

Houston Veteran's News

November 2002

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

Member

V This is going to be a good one! Race officials are “guaranteeing” balmy weather. Given our history, I’m not as sure (I can’t seem to find my copy of “Poor Richard’s Almanac”). Regardless, an earlier start should eliminate the warmest part of the day for most of us. And the new, extended cutoff time will facilitate one more official finish for all of the aging veterans.

Arlen’s Army – better known as the Marathon Veterans Pacing Team – is holding its annual draft. **VOLUNTEER!** Your country needs you. Well, part of your country. The part that wants to finish the Houston Marathon, but doesn’t quite know how. **THEY** will definitely need you. Give it a shot, even if you haven’t done it before. You get more enjoyment, and add a whole new facet to your old, familiar routine.

Compaq/hp has successfully followed a long and distinguished line of thoughtful, caring, and supportive sponsors for our marathon. Most veterans have experienced other races around the country, and can certainly appreciate the amenities that ours always includes. We sometimes take for granted what we have, such as a focus on runners’ safety – evidenced by both the extensive police and medical coverage. We also have the comfort of the George R. Brown both before and after, and a first-class expo. Believe me, these basics are not universally evident elsewhere, including some of the big name events. Our sponsors have always supported Houston’s “runners-first” attitude. The starting time is not twisted around to work better as a marketing vehicle, or as a spectator-event, or for better TV coverage. The steering committee is pretty much left alone to do the job they know how to do, including making most of the big decisions. We’re truly blessed...

See you out there, guys and gals. And stay in your lanes, you boltin’ boulevardiers.....



Veterans Volunteer Pacers for the 2003 Houston Marathon.

Roger Boak	3:00
	3:30
Kathryn White	3:45
Lonnie Brauner	3:45
Steve Boone	3:45
Bob Hoekman	4:00
Wesley Monteith	4:00
Lee Norris	4:15
Bob McDowell	4:15
	4:30
Phyllis Thompson	4:45
Boris Balic	4:45
Paula Boone	4:45
Arlen Isham	5:00
Chuck Isler	5:15
Phillip Smith	5:30
	5:45
Paul Beveridge	6:00

Our goal is 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.

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@ev1.net
Fax - 713-988-9298
Home - 713-455-4858

At check-in for the January 2003 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 2002 Marathon.

In addition, all ten-year and more veterans can buy an embroidered golf shirt, or traditional long sleeved shirt with the chevrons. You will be able to order at the Veterans Booth during the EXPO. Call Jack Lippincott, 713-935-9202, for more information.

PAST & FUTURE

Veterans Cheering Team

Back of the pack

**Time: Marthon Finish Time
5:45 to 6:00**

**If you are still at the Brown,
come out to the corner at 12:45
cheer!!!!**

**Someone wanted to
lead this group.
Who was that?**

Veterans: If you have milestones, personal records, or special achievements, let me know and it may end up in the next newsletter.

IF YOU ARE NOT GETTING "E"
MAILS VETERANS
INFORMATION FROM ARLEN,
SEND ME AN "E"MAIL TO SAY
HELLO



Corrections and Additions to March
2002 Newsletter

Rich Fredrich as the fastest veteran
2:44:51

Ed Fry, 2nd in his age group, 45 to 49

Walt Washburn, 1st. in 75-79

Ken Ruane, 1st in 60 to 64.

248 Active Veterans - 76 of them
streaking

There are 187 Inactive Vets.

Veterans Newsletter

Arlen R. Isham
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Houston, TX. 77105

713-455-4858
"E" isham@ev1.net

Race Calendar

12-08 Alltel 30 K
12-14 Sunmart 50 K / 50 M
12-15 Dallas White Rock Marathon
1-12 Disney Worl Marathn
1-19 Houston Marathon
2-12 Conoco 10K
2-16 Motorola Marathon
3-08 Bayou City Classic
4-21 Boston Marathon

Pictures needed - 20 Year

About 2-1/2 inch X 3 inch

**Rudy Alvarez
Roger Boak
Charles Isler
Robert Koester
Stephen McNeil
Lee Norris
Phyllis Thompson**

Upcoming Events-Marathon Expo.

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

Veterans Booth - Registration area

Shirt Pick up & Shirt Orders - Veteran's Booth

Veterans Picture - Race Morning at 6:30 a.m. under the "T".

Pacers Booth - Close to Registration

Pace Team Orientation - 10:00 a.m. on Saturday.

Race Start - 7:00 a.m., Note EARLY Start time.

VOLUNTEERS TO HELP AT THE VETERANS BOOTH,
CALL JACK LIPPINCOTT AT 713-935-9202
VOLUNTEERS TO HELP AT THE PACERS BOOTH,
CALL ARLEN ISHAM AT 713-455-4858

Pictures Needed - + 20 Year

About 2-1/2 inch X 3 inch

**Rick McMahan
Jack Healing**

Send to:

**Arlen Isham
12803 Peoria St.
Houston, TX. 77015**

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 6 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
3:15	7:26
3:30	8:00
3:45	8:35
4:00	9:09
4:15	9:44
4:30	10:18
4:45	10:52
5:00	11:27
5:15	12:01
5:30	12:35
6:00	13:44

How can I join?

Just drop by the Veteran's Pace Team booth during the Houston Marathon Expo. on Friday, Jan 17 and Sat., Jan. 18 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". Others 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.hphoustonmarathon.com/
www.runnersworld.com
www.harra.org
www.runningnetwork.com
www.rrca.org
www.runreview.com
home.houston.rr.com/striders
www.runnertriathletenews.com/
www.houstonssportsnews.com/
www.marathonguide.com/
www.jeffgalloway.com/

BOB ELLIS



Robert Ellis is a native Houstonian who has not only been a very fine runner for a long time, but has literally “created” some pretty good runners, too. This guy has not been content with just keeping his running going for more years than some of us have been breathing. No, he’s been passing on his crazy “jogging genes” to later generations. He has a wife and three grown children, two of whom are marathon runners, along with a son-in-law, Jim Carlson, who is not just a marathoner, but is also one of our long-time veterans.

Ellis worked in construction for Brown & Root, and started running back in 1976, while doing his thing at the Johnson Spacecraft Center. Some of the younger workers there were challenging the older ones – and he couldn’t resist a challenge! Yes, believe it or not, Bob was already one of the “older” workers, 26 years ago! His first marathon was Houston in 1978, and his all-time best also came at our race – a 2:53 in 1982. Dang! He would have been around 50 years old when he did that... He also had a 1:57 in the 30K in 1980. Ellis has completed 22 Houstons now, and is still counting. Bob has been a hotshot ever since he took up our sport. He’s 72 years of age, but still runs like a fast forty-year-old.

Robert has other interests, including reading and crossword puzzles. He also likes to travel. But to this day, his competitive running is in a class by itself. He pretty much owns the 70+ age group in the Houston area, and has continually kicked butt in the age-graded Masters’ Runner-of-the-Season rankings over the years. What’s the long and short of it? When it comes to age grading, this gentleman always gets an A-plus!

LONNIE BRAUNER



Lonnie Brauner is an airline pilot, but has been “flying low” in marathons and road races for quite a few years now. An international bon-vivant, he was born in Paris, and (wait a minute; that’s Paris, TEXAS). Oh, well; never mind... So, “Monsieur Braw-nair” is a native Texan – that’s even better! His parents are still up in Killeen. He and his wife, Sharon, have three children and three grandchildren. Yet Grandpa Lonnie still finds time for training. He even goes up to 50-60 miles per week when getting ready for a marathon.

Brauner began his running career back in 1975, while teaching math at the Air Force Academy in Colorado Springs. He says he did it to get in shape, and to keep up with some of the older guys. These particular “older” guys were 39 years old at the time, but Lonnie was only 28. His first marathon was at Houston in 1980, and he eventually PR’d with a 3:09 at the Dallas White Rock. That’s not too shabby for someone who only started running as a mature adult. He has now completed 21 Houstons. A double veteran...! As a pilot, Brauner gets around quite a bit, of course. He says one of his favorite races is the fall Twin Cities Marathon. It is nice to run a cool one while Houston’s temperatures are still up in the eighties and nineties...

Lonnie enjoys travel, and he also does a little cycling. Among his claims-to-fame: he brought us the late (and great) “Ten for Texas” race, up in the Woodlands, for many years. Sadly, they don’t make them like that one anymore. And, most of the things that we miss about it can be traced directly to great race directors like our Mr. Brauner.

JOHN ELLIS



Monster marathoner. Ultra runner. Ironman triathlete. And, last but certainly not least, Houston Marathon double veteran. In fact, he and his wife make up one of our premier husband-wife veteran duos (John has run 22 Houstons, and Esther 13). Yes, this guy does it all, and does it well, too.

Ellis is a systems software engineer for HP (yea!) He started running in Memorial Park, just to get in shape. His first marathon was Houston in 1979. By 1981, he had done sub-2:50’s at both Houston and Dallas. Talk about taking to it naturally! John has now completed 54 marathons and longer races, including 50K’s and 50-milers. But the capper is his participation in the Lake Tahoe Ultra. That one is essentially three marathons in three days, going all the way around the lake!

However - would you believe - this is not enough for John. He is a big-time multi sport guy, as well. The triathlon is a chance to beat up your arms as well as your legs - and who can resist that? Ellis has competed in lots of tri’s, including three ironman-distance finishes. His PR is a 12:38:52 at the Ironman Canada in 1996. That’s twelve and a half HOURS of huffing and puffing! John is lucky he has Esther, ‘cause it takes one to put up with one... They recently celebrated their 20th wedding anniversary by completing the Maui Marathon.

If you are curious about the kind of workouts it takes to support these efforts, here’s a hint. The typical run portion of his week would include two 2-hour runs, and one longer effort of up to five hours. John Ellis has been doing this kind of thing for quite a while. And, only in his mid-fifties, it looks like he has no intention of knocking it off anytime soon. He’s a true credit to our veteran gang of crazies...