



**How to Set Your 2012 Running Resolutions:**

1. **Find a challenge you haven't met**
2. **Make it manageable**
3. **Plan it out**
4. **Buddy up**
5. **Stick with it**

*Updated 1-2-12*

Member	Total States	Total Marathons	Most Recent	Next Planned
Sheldon Nicol	<b>50 + DC</b>	72 + 2 ultras	Honolulu, HI (12/2006)	TBA
George Brown	<b>50 + DC</b>	75	Illinois Marathon, Champaign, IL (4/30)	TBA
Dennis Killian	<b>50 + DC</b>	<b>102</b>	Grand Canyon Marathon (11/12)	Illinois Marathon (4/28)
Carolyn Sutter	<b>50</b>	55	IRONMAN Cozumel (11/27)	TBA
Sherry Hill	43	76	Rehoboth Beach, DE (12/10)	TBA
Julie Howell	34	52 + 3 ultras	Chicago Marathon (10/9)	Illinois Marathon (4/28)
Nigel Keen	28	42	OZ Marathon, Olathe, KS (4/16)	Boston Marathon (4/15)
Cheryl Dwyer	21	25 + 1 ultra	Savannah, GA (11/5)	Jackson, MS (1/7)
Tod Williamson	18	22	Boston, MA (4/21/08)	TBA
Pam Walden	17	20 + 1 ultra	Savannah, GA (11/5)	Jackson, MS (1/7)
Jana Kiefer	15	15 + 7 ultras	McNaughton Ultra, VT (5/8)	TBA

Is your goal to run a marathon in all 50 states? If so, contact Julie Howell ([jd6877@aol.com](mailto:jd6877@aol.com)) to have your information included in this column.