



Marathon Globetrotters

Issue #5

February 2015 - April 2015

Meet Your Officers

This is the second installment of a feature for club members to get to know the six club officers. This issue includes profiles for Robert Bishton and Cheri Pompeo.

Director of Merchandise: Robert "Cowboy Jeff" Bishton

Robert Bishton is the founding board member who managed the task of having a singlet and badges designed and produced for our club. It was a task that took over a year to complete and was fraught with difficulties, "ups and downs, go and no-go's." But in the end, Robert produced a singlet that has been well received by both runners and spectators alike. "My goal was to create designs for the front and back that conveyed what the Marathon Globetrotters are all about: a) runners, b) some representation of the earth and countries, and c) travel. The original idea was to have a jet circling the globe with a couple of runners on its contrail chasing the plane circling earth. After going through countless renditions of the earth, I ended using the flag globe. Although the idea of putting runners on the jet's contrail didn't really work in a design, turning the two letters into runners did, so the design concepts and goals were met." Robert is continuing to work on having tee-shirts, hats, and other types of club badges designed and made available soon.

Robert ran his first marathon in October 2004 at age 54. Several years prior he had made another resolution to lose weight. This time he started off with daily 5-mile (8km) walks that morphed in walk-jogs and finally running. Over an eight month period he lost 60lbs. (27kg) and was running on a treadmill to maintain the loss. "I used to watch the New York City marathon on TV every year, and when my walks changed to jogs and then runs, I began to fantasize running the NYC marathon. I maintained the loss on a treadmill until I



Robert "Cowboy Jeff" Bishton wearing his iconic hat

decided to actually run one." He didn't gradually work his way up to the distance with 5 or 10-K's, or even a half marathon, before he ran the Baltimore Marathon. "My parents raised us five kids with a 'Just Do It' attitude, whether it was being tossed in the pool as an 18-month old infant to swim or climbing on a bike without training wheels as a 5-year old." Robert finished in 3:56.

(continued on Page 2)

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

Meet Your Officers, cont'd

(Robert Bishton, continued from Page 1)

Since January of 2006, Robert has been widely known as Cowboy or Cowboy Jeff. That came about because in that year he went to Phoenix, Arizona, to run a marathon that finished on the campus of Arizona State University where he was graduated in 1972. Robert has had several serious bouts with melanoma, the deadly form of skin cancer, and he went to a student supplies store to buy a cap to shade his face during the race. He ended up buying a cowboy hat with a patch of the university's mascot on the front and during the marathon he heard so many spectators encouraging him on with shouts of "Go Sun Devils" and "Go Cowboy." He realized cheering spectators were a perfect substitute for family members who couldn't travel with him. Although he has gone through many various types and colors of cowboy hats in the last nine years, he is approached at virtually every event by one or more runners who report that they ran with him during a marathon somewhere or had met and spoken with him before or after the race.

In July of 2014 Robert ran the Madison Marathon in Montana, for the fifth time. Although one of his running practices is to try and not run the same marathon twice because "there are just too many places I want to go to and see, so why limit that by running the same races in a state or country." Robert says the Madison Marathon, which is the highest elevation, 9200+ to 9,600+ ft, (2,800+ to 2,900+ meters) road marathon in the world, is also the most scenic marathon he has ever run because of the 50-100 mile (80-160Km) unobstructed views of the Rocky Mountains. As a resident of a sea-level beach community in Florida, it is also his most challenging marathon because of not being acclimated to mountain heights and the oxygen deprivation at those altitudes. "The Madison is an 'exception' to my no-repeats policy because it's a favorite of mine and I've become an 'unofficial' assistant to the director." So, Robert was very pleased to discover that the 2014 Madison Marathon would be his 300th and fell just three months shy of the 10th anniversary of his first marathon.

This fact and others among the list of noteworthy accomplishments, include:

- He is a multi-50 States and Seven Continents finisher. As a Globetrotter, he is scheduled to earn his 50 Countries badge at the Victoria Falls Marathon, Zimbabwe, next month.

- He has run sub-4 hour marathons in all 50-States and in Washington DC. He is only the second known runner to complete this achievement after passing age 60.
- At the age of 61, he completed the Savage Seven, a 7-marathons in 7-days event run on a 400 meter university track and two of the finishes were in under 4:00. The following weekend, he ran two additional sub-4's. So, during that 15-day span, he ran 9-marathons, of which four were under 4:00.
- During his nearly eleven years of running 320 marathons, he has completed almost half of them with sub -4:00 times and garnered well over one hundred Top 3 age-group awards.

Robert's globetrotting started in 2008 when one of his brothers suggested that he set a goal to run marathons in all the countries they had lived in or visited while his father was a diplomat with the Foreign Service. He was born in Ireland and another brother was born in Thailand, and all of his four siblings and father thought this was a great idea because Robert could see if their homes were still there, visit old haunts, etc. and report back to the family. There were well over a dozen countries on this list. Unfortunately, his father passed away in 2011 when he was just three shy of reaching the goal: Thailand, Indonesia, and Vietnam. He had promised his father that he would finish the list and did so when he ran in Vietnam in 2014.

When asked what his goals are now Robert laughs and says, "Now that I'm turning 65 next month and sub-4's are a fading memory (last one was April 2014), I'm going to be running fewer in America so that I can try and run more overseas. I'd like to see if I can end up matching the number of countries with my age, so 70 by 70 sounds pretty good to me! It's a daunting challenge because I've done almost all of Europe and South America, and twenty more in the rest of the world is going to be tough and more expensive. If it doesn't look like I can make it, then I'll continue to tour America 26.2 miles at a time as long as I'm able to put one foot in front of the other and get to the finish line before they turn off the clock and go home."

(continued on Page 3)

Meet Your Officers, cont'd

(continued from Page 2)

Director of Awards: Cheri Pompeo

Cheri Pompeo was born and raised in Washington State and has been an avid trail runner since 1996. She has run in more than 395 marathons and ultramarathons, including at least one in each U.S. state and on every continent. Her longest distance to date is 102 miles.

Cheri has a Bachelor of Science degree in physics and a Master of Science in computer science from the University of Washington. She regularly writes for running publications, such as Northwest Runner and Ultrarunning magazine. Her guidebook, 50 Trail Runs in Washington State was published by Mountaineers Books in 2002. She has also published short stories and essays and various literary journals and newspapers.

Cheri started running to get in shape, but quickly fell in love with the sport and kept adding miles. "There didn't seem to be a limit in the distance I could run," she said. In 2005, she climbed Mt. Kilimanjaro two days after winning the veteran women's division at the Kilimanjaro marathon. In addition to running, Cheri enjoys open water swimming



Cheri Pompeo

and scuba diving. She has had the good fortune to dive in such places as the Great Barrier Reef, the Galapagos Islands (all of them), the inside passage to Alaska, Fiji, and Puerto Rico. At 62 years of age she still runs the marathon distance or longer, 2-3 times per month. She says she'll put off thinking if she's getting too old until she's 72 and then may defer for another 10 years.

Runner Profiles

This is a new feature to allow club members to get to know each other. This issue includes profiles for Brent Weigner and Jack Brooks.

Brent Weigner (Cheyenne, Wyoming, USA)

Brent Weigner has run marathons in more countries than any other Marathon Globetrotter. As of April 16, he's run 246 marathons and ultras in 86 different countries. He took up running competitively in 1963, while attending McCormick Junior High in Cheyenne. He's always just liked moving. He ran his first marathon in Whitewater, Wisconsin in 1968, the same year he graduated from high school.

Brent has completed running marathons on all seven continents ten times. He's also run marathons in all U.S. states, all Canadian provinces and all Australian states. He's the only person in the world to have run ultramarathons at both the north and south poles.

Brent was a seventh grade geography teacher for 35



Brent Weigner

years. He also coached cross-country, track and wrestling. He's been married for 30 years, and has two sons for four grandchildren. Brent is a three time cancer survivor.

(continued on Page 4)

Runner Profiles, cont'd

(continued from Page 3)

Jack Brooks (Hertfordshire, England)

Arthur (Jack) Brooks has been running for 24 years. He took up running at the age of 39, while living in Cambridge. A friend of his always held great parties after the Cambridge Half Marathon. One year, while attending the party with some friends from Sheffield, they all decided to do the race the following year. As it happened, the race wasn't held that year, but they all ran the Lincoln Half Marathon instead. He's been hooked on running ever since.



Jack Brooks

As of April 3, Jack has run 376 marathon and ultramarathons in 33 different countries. He's also done numerous shorter races, including 106 half marathons. His personal best time for the marathon is 3:12:52 at the age of 45.

Jack's favorite marathons are Chicago, where he ran his two fastest times and Pisa, where he ran a time of 3:39:38 at the age of 61. For scenery, his favorites are the Liechtenstein Marathon, the Grand Canyon Marathon, the Mount Rushmore Marathon and the Tahoe Triple (three marathons in three days, going all the way around Lake Tahoe). For quirkiness, the Greenwich Foot Tunnel Centenary Marathon (2002) probably takes the biscuit. This 58 lap race up and down the narrow foot tunnel under the Thames was organized by the 100 Marathon Club and entry was limited to 100 runners. The race commenced at 2 AM, and late night revelers looked thoroughly bemused as they staggered through the tunnel that night. The Oranje Bloemen Kroeg Marathon in Holland (2006) is also worthy of note. This was a 24 lap race around a housing estate, where all residents' gardens faced onto the road. On each lap they run up a ramp and through the middle of a local bar. Local residents had been given a list of the runners and most were out in their gardens partying while supporting the runners.

Jack likes to be competitive within his age group, but these days he generally starts near the back of the field. After a number of injuries, he's cut out cross-country races and track work and does most of his speed work on a treadmill.

Running has become an integral part of Jack's life. In addition to helping him keep fit, it's led him to travel extensively and make numerous friends in the UK and throughout the world. He thoroughly enjoys being able to put something back into the sport by taking out regular training groups from his local club, assisting at races, and occasionally guiding a blind friend around marathons.

Jersey Hotels with Marathon Globetrotters Discounts

The Merton Hotel

Belvedere Hill
St. Saviour
Jersey JE4 9PG
+44 1534 724231

<http://www.mertonhotel.com>

Members can get a Bed and Breakfast rate for a twin or double room for £70 per night by booking online using the promotion code that was sent to all members in a separate mailing. Discounted rates available 2015/10/01 through 2015/10/06.

Pomme d'Or Hotel

Liberation Square
St. Helier
Jersey JE1 3UF
+44 1534 880110

<http://www.pomedorhotel.com>

Our rates are for £90 per night for a twin or double room, £100 per night for an executive double room or £120 per night for a premier room. These are Bed and Breakfast rates. To get these rates, book online using the promotion code that was sent to all members in a separate mailing. Discounted rates available 2015/10/01 through 2015/10/06.

Next Club Meeting - Jersey

The next Marathon Globetrotters annual meeting will be held in conjunction with the Standard Chartered Jersey Marathon in St. Helier, Jersey. The date of the race is Sunday 2015/10/04, and the meeting will be held on Saturday 2015/10/03. Members will have a discounted entry fee for the marathon, as well as discounted room rates at two hotels near the start and finish. Here are the details.

Jersey

Jersey is the largest of the Channel Islands, located in the English Channel, just off the coast of France. Jersey has political ties to the United Kingdom, but has its own government, and is recognized as a country by Marathon Globetrotters.

The easiest way to get to Jersey is to fly from London. There are 25 daily flights, operated by a number of different airlines. There are also flights from a number of regional airlines in the UK.

Flights to Jersey are relatively inexpensive. For runners traveling from other continents, the largest expense will be traveling to London. You might want to consider combining your trip to Jersey with a day or two in London. You might even want to go so far as to make a longer trip and do two races. There are a number of races in Europe on the weekends before and after the Jersey Marathon.

Race Entry

The race will be held at 09:00 on 2015/10/04 in St. Helier, Jersey. The race website is <http://www.jersey-marathon.com/>.



Marathon Globetrotters are getting a 20% discount. To get the discount, enter online at <https://race-nation.com/standard-chartered-jersey-2015> and use the promotion code that was sent to all members in a separate mailing. Entry fees go up on 2015/06/01, so enter before then to get the lowest entry fee.

Lodging

Members can get discounted room rates at Merton Hotel or Pomme d'Or Hotel (**see box on Page 4 for details**). Pomme d'Or is very close to the start/finish area. Merton is less than a mile from the start/finish area. Both hotels



St. Helier, Jersey is the location for the next Marathon Globetrotters meeting

will have an early breakfast seating at 06:00. If you plan to use the early breakfast, please notify the hotel when you check in, so they'll know how many guests to expect.

The discounted rates are available at both hotels from 2015/10/01 through 2015/10/06. These rates do not include late check-outs. If you need a late check-out, inquire when you check in. Rooms are subject to availability on a first-come, first served basis. To ensure availability, don't hesitate to book a room.

Other Details

Marathon Globetrotters will have a booth at the race expo.

The club meeting will be held at Pomme d'Or Hotel on 2015/10/03 from 16:00 to 18:00.

Race organizers have agreed to extend the time limit for completing the marathon. Roads will be opened to traffic at 6 hours, 30 minutes. Runners still on the course at that time will be allowed to continue, and the finish line will not close until the last runner has finished.

Club Singlets and Badges

GoLogo (<http://www.gologostore.com>), the company that's handling our singlet and patches (badges) sales, has these items available for purchase. Many members will be purchasing the singlet and patch (badge) at the same time and they will be shipped together. The patch (badge), which indicates the number of countries you have completed (in multiples of ten: 10, 20, 30, etc.) can be either sewn on the back of the singlet or glued on with an iron. Keep in mind that if ironed on, we've been advised that it cannot be removed.

Requests to purchase a singlet and/or patch (badge) will be processed and shipped after your membership and level status has been verified.

Singlets

Globetrotter members can order men and women's sized singlets and badges that are based on flag status. For example, a 2 Flag member may order a 20 countries badge. The company handling singlet and badge sales is the GoLogo Store (<http://www.gologostore.com>).

Please note the following before ordering:

1. Non-members cannot order a singlet.
2. Members cannot order badges higher than the level they have achieved (except that a member who is just one country short (19, 29, etc.) can order the next higher badge so that he/she can have it on hand when that next country is achieved. Provisional members may order their first badge (10 countries) when he/she has completed 9 certified countries.
3. The [GoLogo Store](http://www.gologostore.com) checks our internet website member tab prior to processing an order, so it is imperative that you keep your *certified* countries count up to date, especially when you reach the 9th, 19th, 29th (etc.) country.
4. Please do not attempt to order a singlet and next level badge if you are not entitled to it under our policy as it causes an undo burden on us and personnel at the [GoLogo Store](http://www.gologostore.com) to take the time to communicate with each other to verify and then deny your order as placed and then communicate with you with the reasons why the order cannot be processed. Thank you.



Front (left) and back (right) of Marathon Globetrotters singlet

General Information:

1. They are dye-sublimated and therefore won't fade. The material is 80% polyester and 20% spandex and "stretches."
2. Cost is \$46 (US) and can be purchased by credit card or PayPal.
3. Items are shipped via USPS - Priority and insurance and tracking is included. Cost depends on weight and we've been advised that 1-3 singlets can be shipped for the base rate. Typical North America shipping starts at \$8.95 (US) and international shipping is \$26.95 (US) to most countries. Please be aware that GoLogo is not adding any fee of their own, you are paying exactly what they are being charged by the USPS. (United States Postal Service).
4. Items are not returnable so it is imperative that you use the sizing chart as provided.

Badges

General Information:

1. The countries badge is large so as to be clearly visible and measures about 5" x 3" (12.7cm x 7.6cm).
2. If it is ironed on it is permanently attached to your singlet. If you want to be able to remove it and attach the next level badge, you would sew it on.
3. Cost is \$7.95 (US).

Please note that these prices are current, as of 2014/09/23, and are subject to change, based on [GoLogo Store](#) pricing.



Badge (patch) for 10 Countries, or 1 Flag level

Saving Money on Shipping

Having singlets shipped outside the United States is expensive, but there are two ways to save money on shipping. Up to three singlets can be shipped to a single address for the same cost. Club members who know each other can save on shipping by combining their orders. Also, if you know you're going to travel to the same race as a runner from the United States, you could make arrangements with them to have a singlet delivered to their address, and they can bring it to you.

Photo Gallery



Barb Wnek running the Tokyo Marathon (left); LizNoel Duncan and Rob Priest at the Barcelona Marathon (center); Kevin Brosi celebrates his birthday with a Globetrotter cake (right)

Do you have marathon photos to share in an upcoming newsletter? Send them to David Holmen at david@marathonglobetrotters.org along with the names of the Marathon Globetrotters members and the name and location of the race.

Photo Gallery



Deo Jarvata celebrates his finish at Marathon Bahamas



Marathon Globetrotters in Malta: Gina Little and Jack Brooks (left); Anders Forselius, "Cowboy Jeff" Bishton and Bobby Irvine (right)

Photo Gallery



Marathon Globetrotters in Punta Arenas, Chile (left); Eddie Vega and Jc Santa Teresa in Puntas Arenas, Chile (right)



“Cowboy Jeff” Bishton, Rich Holmes, Peter Ralph Lantin, Eddie Angkawibawa and Jc Santa Teresa at Cordura Skyway Marathon in Manila (left); Jesse Coelho de Almeida at the Brasilia Marathon (right)

Photo Gallery



Kenneth Tenebro has his first finish in his new singlet in the Philippines

Marathon Globetrotters in Antarctica: Troy and Cathie Johnson (top); Brent Weigner finishes the 7 continents for the 10th time (middle); Ila Brandli running her 100th marathon (bottom)

Membership Statistics (2015-4-24)

Full members: 120

Provisional members: 92

Where do all our members come from?

United States: 90
England: 33
Sweden: 18
France: 17
Brazil: 8
Germany: 7
Australia: 5
Norway: 6
Indonesia: 4
Canada: 3
Denmark: 3
China: 2
Colombia: 2
Egypt: 2
Netherlands: 2
Barbados: 1
Czech Republic: 1
Hong Kong: 1
Ireland: 1
Japan: 1
Nigeria: 1
Northern Ireland: 1
Serbia: 1
Singapore: 1
Trinidad & Tobago: 1

Flags

8 Flags (80 - 89 countries): Brent Weigner, Cheyenne, WY, US
6 Flags (60 - 69 countries): 2 members
5 Flags (50 - 59 countries): 2 members
4 Flags (40 - 49 countries): 3 members
3 Flags (30 - 39 countries): 14 members
2 Flags (20 - 29 countries): 22 members
1 Flag (10 - 19 countries): 76 members
0 Flags (5 - 9 countries): 92 provisional members

New Members

Full Members (10 or More Countries)

Brandt, Henrik Lundgren (19 countries)
Crawford, Leslie (11 countries) – 200th member
dos Santos, Domitilia (37 countries)
Featherstone, Ingrid Laura (11 countries)
Jensen, Arne Pank (10 countries)
Johnson, Jay (31 countries)
Kern, Donald (19 countries)
Manford, James (33 countries)
Olsen, René Hjorth (10 countries)
Priest, Robert (10 countries)
Sorrentino, Ferdinando (29 countries)
Tenebro, Kenneth (16 countries)

Provisional Members (5 to 9 Countries)

Akinbode, Adedayo (7 countries)
Brandli, Ila (9 countries)
Bushnell, Corinna (5 countries)
Calimano, Chris (7 countries)
Ekelberg, Janicke (7 countries)
Gold, David (5 countries)
Harvey, Mary F. (5 countries)
Lee, Jack (5 countries)
Leung, Stephen (6 countries)
Lundy, Leo (9 countries)
Mason, Michelle (5 countries)
Montoya, Imelda Edna (7 countries)
Morales, Raymond "Rocky" (7 countries)
Pijnappel, João Carlos (8 countries)
Rahimian, Esmail (8 countries)
Rowe, Darren (5 countries)
Ruiz, Daniel (5 countries)
Stanning, Grant Phillip (5 countries)
Tassinari, Fred (7 countries)
Tom, Kenneth (5 countries)

Note: Country counts only include verified results. In some cases, members have run marathons in more countries, but the results have not yet been verified.

(continued on Page 12)

The complete membership list is available on the [Members page](#) of the club website.
Do you need to update your country count or personal information? Fill out the online [Update Form](#).

Membership, cont'd

(continued from Page 11)

New Flags

6 Flags (60 Countries)

Rich Holmes

3 Flags (30 Countries)

Sidy Diallo
Albert Meijer

2 Flags (20 Countries)

Susanne Gren
Srecko Micic
John Lum Young

1 Flag and Full membership (10 Countries)

Pamela Lauhoff
Deb Lazerson
JC Santa Teresa
Keith Simpson

Officers

President

Richard "Rich" Holmes
rich@marathonglobetrotters.org

Director of Merchandise

Robert "Cowboy Jeff" Bishton
robert@marathonglobetrotters.org

Director of Membership

Kevin Brosi
kevin@marathonglobetrotters.org

Director of Awards

Cheri Pompeo
cheri@marathonglobetrotters.org

Director of Social Media

Hikdeki "Kino" Kinoshita
kino@marathonglobetrotters.org

Director of Publicity

David Holmen
david@marathonglobetrotters.org

Notes from the Editor

You may have noticed that this edition of the newsletter has a new look. I want to thank Sandy Hugill for helping with the layout.

This issue marks the debut of a new feature called Member Profiles. I'd like to include profiles for other members in future editions of the newsletter. I've contacted a few members, but whether or not you hear from me, I encourage any of you to submit information about yourself. This is an opportunity for all of us to get to know each other.

As always, I also encourage you to submit race reports, photos, or articles about international races and travel.

Please email any content you'd like to share to david@marathonglobetrotters.org. If you have a race report that's already online, you can simply send me a link. Otherwise, please submit race reports and articles in Microsoft Word (.doc or .docx) or rich text format (.rtf). The next newsletter is scheduled for August 1.

David Holmen
Director of Publicity

Race Reports

To save space (i.e. minimize the download time), when race reports are already online, I've included links rather than copying the whole report. Unless otherwise indicated, the race report is in English.

Kharkiv Marathon – Keith Simpson

<https://notjustanotherunningblog.wordpress.com/2015/04/>

Vienna City Marathon – David Holmen

<http://goalorientedrunner.blogspot.com/2015/04/race-report-2015-vienna-city-marathon.html>

Guam Marathon – Article featuring Eddie Vega

<http://www.guamsportsnetwork.com/2015/guam-marathon-sets-participation-record/>

Here's a recent article from the Washington Post about the increasing interest in running marathons on all seven continents.

http://www.washingtonpost.com/lifestyle/travel/around-the-world-in-262-the-rising-trend-of-racing-on-every-continent/2015/03/26/28e410b8-c763-11e4-b2a1-bed1aaea2816_story.html