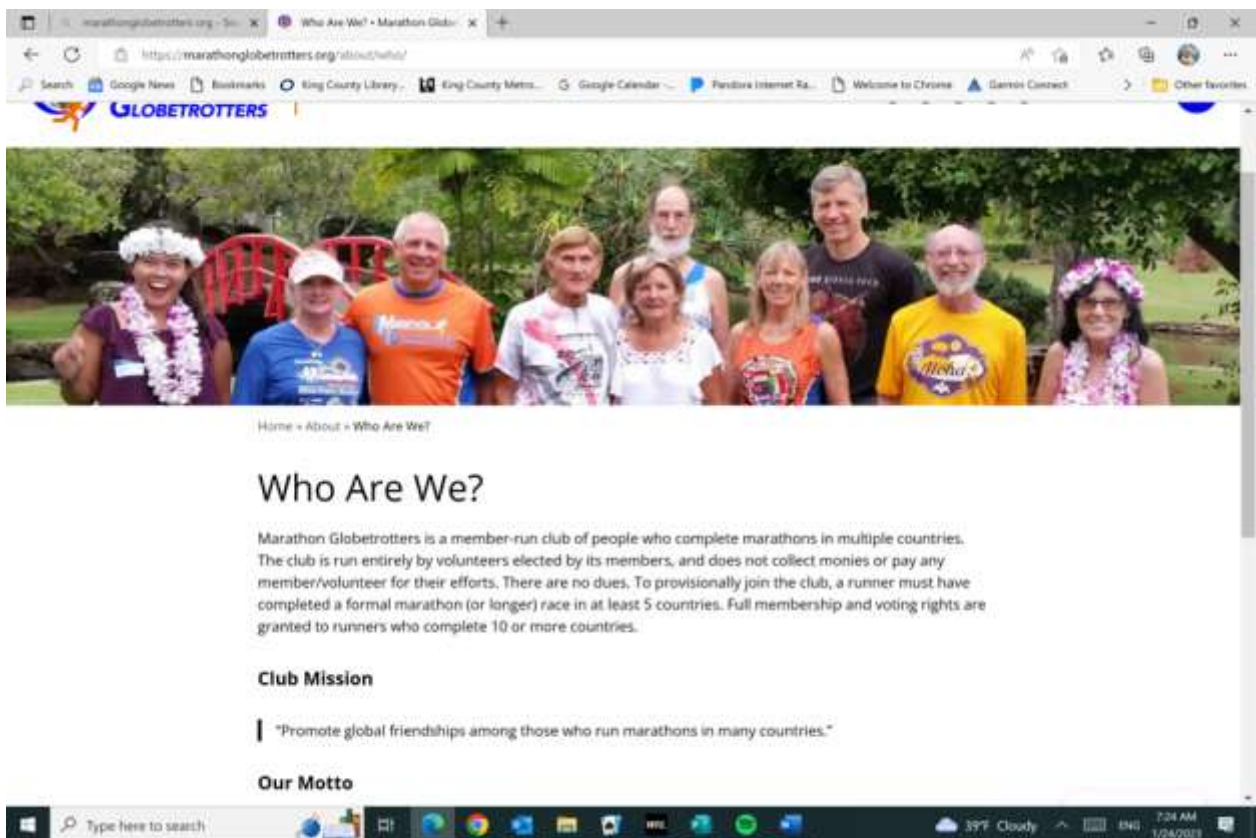


2022 We have a new website!



Have you tried out our new website?

- The member listings load MUCH faster.
- You can order merchandise online
- If you input the races you want to run, you can see who else will be there
- There's lots more and more to come.

2022 Annual Meeting

Video conference meeting was held on December 17, 2022

President Kevin Brosi: Call meeting to order, greetings

Election, candidate list (6)

Election of President, Kevin Brosi

Director of Membership, Eddy Angkawibawa

Director of Publicity, Cheri Pompeo

Director of Electronic Media, Don Bierer

Director of Finance, Seth Kramer

Director of Awards, Lara Gonzalez

The election was held and all officers were re-elected.

Introduction of Ambassadors (13)

Anders Forselius (Sweden) retired

Camila Urdaneta Santa (Colombia) retired

Sidy Diallo (France) retired

Denmark, Finland, Iceland, Greenland, Sweden/Norway: Vagn Kirkelund
(Denmark) * **new combination**

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, Taiwan, Hong Kong, Singapore: Sam Chong (China)

Oceania: Jane Sturzaker (Australia)

South America: Leonel Wallau (Brazil)

Caribbean: John Lum Young (Trinidad and Tobago)

Africa: Dayo Akinbode (Nigeria)

USA East: Fran Libasci

USA West: Lynne Langlois

Social Media, Lara Gonzalez

Ambassador representation in East Europe: Wojtek volunteered

Merchandise Manager: status. Matthew Nicholson (Northern Ireland) has expressed an interest.

Membership statistics, Eddy Angkawibawa, 648 members

Bylaw update: Discuss dues and terms. Fund raising, sponsorship...

Finance report, balance \$4401.47

Merchandise, order anytime from website or email Merchandise Manager

Website: First pass done, now to consider updates and improvements.

Next Annual meeting vote (1 remaining continent) Oceana

Research project on multi-marathoners, Trinity College Dublin (member Leo Lundy)

Club feedback

Countries, Bylaws changes, other

New Business?

Call to close meeting

Membership Summary:

Total Members 648 (from 52 countries), 399 Full Members; 249 Provisional

Countries with more than 20 Members: US 179, England 67, Denmark 55, Sweden 39, France 35, Indonesia 29, Brazil 28, Germany 27.

Total Members who have run in 50 countries or more = 41 Members

Following Members have run in 100 countries or more:

- > Brent Weigner (US) 194 countries**
- > Klaus Westphal (Germany) 146 countries**
- > Wojciech Machnik (Poland) 135 countries**
- > Rich Holmes (US) 129 countries**
- > Dieter Max Elster (Germany) 122 countries**
- > Vagn Kirkelund (Netherlands) 117 countries**
- > Dan Micola (England) 116 countries**
- > Philippe Waroux (France) 116 countries**

Editors note: These guys never stop. Check the website for updated numbers

Finance Report:

Jan 1 Balance: \$8716.20 Current Balance \$4401.47 (\$4314.73 decrease)

Income

\$256.25 Run signup (virtual race)

\$30.31 Amazon Smile

\$391.34 PayPal*

\$180 Checks

Expenses \$4992.63

\$306.58 Postal expenses

\$248.00 Cost of Goods

\$3651.67 Website build

\$651.96 Website hosting

\$12.00 Antispam tool

\$122.41 Email Service (5 months)

***Collected sums do not include provider's fees: \$14.56 PayPal**

Website Annual fees estimated to be \$650

Create a sort to see a member's list of completed countries by continent. Including what the maximum number is for that continent. For example: 51 of 56 countries in Europe.

Create a sort to see all member completion of a country. Or not completed? Or both?

A list of members by countries completed. We also received a suggestion to have a list of the top 25 members (countries completed total).

Sort on Continent

Sort by Member since

Sort by Most recent member

Flag issue

Add member number in display

Add awards to process

Merchandise shipping costs

Travel Tips from Cheri (I'm hoping this will become a new column with suggestions from club members)

I seem to have replaced running for 30 hours with flying for 30 hours and collecting belt buckles with countries. I have the Bermuda Triangle marathon in January, Vienna and Bergen in April, Liechtenstein and Stockholm in May and June, and Cape Town in October. We book our travel when good flight and lodging options become available so that we have money for more trips.

Until my husband, Gregg Walchli, was sidelined by a knee injury, he ran every race I ran, although he usually finished an hour or more ahead of me. Together we completed 3 rounds of the 50 U.S. states. He planned the logistics and I made the quilts from his t-shirts. We learned quickly that the Southwest Airlines Companion Pass was the way to go pursuing the 50 states in the United States. Since the Companion Pass can be valid for almost 2 years and using credit card hacks yields 125,000 points worth approximately \$1,875.00 US, we were able to save enough for me to get another 50 US states finish and 9 countries toward the Marathon Globetrotter tally. Mexico, Jamaica, Costa Rica, Aruba, Dominican Republic, Cayman Islands, Belize, Turks and Caicos, and the Bahamas. Cuba still remains to be run but Southwest points don't expire.

Early in our relationship, we endured the Drake Passage together to run a marathon in Antarctica and played the Australian version of Trivial Pursuit. It was much harder not knowing the trivia of Australia. Now he is my champion and spends a bit of the day at The Points Guy website and 10X travel social media group to stay aware of travel trends and deals.

Gregg added that "The pandemic changed the travel economic model for rental cars (selling off fleets and lack of cars available when we were able to travel again). Since the Marathon Globetrotter are about countries, Southwest (for Gregg) is now the official airlines for Rolling Stones concerts. Flights can be cancelled 10 minutes before departure, which can be important for aging rock stars with health challenges. Let's hope for another U.S. tour in 2023 since most stadiums have good public transportation. But I digress." **Yes he does**, but this is travel too, the difference being acquiring a pit ticket instead of a race entry.

For 2023, I wanted to try to match my 50 States finishes with running marathons or ultras in 50 Countries. Most countries had reopened after being closed due to covid so we started looking at new countries. I planned to run a marathon in the Maldives but it was cancelled with little notice. Since we didn't have much flexibility with the flights, we went anyhow. It was so hot there that I had trouble even doing training runs so when Gregg suggested I do a Uganda and Rwanda double close to the equator I tried to ignore him hoping he'd think I wasn't interested. I didn't want to actually say "no! I hate the long flights, I hate running in those con-

ditions!” because he might think I wasn’t brave. I suppose I was moaning and groaning and making faces every time he mentioned booking the trip. In any case, he gave up trying to plan that one.

When fellow Marathon Globetrotters organized a marathon in Liechtenstein that didn’t involve climbing over the Alps, that became the anchor marathon to work around. I had climbed over the Alps doing the Allgau Panorama marathon and loved it, but again, each year I add a few minutes to my time and had to consider not being able to make the cut-off in the original Liechtenstein race.

Gregg checked the Ahotu website <https://www.ahotu.com/calendar/marathon> to hopefully find 2 countries that I hadn’t done that are a week or so apart. The good prospects with at least a six hour time limit were Luxembourg, Faroe Island, and Stockholm. Stockholm had the easiest course and a most generous time limit at 6:30.

From there he checks Google flights, <https://www.google.com/travel/flights> to get an idea of what is available and the cash price that’s the best deal. Then he looks at Award Hacker <https://www.awardhacker.com/> to see what’s available to book with points. He will then run some numbers to see whether it’s more cost effective to use airline miles or perhaps Chase Travel Ultimate Rewards Points. Since United Airlines flies to both Zurich and Stockholm and offers a no points excursion segment from Zurich to Stockholm, the United Mileage Plan made the most sense. He’s an accountant so this part might be easier for him than for some.

Then it gets complicated.

He starts looking at hotels also considering cash vs. points. Do we need a rental car? Transit system? Ride share? In Switzerland the car works best, in Stockholm only transit is needed for the marathon, So we have the flights, we can get to the hotel from the airport. We can get to the race from the hotel. And after he books the hotel he doesn’t stop. If it doesn’t have view rooms (or whatever is best), he continues to check back and see if the option he wants, becomes available.

Sometimes we get a place by the airport for a night then move to the location of the race. This part of the process involves plugging the airport, hotel and race locations in to Google Maps <https://www.google.com/maps> . You can also select transit on Google Maps, put in start and end point and see the bus/tram/train options to get around. This will even lead you to links that will give you schedules and fares for the transit options. If that doesn’t allow you to get to where you need to be, or you want to do some side trips, it’s time to start looking at rental car options.

If you can get a credit card, airline status, or a business class ticket that gives you access to the airport lounges, that makes the experience much nicer. I cannot sleep on flights, and we almost always travel economy. Even on the few trips we've done in business class where I could stretch out, I don't seem to be able to sleep much. So, we try to have at least one extra day before the race to rest. We always travel with carryon luggage only, even on trips of 2 weeks or more in different climates. We have enjoyed laundromats and neighborhood laundry services in countries all over the world. We usually wash our running clothes in the hotel bathrooms and after wringing them out, roll them in towels and stomp on them to get out as much moisture as possible before hanging them to dry. This trick was taught to me by our former member Isla, when I shared a room with her for the Southern Caribbean Challenge.

Other alternatives to this planning can be marathon travel clubs. I have used Marathon Tours, Kathy Loper events, Ziyad Rahim, Andes Adventures (no longer in business) and Fit International Travel. You usually have to arrange your own flight to a common meeting point then all of the logistics are taken care of for you. Generally this will include lodging, race entry, travel to and from the race, the expo and pre race meal. Some travel clubs also include tours. Another benefit of marathon travel clubs is that they usually have a block of entries for the races they serve. If you try to enter a marathon as I did with the Medoc marathon and it's full, you can contact the travel group to see if they have entries. For Medoc, the only company that responded to my email in time was Fitness International Travel FIT. I was happy with the package and the personnel.

One last tip! As in marathons, never stop moving! Just yesterday Gregg was able to cancel 2 flights home from Stockholm that cost 71,300 mile each and rebook for flights costing 60,000 miles each, leaving us a total of 22,600 miles that could possibly get me half way back from the 2023 Globetrotter reunion!



Multi Marathon Research Study

Marathon Globetrotter member Leo Lundy is leading a running research project and we invite our members to participate. Leo has completed 349 marathons/Ultras across 14 countries so far.



Dept Mechanical, Manufacturing, Biomedical Engineering |

Leo Lundy
Professor Richard Reilly
Dr Neil Fleming



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Queries: Principal Investigator - email: lundyf@tcd.ie

Leo has been a full member of Marathon Globetrotters since 2015 and featured in issue 6 of the newsletter. He is currently a researcher at Trinity College Dublin, which is the leading university in Ireland and one of the top 100 universities in the world.

The study looks at factors like motivation, training, injuries, recovery, mental and physical health and COVID. Marathon Globetrotters feature as an award club in the survey.



Dept Mechanical, Manufacturing, Biomedical Engineering |

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Professor Richard Reilly
Dr Neil Fleming



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Multi Marathon Research Study continued

It is a 2 stage project: Stage 1 is a survey which is now live. Stage 2 will bring some multi marathoners into the labs at Trinity to test their fitness and cognitive function.

Trinity College will share the results of the study with the Globetrotters.

Members are invited to spend 10 mins to take the survey on PC or Smartphone.

<https://multimarathon.study/survey>



Dept Mechanical, Manufacturing, Biomedical Engineering

Queries: Principal Investigator - email: lundyf@tcd.ie

Leo Lundy
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The University of Dublin

The data from this survey is anonymous and will not contain any identifying information. It will be stored online in an encrypted, password protected folder and only the researchers will have access to it. The data will only be retained for as long as it takes us to analyse and report the findings. At that point, the data will be deleted.

Member Activities

Akram Shalabi



https://www.tcslondonmarathon.com/news-and-media/latest-news/meet-our-brand-new-pace-team?fbclid=IwAR0oWUFjMMvbcGwSDIF5PsZ_ndw-y5x9xCbUnmKlbM9OtGiwMVt9u0XAjyI

Five questions with Akram

To dig a little deeper into the world of pacing, we spoke with Akram Shalabi, our Pace Team Coordinator and 26.2-mile enthusiast (who has completed over 100 marathons within the past seven years – yes, you read that correctly). Here, Akram reveals what brought him into pacing and offers some advice for those taking on the marathon distance.

How did you become a pacer?

I first ran as a pacer in November 2016 at the Rock ‘n’ Roll Las Vegas Marathon in the USA. A couple had dropped out the day before the event and I volunteered to take their place as the 3:25 pacer.

How many running events have you officially paced?

As of September 2022, I’ve been an official pacer more than 20 times.

Why do you run marathons?

It is a sport that's good for me (health), good for others (charity) and accessible to all (inclusivity). It also allows me to compete against and better myself (you vs you). It is where I find peace.

What do you love about the TCS London Marathon?

The course, the city, the hidden crowds around the Cutty Sark, Canary Wharf – and the moment when you emerge from Blackfriars Tunnel. The event is home.

What are your top tips for runners?

Mentally break up your marathon into 5km sections and check in with yourself after each. See how you feel and push on if you're feeling good – or adjust your goals if you need to. You'll know what kind of race you'll have after 10km. It will either be a great day or a long, good day!

If you need to walk or stop for any reason, such as for a mental health break, try do so once you've passed the 25km point. A 30-second reset can really help to revitalise your mind, body and performance.

In terms of practicalities, carry toilet paper to the Start Area (you'll be the most popular person there) and a whistle while you run – in my opinion, it's the best way to engage with the crowds. Carry a sweet treat with you, too, and reward yourself every 10km. You could also arrange for someone to meet you along the side of the route with a fizzy drink around 30km in. Energy!



Member Activities

My name is Lynne Langlois. I live in San Francisco, California. I've always been quite active: playing tennis, badminton, going to the YMCA and doing spin class, yoga, step aerobics and swimming. Then in 2012 I was diagnosed with breast cancer. I had chemotherapy for five months followed by radiation for five weeks. I got depressed, felt alone and realized that I needed to do something about it. So I started running. It clears my head. And it makes me feel a lot better. In 2015 I joined SFRRRC and started running seriously. The club motivates me to run faster and do much better. Running with other road runners inspires me to be a better runner, to train better and be the best that I can be. I reached hall of fame in the Rock and Roll marathon series



2015 and 2016. In 2017 I decided to do all the Abbott World marathon majors in one year. I also finished half marathons on all 7 continents. I reached titanium level in marathon maniacs and sun in half fanatics and Mt. Everest in double agent in the same year. I did 31 marathons and 35 half marathons total. In 2018 I finished a marathon on all 7 continents.

The Boston marathon was very emotional and significant for me and the highlight of my running career because it marked the 5th year since I became cancer free. I just couldn't believe I got to run the world's oldest annual marathon and one that ranks as one of the world's best-known road racing events.

Then I heard about Marathon Globetrotters. I have done more than 15 countries but repeated some of them so my official total is 10. My goal now is to complete a second round of world marathon majors and finish the 50 states at the marathon distance.

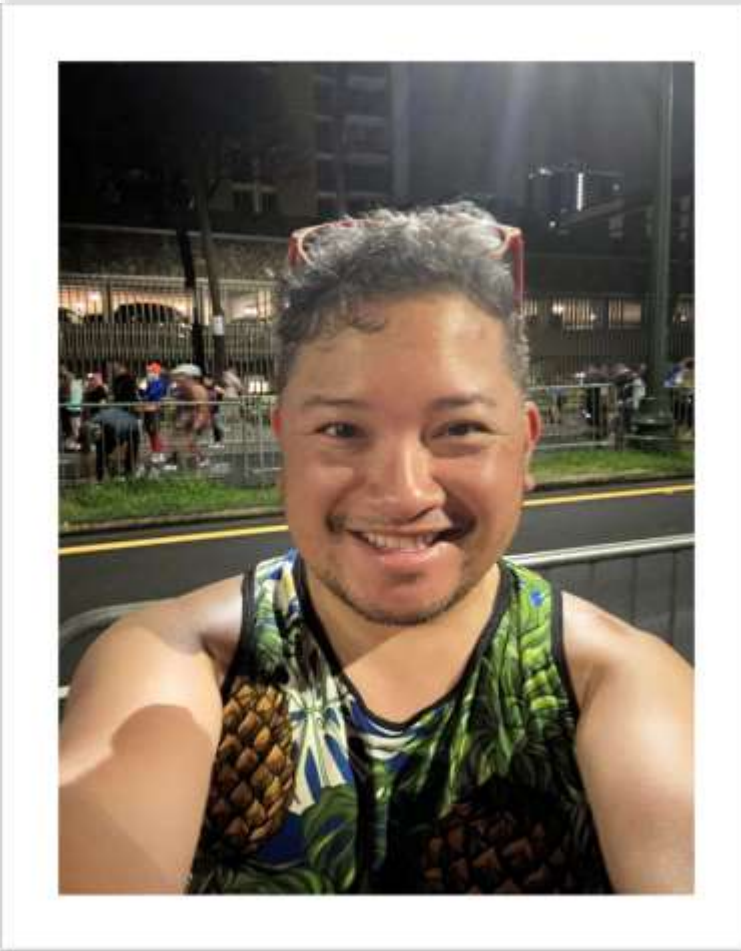
I love challenges, and want to travel and discover the world around me. I want to meet people, stay healthy and stay in shape. Running relieves stress, improves heart health, and helps me sleep better.

After my cancer diagnosis, my oncologist said to live my life. I was given a second chance in life. I want to encourage other runners that there is life after cancer or other debilitating diseases and that they're not alone; that they have what it takes to be a marathoner.

Think of how far you've gone, not how far you have to go.



In Memoriam: Jim Diego



Nathaniel *James* ("Jim") *Diego* February 14, 1984, to December 16, 2022

[https://www.legacy.com/us/obituaries/name/nathaniel-diego-
obituary?id=38434399](https://www.legacy.com/us/obituaries/name/nathaniel-diego-obituary?id=38434399)

Like many of you, I was shocked to wake up to the announcement from the Front Runners of New York.

"We mourn the passing of Jim Diego" I kept hoping that it wasn't true. Finally his mother posted confirming the sad news. I follow Jim on Facebook and had run with him, dined with him, and chatted with him at many international races. I had just seen his excited posts of the 50th Honolulu marathon and even his flight home to New York where he said he would stay only briefly before heading to his family home in Kansas.

I attended the memorial service via Zoom. If you knew Jim, you knew that he was a friend to everyone, excited about everything and in general, an amazing person.

In addition to running a marathon in every state, he did headstands at the finish and sang the national anthem at races in every state. I think he even sang the Aruba national anthem when we were together at that marathon. From all the tributes and many stories from his friends, one thing was certain. He was full of life! He lived more in his 38 years than most people live in their whole lives.

We love you Jim!

Unusual races in interesting places

Editors note: Sadly I just received news that this race has been cancelled. It's a great article though, so I decided to keep it in the newsletter.

Footprints from the Past

Uganda Marathon (Masaka, Uganda)

<https://ugandamarathon.com/>

June 3, 2023

Full, Half, and 10K

Hello, fellow Globetrotters! I continue to try to suggest unusual races in interesting places I have run, limiting to races that are still currently offered for 2023, and in countries most of you don't have but could get to. (I promise not to bore you with how I did or felt in the race (although I am always slow!)) There are, of



course, other Globetrotters who have run more marathons, and in more countries, than I have, so I am privileged and humbled by getting the chance to tell you of my past.

Six years ago, I ran the marathon in Masaka, Uganda, while my wife ran the half-marathon. While the race itself may be your initial focus, for the two of us, it was the entire week in Uganda (and a tack-on mountain gorilla excursion to Rwanda) that created an unforgettable, emotional memory that does not erode with time. In fact, we are going back to repeat the experience in late May 2023 just to harvest

the wealth of emotions again, even though neither of us will add a country by doing so!

For thirty-six years, Uganda has been a democracy governed from the capital, Kampala, a few hours away from Masaka. English is the official language, while Luganda is the local language of the central and southern portion containing Masaka. This area was historically the Buganda Kingdom until the English colonized the country in 1894, before granting it independence in 1962. If you can speak English or Swahili (which is also mandatory in schools), you can communicate with most people. Uganda is still impoverished and most people struggle to get by; education is a luxury even as it is the most viable path to improve one's lot. Corruption mars government services to the point that some normal systems (such as a postal system) do not exist.

In 2014, four friends conceived of creating an event to bring people and charity into the area not as a giveaway, but as seed money to create projects that would self-sustain in time and raise the level of the standard of living for those benefited by the projects. And the Uganda Marathon today is the country's biggest fund-raising event and most

powerful lever to enable the various projects to reach self-sustainment. Unlike most marathons, runners do not just go to run "another race" to add to their statistics, but contribute directly towards important needs of the various projects. And in return, most will experience a comradery and sense of fulfillment rarely found in any single event.



Many runners quick-scan possible events using rule-out parameters, so I'll quickly condense those here. (1) There is no time cut-off, so even those as slow as me can do this. (2) While the course has some elevation (about 1,300 meters or 4,000 feet above sea level), this actually helps keep the heat down (it is on the equator) and is not so high as to make breathing difficult. It is mostly packed dirt with a bit of pavement and one sharp uphill near the end of each lap (which marathoners run two of). (3) The single registration fee covers, among other things, all lodging, meals, transportation to/from the airport in Entebbe (where most will arrive on Sunday 28 May and leave on Sunday 4 June, with the race on Saturday 3 June), any of the three races (or one can be a spectator on race day), shirts, medals, and. . .pretty much everything except the \$50 visa and any discretionary items like drinks. (4) Runners plan and buy their own airfare to/from Entebbe, although the organization can help

with itineraries if that is a problem. (5) Many runners want to tack on excursions at week's end, such as to visit the mountain gorillas in the wild in Rwanda. The optional extension packages handle this, and still include the airport transfers back to Entebbe on the right day for the end of the excursion.

But. . .frankly, we would not return if it was only to run the marathon. It is not the marathon that runners remember as they think back about their Uganda experience. After meeting many other runners and the organizers Monday, runners are divided into groups to help specific projects. While all groups will visit some of the projects (such as the now



self-sustaining school for kids), each group will tackle specific needs of a project and advance that cause. In 2017, the group my wife and I belonged to built a “mushroom factory” by creating translucent walls to let in partial sunlight (from naturally growing cane and stringing on the cane discarded plastic bottles) on one day. On another day, we used wood and nails donated to the charity to build a goat shed able to house half-a-dozen goats – these goats were descended in a doubling of herd size from the goats donated to homeless mothers and their children from a previous year’s good work. The organizers screen the projects for sustainability and value, and provide funding, while runners provide labor, and the actual local project managers coordinate the work. EVERYONE bonds! (While we were building the goat shed, the mothers were preparing a “feast” from food provided by the marathon, and after the work was complete, we joined them in a communal meal which they had made for us and for them.) By the time we departed in the bus which had brought us, tears were falling from both runners reaching out from the bus windows, and mothers grasping the hands of the runners as the magical event had touched the hearts of both groups.



On Thursday of race week, the runners administer a fun run for the local youth, cheering them on, awarding prizes (which every participant gets), and joining in the partying. While I'd like to rattle on about all of the good and emotional things that occur, I'd urge you to watch a 10 minute documentary which captures much more than I can describe – it is at <https://ugandamarathon.com/inside-the-next-generation-of-sustainable-charity-the-uganda-marathon-documentary/>. And the race has never left me. Henry Wamboko, who was a likeable youth that took many of us on dawn runs during the week in Masaka, remains my friend to this day though now he has a wife and two children and must commute many hours each week to his employment. (You can see a bit of Henry in the documentary; he continues to donate his time to this cause every year.) We both look forward to reuniting in a few months!

In summary, this week will not become just another race in your memory, but will create a lifetime of nostalgia and friends such as you might have made in Antarctica or a similar length event. AND You will get that glorious feeling of having made the world a better place!

Merchandise

Our Merchandise Manager, Robert Bishton, was in the direct path of Hurricane Ian and he lost nearly everything. He has asked us to find a replacement. **Until then place orders online.**



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.

Merchandise, order anytime from website



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 .

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.)

Merchandise

Some new items in our Merchandise Department.



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

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

Merchandise



Letter from the president

Hi All Globetrotters,

Wow, I see so many of our members traveling the world and running marathons. May I suggest using the new MG calendar to indicate where you will run and possibly influence others to show up? Then, make yourself easy to spot by wearing Globetrotter gear and get a pre-race photo. Send that to Cheri Pompeo, our Publicity Director.



Cheri is always gathering stories and running information to share with the club in our newsletter. Help her out by sending your photos, race reports and stories.

We have just sent out, for all membership vote, a list of options for instituting membership dues. We cannot sustain the website without a dues structure. Please read all the content of the email and submit your preferences.

And, finally after several years we are looking forward to an actual in person Annual Meeting in Papua New Guinea. There are plans in the works to create or influence other events in the Oceania region on adjacent dates. Stay tuned.

Thanks for your continued interest in the Marathon Globetrotters and look for our members at every race.

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