

Houston Veteran's News

November 2000

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

Member

When the word came that Houston was going to have a compact marathon this year, I got very excited at the prospect of keeping my streak alive with a shorter, sweeter version of our race. Imagine my disappointment upon finding out that it was a COMPAQ marathon they were talking about - and it's STILL going to be the full 26.2 miles! Oh, well...

Anyway. Now that our race has a new lease on life, we can renew our own "long-term leases" on that quest to clear the next big hurdle. Whether it's just one more, or 15, or 20 completed Houston's, our individual drives to reach another such milestone can once again shift into high gear. With a multi-year deal tying our race to a large and stable sponsor, we can confidently invest the training efforts as we enter the fall season. All we need, now, is a blessing on our event from a more sympathetic weather god.

Pacing teams are forming up again. Our Veteran-led groups have become a most useful and appreciated part of the race over the past two years. The folks who have taken part before almost all want to do it again. But, we can always use extra pacers. Arlen will have all the info for us elsewhere in this issue and/or by email. Don't miss out on your chance - as a Veteran - to add this extra dimension to the fun and excitement of your hometown marathon.

Attention, all you CyberVets. We now have a website! It is still in development stage as of this writing, but check out progress to date at www.StreetScoopMBA.com/veteran... We have our current "Youngest Vet" to thank for launching this timely communication tool. Michael Danke has spent many hours turning our "e-dream" into a reality. So, videe well, my little droogies... In other words, look sharp all you heroic Veterans. We may be showing off individual pictures of you guys/gals on this site very soon.

Meanwhile, look both ways when you cruise the streets, all you streetcruisers... jackl

Veterans who have indicated they may want to be a Pacer for the 2001 Houston Marathon.

Roger Boak	3:00
John Ellis	3:30
Gail Sabanosh	3:40
William Buffum	3:45
Bob McDowell	3:45
XXXXXXXXXX	4:00
XXXXXXXXXX	4:15
Bob Koester	4:30
Chuck Isler	4:30
Anastasia Aourik	4:45
Bonnie Egbert	4:45
Arlen Isham	4:45
XXXXXXXXXX	5:00
XXXXXXXXXX	5:15
Ester Ellis	5:30

We would love 3 people at all the times if you want to share your experience and also really feel good about your marathon no matter what you run.

It is going to be cooler this year.

You do get a pass to go upstairs with the elites. That is a real nice "PERK"

If you are interested:

Contact Arlen Isham at:
12803 Peoria St., Houston, TX. 77015
"E" Mail - isham@flash.net
Fax - 713-988-9298
Home - 713-455-4858

At check-in for the January, 2001 Marathon, we will be awarding long sleeve veterans T-shirts to finishers, who have completed 10, 15, 20, & 25 Houston Marathons as of the January, 2000 Marathon.

In addition, all ten-year and more veterans can buy an embroidered golf shirt, or traditional long sleeved shirt with the chevrons. See the order blank enclosed. Cut off for orders is December 10 for delivery at registration. Call Jack Lippincott, 713-935-9202, for more information.

PAST & FUTURE

Jan. 24, 1993, 7 years ago.

21 Th Annual Houston Marathon. Cold and windy day.

Frank Bjorkli of Norway won the men's race in 2:13:21

Kristy Johnston of the USA won the women's race in 2:29:05

Leonid Mosseyev, 40, took first masters at 2:29:37 and Irina Bondarchuk, 40, at 2:49:47.

The list of 10 year or more veterans was 79 people long. 11 people were first time 10 year veterans.

Gene Askew at the age of 72 was the first veteran to run all 20 Houston Marathons.

A total of 3,530 males and females, finished out of the registered 4,850

Kudos to 81-year-old Clyde Villemez, who completed his 21 st Houston - Tenneco Marathon .

Villemez finished the race in 5 hours, 40 seconds -- past the official deadline but in top form nonetheless. Villemez said his pace was a little slow because he overtrained for the race, running 60

miles last week. Next year, Villemez said, he plans to cut back on his training runs.

Good news on the medical front. The medical staff for the race reported few injuries, mainly treating athletes for cold, sprains and blisters. One 42-year-old man was transported to a local hospital with chest pains, but doctors reported he was in stable condition and the trip was precautionary.

Race Calendar

12- 3 Alltel 30 K
 12- 9 Sunmart 50 K / 50 M
 12-10 Dallas White Rock Marathon
 12-10 Jingle Bell Run
 1-14 Houston Marathon
 2-10 Conoco 10K
 2-18 Motorola Marathon

Pictures needed - 20 Year

About 4 inch X 5 inch

**Boris Balic
 John L. Ellis
 Jack Healing
 Charles Smreker**

Veterans Newsletter

**Arlen R. Isham
 12803 Peoria St.
 Houston, TX. 77105**

**713-455-4858
 "E" isham@flash.net**

Upcoming Events-Marathon Expo.

Friday Night Pasta Party - 7:00 p.m. at George R. Brown.

Veterans Booth - Registration area.

Pacers Booth - Registration area.

Pace Team Meeting - See the Expo Schedule.

Veterans Picture - Race Morning at 7:00 a.m. under the "T".

Race Start - 7:30 a.m., Note EARLY Start time.

Shirt Pick up - Veteran's Booth

Pictures Needed - + 20 Year

About 4 inch X 5 inch

**Jack Lippincott
 Thomas E. Gillespie
 Clent Mericle
 Rick McMahan
 Jack Browder
 Russell Elfstrom
 Charlie Viers
 Clifford Click
 Bob Ellis
 Wayne Rutledge**

Send to Arlen Isham

Houston Marathon Veteran's Pacing Team

If you are a veteran and want to be a Pacer, we need you to decide now!.

Call Arlen Isham to ask questions and to volunteer

What is a pace team?

It is a group of runners who run together during the marathon. They share the same finish time goal (anything from 3 hours to 5-1/2 hours) and help one another stay on pace. Running together gives the group a collective energy and enthusiasm that supports and enhances everybody's marathon experience.

Who leads the Veteran's Pace Team?

Groups are led by the Veterans, men & women with at least 10 years experience running the Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Veteran's personnel as well as to experience the camaraderie of a team. The Veteran's team leaders make sure everyone runs at the right pace and has a good time. They'll be each team's personal coach, cheerleader, and guru for the day. Some chant, some sing, and some may struggle just like you. But all of them are experienced marathoners, who are running Houston to help the members of the team achieve their goal time.

Does this really work?

You bet! The Veterans Pace team is similar to other pace teams such as the Runner's World Pace Team, which has successfully led thousand of runners to complete marathons on pace at St. George, Big Sur, Dallas White Rock, Chicago, Marine Corps, and Rock 'N Roll. These participants tell us that the Pace Teams make the marathon more fun and exciting than they could have imagined.

What paces will the Veteran's team be running? Tentative

Finish Time (hours)	Pace per mile (min.)
3:00	6:52
3:30	8:00
3:45	8:35
4:00	9:09
4:15	9:44
4:30	10:18
5:00	11:27
5:15	12:01
5:30	12:35

How can I join?

Just drop by the Veteran's Pace Team booth during the Houston Marathon Expo. on Friday, Jan 12 and Sat., Jan. 13 to sign up. (Note: Registration isn't mandatory to join. If you can't make it to the booth, you're still welcome to join a pace team on race day.) The official Houston Marathon Veteran's pace team booth will have more information and a schedule of when and where our special pre-race orientation clinics with the Veteran's will be held.

What goes on at the clinics?

At the clinics, we'll introduce the Veteran's pace team members, who will be leading pace teams. We'll go over everything you need to know (like how to find your team on race day morning). Veteran's team personnel will also answer generic question from the crowd on race preparation, strategies, and other related topics.

How do I meet up with my pace team race morning?

We'll have big Veteran's Pace Team signs at the start. All Veteran's pacers

will be nearby wearing distinctive yellow visors. Plan on getting there approximately 15 minutes before start time to find your team and get organized. All Pace Team leaders will wear a respective DOT, RECTANGLE, or ARROW color identifying their goal time.

Are we going to go out right on pace?

More or less. Some pacers go out a little slower the first half of the race and try to do "negative splits". Other s go out just a little faster so as to have some "cushion", just in case people have to slow down at the end. Either way, the idea is to run EVEN. That's what pacing is all about.

Will we stop at water stations? Will there be walking breaks?

Depends on the pacer. Most will at least slow down at the aid stations to make sure everyone gets properly hydrated. Some will stop and walk a few meters. Again, depending on the pacer. Some will take walking breaks and some won't. Your pacer will let you know at the clinics and before the start what the team strategy will be.

www.compaqhoustonmarathon.com
www.streetscoopmba.com/veteran
www.runnersworld.com
www.harra.org
www.runningnetwork.com
www.rrca.org
www.runreview.com
home.houston.rr.com/striders

Arlen Isham

Mr. Arlen Isham – the Pacing King. He is a Double Veteran, Double Dipper, Ski-A-Tola, and Mountain Man. Just about the least interesting thing Arlen has done so far in his life is run 22 Houston Marathons in a row. Listen, even for our marathon, he usually has a host of other things on his plate besides simply preparing for the run. You know how most of us are consumed - both physically and mentally - with the upcoming race? Well, Arlen has been busy putting together and distributing the latest Veterans' newsletter, carrying on "E"mail correspondence with Vets, the marathon office, and John "The Penguin" Bingham. He volunteers at the early sign-up party (under the Veteran tent that he has provided) and – most important of all – he organizes and pulls together everything to do with the Veteran Pacing Teams. And, that's during the weeks and months leading up to our big weekend. Then, while most of us get in as much last-minute rest as we possibly can, he helps with the registration booth, hands out Vet T-shirts, gathers updated information for the Veterans' mailing list (that he maintains), organizes a massive "Vets' photo-op," and hands out signs and dots and last-minute instructions to all the Pace Leaders... It gets tiring just listing all of Arlen's activities on our behalf. Look in the dictionary under "high-energy," and there's his picture! And wait until you hear about the INTERESTING stuff.

Isham's day job is Manager of Operations at a chemical company. He's been married to Jo Beth for 32 years, and they have three grown children. Though he is a big-time runner, biker and ultra-runner, he really shines as the Houston area Guru of Adventure Travel. He has organized dozens of national and international ski trips, including those with the Space City Ski Club. He's led numerous Grand Canyon crossings, as well as hikes to the tops of famous peaks in the U.S. As a mover & shaker in the San Jacinto Channel Area Striders, he has put together more of these wild-and-crazy jaunts, as well as trips to major



marathons around the country. Arlen is one of those people who write down the 50 things they want to accomplish before they die (I've seen his list – it's awesome). And he's not just dreaming it; he's "just doing it." A big chunk of that list is already crossed off, but Arlen is showing no signs of slowing down. He has run over 32,000 miles in the last 23 years, and completed 48 marathons and ultra-marathons. His Marathon PR was 3:18:46 at the 1989 Houston Marathon. When you think about it, it's a real tribute to our race that a "Been There, Done That" kind of guy, who tends to cross things off and move on to the next exciting challenge, would return to the agony of the Houston streets every January, just to carve another very familiar notch in his crazy-belt. We Vets, and hundreds of Pace-Team members, are very lucky that he does.

Louis Waddell, Jr.

Way up there on our list of active marathon veterans, with 23 (and counting) is Louis Waddell. He is a physician – an internist – who is originally from Alexandria, Louisiana. Louis isn't into that "loneliness of the long-distance runner" stuff. He is a family man. He and his wife, Caroline, have two grown children, four grandchildren, "two dogs, and one cat." Well, maybe he does go to the roads for a little "loneliness" from time to time ...

Louis' running career began back in 1968, in New Orleans. He says he started it "to be different," and to lose some weight. His first marathon was in Austin, in 1977, and he's done 38 marathons so far, including all those Houstons. His best time ever was a 3:25 – at Houston - and he's also done a 50K race in 4:59. So, like a whole bunch of us, this guy is a serious distance-psycho.

He hit "the big 6 – 0" last year, but you couldn't tell to look at him. And, it definitely has not slowed him down very much. He still logs 40-50 miles per week, plus extra work on a stationary bike. It is a good bet that the good doctor doesn't plan to hang up his running shoes anytime soon...

