to a wolf conservatory, and throughout the night one could hear the yelps and howls of the wolves through the woods. That is an atmosphere changer!

Prince Edward Island: The only race here is Charlottesburg (land of Anne of Green Gables), so I ran it 5 times. On one of the occasions, Jack Brooks, the only Brit to have completed both all 50 US states and all 13 Canadian provinces and territories, ran it with me.

Quebec: Another province with a host of races, most centered around Montreal. For those of us who like less crowds and older history views, a better choice is Marathon des Deux Rives (Marathon of Two Rivers) in Quebec City; the first time I did this race I shared it with my teen-age daughter, Siobhan, who loved the city; the second time was with some of my favorite NYC runners on the hottest day ever recorded in Quebec City and the whole field wilted in the heat.

Saskatchewan: A classic great plains state where most run Queen City (Regina, the capital). But there is a much earlier marathon in Regina, touted as the earliest Canadian marathon of the year, the “Gopher Attack”. With a very small field and suburban setting, this is completely different and very likely to be run in windy snow flurries, which I did with my wife and Regina friends Darwin and “Rocket Girl” Weimar. The finisher’s medal is a gopher in full frontal attack, erect and with upraised claws!

Yukon Territory: Alas, there used to be a dead flat out-and-back highway marathon run from dusk-to-midnight in Mayo (and on which I’ve encounter both Grizzlies and Black bears, and was accompanied by my wife and UK friends.) It was a 5 hour drive north of Whitehorse. But sadly, the mining town died away and now the main choice is the Yukon River Trail Marathon, a difficult trail, half of which is on trails clinging to the canyon

Featured Member Achievement

walls above the Yukon River. When I first did this in 2004, I donated to the salmon charity so that my 18-year-old daughter, Siobhan, became the adoptive parent of a salmon fry climbing the fish ladder by the dam. When I last did it 14 years later, a new salmon fry was adopted by my granddaughter, whose mother is Siobhan. (This August, I had the treat of the entire field running backwards toward me at full speed when a Grizzly emerged onto the race trail. But aged me was in trouble on the time limit and therefore charged ahead, singing at the top of my lungs for an hour, and never saw the Grizzly.)



Canada Goose Marathon in Regina, Saskatchewan

I've been to no part of Canada where I did not find the people rational, friendly, and eager to help, nor can I name one province as more scenic and tourist-worthy than another. I will forever be grateful for 20 years of sharing times and places with our neighbors to the north.

Featured Member Achievement

Let's all congratulate Rico Bogacz for **WINNING** the first inaugural Baku Boulevard Marathon

Rico's winning time was **3:16:58**

The Baku Boulevard Marathon was staged on the very scenic Caspian Waterfront Boulevard in Baku on 18 October 2018.



**Rico Bogacz Baku Boulevard Marathon
10/18/2018**

Letter from the president



Hi Marathon Globetrotters,

We now have 519 members and continue to grow. Thanks to all of you for your interest in and support of the Globetrotters. I am happy to report we have a new Social Media Ambassador, Lara Michelle, you will find her posting and answering questions on Facebook, Twitter and Strava. 2019 elections have completed and all officers are returning, they deserve a big thanks for their volunteer contributions to the Globetrotters. I want to extend a big thanks to Robert (Cowboy; because he wears a cowboy hat at every marathon) Bishton for his efforts to make the MG merchandise available to all members. You are invited to place new orders at any time. Stay tuned for the upcoming request for you to vote on the next Annual Meeting which will be either Argentina South America or Australia depending on all membership vote. Voting for the annual meeting is unique and all members, even provisional can vote, the requirement is that if you vote it is for the place that you will most certainly attend. Don't vote if you don't plan to attend. I hope to see you around the world in 2019.

KB

Elections have completed and the following Marathon Globetrotter Board members have been elected with 67 votes:

President: Kevin Brosi

Electronic Media: Steven Lee

Membership: Eddy Angkawibawa

Publicity: Cheri Pompeo

Awards: Don Bierer

Finance: Seth Kramer

Remember to send achievements and stories for the newsletter to publicity@marathonglobetrotters.org

Officers

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