

Houston Veteran's News

Summer 2003

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

Great Weather 31 st Houston Marathon

THE VIATOR VET

jackl

It is such a kick for all of us booth volunteers to meet and greet the oddball melange of ten-year veterans at the expo on marathon weekend. The new - and potential - vets always ask about getting their veteran shirts for the first time. And long-time vets always ask about getting their veteran shirts for the umpteenth time (some things never change).

The expo keeps changing, though, doesn't it? And mostly for the better. It certainly is getting larger. This introduction to marathon weekend has become almost as big a deal as the race itself. The variety, quantity, and quality of the booths continue to grow. And, the seminars put on by fitness-related folks, including our own Pacer King, Arlen Isham, are educating and entertaining greater and more motivated crowds than ever before.

But really, the main attraction is still meeting and greeting bunches of people. A chance to see many of the old, familiar faces (or is it familiar, old
(Continued on page 7)

Houston Marathon 2003 Summary

Under near-perfect weather conditions, a record field of 11,878 participants lined up to compete Sunday in the 31st hp houston marathon and its companion races, the ep 13.1 miler and 24 hour fitness 4 miler.

5,861 started the marathon with # 4712, the last official finisher at 6:05:01. There were still more on the course after 4712.

New Zealand native Sean Wade, 36, who attended Rice University and now calls Houston home, sprinted ahead of second-place finisher Lambros Zargas, 27, at Mile 25, crossing the finish line in a time of 2:24:43.

The top woman's finisher was Albina Gallyamova, 38, a Russian native who now lives in Las Cruces, N.M., with a winning time of 2:42:37.

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Houston Marathon Veterans January 19, 2003



PAST & FUTURE

January, 1996

24 th Annual

The _____ finishers among the _____ starters was a Houston Marathon record.

Adriana Fernandez, Mexico, was the first female across the finish line with her clocking of 2:31:59. The male winner was Turbo Tumo (2:10:34) of Ethiopia.

40-year old Antoni Niemczak, USA, (2:21:46) was tops among the men 40 and older while 40 year old Elena Sipatova , Ukraine, (2:35:03) as the women's winner.

Other top veterans were Gene Askew 75 who completed his 22 nd. Houston.

Five veterans have run at least 20 Houston Marathons.

The list of ten year active veterans is 160 people long. 64 have streaks of running all their races in a row without missing a year.

28 new ten year veterans.

Race Calendar

- 6-01 San Diego Marathon
- 6-08 Tejas Tri, 1/2 s/15mb/3mr
- 7-04 Run Wild Sports 5 K
- 7-19 Jeff & Brede's Tri
- 7-19 Lunar Rendezvous
- 7-20 Katy Flatlands bike
- 7-27 Sugarland Duathlon 2r/10b/2r
- 8-23 Hotter "N Hell Hundred
- 8-24 Stampede Tri, 500s/18b/3r
- 9-?? Gater Run 5 K
- 9-09 Houston Marathon Early Sign
- 9-14 Cinco Ranch Tri
- 9-21 Tri Andy's Tri 300s/10mb/3mr
- 10-04 St. George Mar.
- 10-04 Race for the Cure 5 K
- 10-19 Iron Star Tri 1.2ms/56b/13.1r
- 10-18 Palo Duro Canyon 50 Miler
- 10-19 Warm Up Series 20 K
- 10-11 Chicago Marathon
- 10-25 Rocky Racoon Trail Series
- 10-26 Marine Corps Mar.
- 11-02 New York City Mar.
- 11-09 San Antonio Mar.
- 11-09 Warm Up Series 25 K
- 11-?? Houston Press Dome 10 K
- 12-07 Warm Up Series 30
- 12-14 Honolulu Mar.
- 12-13 SunMart 50 K / 50 M
- 12-14 Dallas Mar.
- 01-18 Houston Marathon 2004

Upcoming Events

Houston Marathon Signup
See you all in September

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

Houston Veterans Website
Construction in Progress

www.runnersworld.com/
www.harra.org/
www.runningnetwork.com/
www.rrca.org/

INFORMATION CHANGES

Isham's Website
All kinds of things

www.runreview.com/
www.runnertriathletenews.com/
www.hphoustonmarathon.com/

Address, Telephone
"E" Mail, Etc.
713-455-4858
Send to Arlen Isham
12803 Peoria St.
Houston, TX. 77015

<http://home.houston.rr.com/striders/>

Houston Marathon Veteran's Pacing Team

PACER STORIES



Houston Marathon Veterans Pace Team

Clent Mericle, Carlos Reyes, Roger Boak, Shannon Walsh, Kathryn White, Steve and Paul Boone, Wes Monteith, Lonnie Brauner, Jr., Lee Norris, Fred Steves, Bob Williams, Bob Hoekman, Phyllis Thompson, Boris Balic, Bill Dwyer, Bob Koester, Phillip Smith, Chuck Isler, & Arlen Isham Everyone not in the picture.

SPECIAL THANKS FROM THE HOUSTON MARATHON STAFF, JACK LIPPINCOTT, FOR HELPING PACE.

Houston Marathon Veterans Pacer Comments (2003)

Carlos Reyes

I thoroughly enjoyed my first Pace Team Volunteering experience. My fellow runners and I began to develop a repoire beginning inside the George R. Brown Convention Center until the conclusion of the 2003 HP Houston Marathon. Participants in the 3:15:00 pace group shared previous race experiences from various locations and distances. The camaraderie and genuine concern for the welfare of fellow runners remained evident throughout the race. The groups pace began at ~7:20 pace per mile until mile 22 when their pace leader(me) began to suffer the effects of rising temperatures and tightening muscles. I urged the group to continue on without me and noticed a majority of the members of the group were able to meet their targeted goals. Myself and the members that chose to remain with me finished at and around 3:19:00. I hope to participate in the pace group again next year and hope for an equally enjoyable experience.

Bob Koester

The 5:15 pacing was a blast. The group adjusted very well to the walking (started 1 minute at each aid station) and most were very eager to use it. Having told them that we would start out a little faster and then ride out the slowing down at the end, they were ready for the pace time not matching up. We ran as a tight group until about 13 miles when 4 of the group stopped for a pit stop -- there were still lines at the portacans so the remaining part of the group (about 4 more people) and I kept moving. Two of the delayed group caught up with us and by that time (17 miles) some were getting sore or stiff. I assured each that they had plenty of time to finish even if they slowed down. Two did give up the pace. Mean time, two of the group were obviously feeling no pain and seemed to be held back by the rest of us. I talked them into taking off at about 21 miles since they had more strength and could finish at 5:00. The rest of us walked slightly more (3 minutes at every aid station) since we were ahead of schedule and I thought they could use the easier pace at the end. They finished with me at an official time of 5:13:42.

The following is a summary of our chip time versus our goal of a 12:00 pace:

(Continued on page 4)

2003 Houston Marathon

Thanks to all of you for pacing. You continue to contribute something extra to the marathon.

First closest to their pace time without going over. Our winner was **Kathryn White**, who was 23 seconds under her 3:45 Pace Goal. Congratulations Kathryn.

The following people were next (with a couple minutes)(chip time):

Roger Boak	1:02 under 3:30 Pace
Lonnie Brauner	1:07 under 4:00
Wes Monteith	1:07 under 4:00
Shannon Walsh	1:19 under 3:30
Bob Williams	1:32 under 4:30
Clent Mericle	2:15 under 3:00

Next for the "over" Pace group are:

Chuck Isler	2:52 over 5:30
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Now a special category. (Even Splits)

Roger Boak 0:04 under That means his 2nd. half marathon was 4 seconds faster than the 1st.

Shannon Walsh 0:05 over That means her 2nd half marathon was 5 seconds slower than the 1st

Lee Norris	0:17 over
Fred Steves	0:22 under
Phyllis Thompson	1:03 over

If I had to pick a "Pacer King" this year, it would be **Roger Boak**, who was 1:02 under his goal pace, and also ran his second half marathon 4 seconds faster than the first half.

Shannon Walsh would be our "Pacer Queen", with 1:19 under her goal pace and 5 seconds slower her second half marathon.

Boris Balic



Bo-reeece! He's a marathon-runnin', soccer-playin', rope-skippin', Yugoslavian boxer (or is it the other way around...??) This man is truly one of a kind. Not just a gifted athlete, but a loving husband to his wife, Romana, and a devoted father to Dusan and Vera. Mr. Balic has been a fixture on the Houston road-racing scene for many years. It took him awhile to get here, though...

Boris started running in 1950, as a soccer player back in his home country. He later took up boxing, and fought for the Yugoslavian national team in 1959. In 1960 he moved to Germany, and eventually boxed for THAT national team as well. He came to the U.S.A. in 1976, but not before spending 12 years in Canada, where he was eventually crowned as a Canadian national champion lightweight boxer. Shortly after coming to the states, however, he hurt his hand while sparring. At that point, he gave up boxing and took up running for its own sake. And boy, did he take it up in a big way!

Though Boris didn't try a marathon until 1979, his eventual best times were 3:12's at both Houston and Dallas, in the early 1980's. He also had serious PR's at all of the popular distances, including 18:52 for the 5K, 39:54 for the 10K, and 2:09:54 for the 30K. He qualified for Boston as a 50-year-old, with a 3:17 time, and has run at least 56 marathons and ultra runs, including 22 Houstons. None of this may sound particularly unique, but listen to this. During 1979, Balic competed in 72 races of various lengths, placing him second in a contest put on by Inside Running magazine. Boris doesn't like second place. The next year, he completed 128 races, to convincingly win the contest. But, that's not all that sets him apart from the rest of us "semi-normal" distance runners. In 1983, he "skipped rope" through the whole Houston marathon! Seems like that race should count at least twice... Say hello to the man next time you see him. He's got some stories worth hearing.

Phil Smith



Phil Smith, 67, is mostly retired now as a civil engineer. He still does some consulting, and is a ChevronTexaco Fellow Emeritus. However, he is as busy as ever with travelling, playing his piano, reading history, and enjoying his "expanding" role as a family man. He and his wife Georgia have three grown children - Kathy, Karla and Mike. So far, they have three grandchildren as well, also two girls and a boy. So, it seems that the long-distance running is a necessity. Grandpa Phil HAS to stay in shape in order to keep up with this growing gang...

Smith was born in Kansas City, Missouri, and had always been into athletics of one kind or another. He began his running career in Houston - in Memorial Park, of course - back in 1978, because he couldn't find anyone in town to play basketball with. He had also been impressed by some running trails he'd seen while in Germany. His first marathon was Houston, in 1981, and his best time was also at Houston - a 3:34 - in 1984. Not bad, considering he was well up into his forties before he got going with the jogging stuff. Phil also has a 44-minute 10K to his credit, and a 21-minute 5K. These days, his typical training mileage has dropped back to a reasonable 25-35 miles per week, rising to 45 when training for the marathon. When taking trips, and trying to keep his Spanish and French in practice, Phil has always enjoyed running and racing in new places. He ran the 100th Boston back in 1996, and also remembers fondly a marathon he ran in Buffalo, Wyoming, back in 1984. He especially treasures a wonderful run along the Great Wall of China! This guy has traveling in his blood, and we're lucky he has stayed around in the Houston area long enough to become one of our "double-plus" veterans.

Pacers Continued

(Continued from page 3)

10K -- 11:37 pace
13.1 mi -- 11:43 pace
30K -- 11:44 pace
Finish -- 11:58 pace

Thanks for asking me to pace because it was a lot of fun and some of the people believed that they would not finished without the help, Bob Koester

Arlen Isham (Back of the Pack - 6:00)

After originally planning to do the 5:00, group, I changed to the 6:00 group, since we needed a pacer at that time. I enjoyed the pacing of the 6:00 group. I told them up front that we expected to do about 5:50, since I was helping two of my close friends finish their first marathon and I was running my 25 Th Houston Marathon.. I did the 4 min. run and two-minute walk and was still too fast the first 5 miles. Thought you would like to know that mile 1 was long on the women's side. I realized that when our group went through at 14:01 and the next mile was 11:37. We were a little under 13 minutes per mile and I should have been closer to 13:20 per mile. We slowed down the second 5 miles right at 13 minutes per mile and went through the ½ marathon at about 2:50, probably 5 minutes too fast.

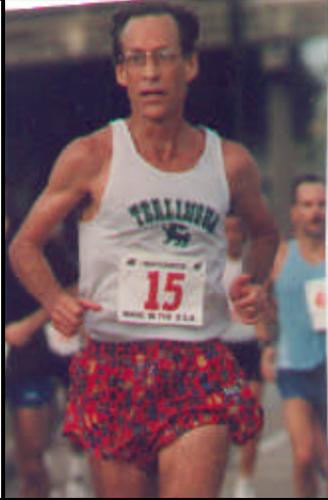
We had a great group that participated in the countdowns to walks and countdowns to running. We walked all the little hills and through the water stops. I was giving the group the mile splits and they would pass the time back. About mile 17, we increased the walk to 2-1/2 minutes and reduced the run to 3-1/2 minutes. Our mile splits were at about 13:30 with that method. At mile 20, we started doing 3-minute run and 3 minute walk, which dropped us to about a 13:44 pace. Then at mile 23, we went to a 2-minute run and 2 minute walk, which was carried into the finish. The average pace the last half marathon was 13:40 per mile, which is slightly under a 6:00 hour marathon. As I waited just past the finish, many of the people that were part of the 6:00 group finished before the cutoff and even shortly after. The best reward is their thank you.

It was a pleasure to help both of my friends achieve there goal of finishing the marathon. They are still flying high.

Bob McDowell

The pacer concept is really catching on with the Houston marathon (Continued on page 3)

Roger Boak



Roger Boak is a pillar of the Houston running community. It is not just that he's a long time HARRA board member, competition chair, and runner-of-the-season compiler. It's not just that he's organized about a dozen cross-country events each year for who-knows-how-long, and is a moving force behind the resurgence of the Bayou City Classic. It isn't only that he's a key member of the Terlingua Track Club, and a coach at the summertime Davis Mountain Running Camps. No, it's all of these things, PLUS he is still, in his mid-fifties, a super-competitive age-group runner, who will kick your butt at any distance from 5K up to 100 miles – you choose...

Boak is an IRS agent - a computer audit specialist. He's married to Jane, and they have three little non-deductible dependents – all cats. He was born in Erie, Pennsylvania, and ran some track in high school ("but not well," he says). He began real running in 1979, in Houston, "to get in shape for playing racquetball." His first marathon was San Antonio in 1980, and he eventually ran a PR of 2:45, at the Houston Marathon. But get this; he was still running sub-2:50's when he turned 50! He's completed 21 Houstons in total, but has gone far beyond marathoning in recent years. The man is now an inveterate trail runner and ultra-marathoner, with bests of 7:23 for 50 miles, and 22 hours for 100 miles (in those races you don't just hit the wall; you hit the whole dang building!)

Roger's typical training week is around 50 miles, and he also enjoys race-walking and cross-country. His "dormant" hobbies include sculpture, pottery, painting, and photography. If he can ever get shut of "this running thing," he says he might also get into documentary filmmaking. Maybe he could do a film about anal-compulsives that can't get enough of running, volunteering, and silver belt buckles...

Pacers Continued

(Continued from page 4)

know, I backed off being an official pacer, since I was injured & hadn't done any long training runs. I wanted to keep my 14-year streak going, so I figured with the 6hour time limit I could run/walk the race. You had a pacer packet made up for me anyway & so, even though I had 3 different choices of clothes for the race in my bag, I decided at the last minute to wear the pacer singlet as my second layer for the cool temperature.

I didn't have a pace time posted on my singlet and I could not believe how many runners asked me (usually as they were passing me) what pace time I was on. Sometimes I would tell people I was on a 4:22 or 4:38 pace (& hear comments like "Boy, he sure is precise.") & sometimes I just said I was a "private pacer" for my sister, who was running with me. I finally took the pacer singlet off along Main Street to keep from having to explain that I wasn't an official pacer.

The private pacer, however, was actually true. This was the first time my sister, Mary Keadle, & I had run a race together - my being injured & her opportunity to beat me, may have influenced her to sign up at the last minute! She was very skeptical about completing this year's race, also due to no long training runs. She had never run with anyone in her 7 previous marathons & she couldn't believe how much it helped having someone to talk to during the race & following the Jeff Galloway method of walking periodically. Unfortunately, I helped her too much & she left me at mile 23 & beat me by 6 minutes!

We actually helped each other, though, because I probably would have walked a lot more without "pacing" her. Even though it was my new personal worst record - 5:00:50 (guess I should have been a 5 hour pacer), it was a great day - I enjoyed running with my sister & running the race without the pressure of a time goal. Slowing down is not such a bad thing after all!

Thanks for all your efforts to promote this program. God willing, I'll definitely be back next year as an "official" pacer.

Bob Hoekman

I am sure glad I switched to 4:30. I could tell by 8 miles that my legs were in trouble but was able to hold pace past mile 22. I talked with Bob Williams about mile 16 and told him I was in trouble. He felt good and took several of my group who felt strong. By mile

23 I only had 3 people left. Two then dropped behind me and one went on ahead. With nobody left to pace and with legs like rubber I took it easy the last 5k and finished at 4:36:10.

As before the runners were appreciative. I was surprised by people from the half marathon approaching me after the race to tell me they tagged along at the back of my group until their turn around and how much they appreciated the steady pace. I did take one-minute walk breaks every mile and the runners loved that.

I think the first mile mark was wrong(long) and the second mile short. It appeared some of the half marathoners were less experienced runners with little sense of race courtesy. Many very slow runners were near the front of the pack at the start. This led to a very slow first mile with much weaving and difficulty holding the group together.

I am now convinced that snow shoeing is not a good way to train for a marathon. If I decide to pace next year I will force myself to run in Dec. and Jan. even if in the snow. My race cardiovascular effort level was low but my muscles were not ready for a marathon fast or slow. I have more muscular soreness after this race than I can recall in many years, which I relate to the absence of eccentric muscle training in the last 6-7weeks.

Phil Smith

Many thanks to Arlen Isham for organizing the Pacers. Both of you should be extremely proud of having helped hundreds of people achieve their marathon goals. This was my third experience as a pacer. This year Chuck Isler and I paced the people shooting to finish in 5 hrs. 30 min.

This was best pacing experience. We started out with about 15 people before the canon went off. Then we lost everyone during the start. I never saw Chuck again. After a few blocks the group started to coalesce around me due to the pacing tags on my shirt and the pacer cap.

My plan was to run at a 12 minute per mile pace and walk for one minute every three miles, thus net out 12'20" miles which would allow a bit of cushion for the last few miles. The plan worked to perfection. We stayed together clear to the finish. Everyone who was with me over the last few miles was able

Pacers Continued

(Continued from page 5)

to finish strong. Everyone made the 5-hr. 30-min. goal. My hamstrings started to tighten up over the last three miles so I had to slow down to protect them, and I finished in 5-hrs 35 min. (chip time). A group of about seven people were with me the whole way. I saw everyone after the race in the GRB and there were congratulations all around.

Phyllis B. Thompson, pacing one of the 4:45 Groups. Congratulations one and all. We did our best and we did it and we can move on with greater confidence, having pushed ourselves to the heroic for a few hours. Soon we'll be planning the next one, although I'm glad I'm not running 100 miles like Arlen! "

You have to forget your last marathon before you run another. Your mind knows what's coming. " Frank Shorter

Well, at least Arlen can't yell at me for getting my group in early, as I did last year. This year I couldn't get the pace down far enough. What to blame? Not the weather. My injured left leg? I don't really think so. Perhaps I didn't train fast enough. Anyway, we came in at 4:51:25, not 4:45. We can't boast negative splits this time, but the pace was fairly even. We were 2:24 at the half.

The fact of the matter is my group couldn't have done 4:45. I wasn't holding anyone back too much, and I don't believe they would have done as well without the group. I had a group of about 5 women and 2 men. The men stuck with me very aggressively! Sajjad Hemani is an alum of HBU, where I teach and where he majored in math and computer science. He was invaluable, not just his good spirits but he calculated our pace every mile. At mile 22 he got a few paces ahead of us and I waved him on because he looked strong. He got in at 4:48:52, but he reported that he experienced cramps and had to walk some after he left us. Somewhere around 20 the other man, Doug Fortner, dropped back. He must have had some trouble, but he did get in at 5:24:27. I had suspected he was pushing himself a little too hard from the sound of his breathing.

The last 6 miles were---well, they were the last 6 miles---and Wendi, a first timer whom I was pacing, was hanging on but feeling that this was a bit more than she had bargained for. "Wendi," I said, "when this is over, you won't even remember it. So keep moving,

swing your arms, think about your arms, and forget your legs. And keep breathing. Deep breaths. You can do this. Keep your head up. Look at the runner ahead of us. Focus on THAT runner. " My daughter, who ran with us the last 3 miles, kept pointing to Wendi and yelling, "cheer for Wendi. It's her first marathon." It did keep Wendi going to a first marathon 4:51:15 finish. She was elated as we limped around the Convention Center to pick up our loot. I couldn't look up the other women to report their exact times.

Here is the text of the message I received from Sajjad Hemani: Hello Dr. Thompson, I ran the Houston marathon with your pace group. Congratulations on finishing second in your division. I think I made a mistake by taking off from the group around mile 20 as I paid dearly later. At mile 23 I started having serious cramps, and ended up finishing the race in 4:46; not a PR as I had hoped for. Running with the Pace group was great since I didn't have to watch the clock; I usually overestimate my endurance in the beginning, and end up crashing near the end. Thanks for the great run.

Barry's First Marathon (Ran with Pacer Arlen Isham)

I also found out through Mary and Jerry about a 6:00 pace group - my speed. This was the way to go. I had already made myself a pace band from the site Darwin had recommended. My goal was 5:50:00, a 13:20 pace. Sunday arrives. I medicate myself, I slop on BioFreeze (thanks Mean Jean), and I put my new ITB bandage on. It's now or never.

Mary, Jerry, and I find the pace group guy-Arlen. The gun goes off. Arlen holds us back. Take it easy. We are going to do a 4-min run/2-min walk, a 13:44 pace. We start slow. This is great. Easy to do, plenty of energy. Jerry is the timekeeper. Gives us 1 minute, 30 sec, 15 sec, and 5 sec warnings for counting off - 10, 9, 8,..1. Time to switch to walk or jog.

We start well. Arlen says we are on pace to do this 5:49:00. This guy is GREAT!! He has run the Houston Marathon 25 times. He knows every spot, even which side of the side to run on. He knows how to make us walk - WALK WITH A PURPOSE. He gives advice about eating, drinking, where to go the bathroom, when to take off clothes because you're getting too hot, when to pick up speed because you're going downhill and when to walk because you're going up hill. He even has his wife meet us so we can drop off clothes. He makes sure we all keep pace and stick together. He slows us down to 3 and ½ minutes jog, 2 and ½ minutes walk

when we're going too fast. He's saving us for the end.

Back to my knee. It bothered me if I jogged for more than 4 minutes, or sometimes for more than 2 minutes. But I was always able to keep pace. I walked very fast (thanks to Irma for teaching me this) when we walked - sometimes getting ahead of the group so I could keep pace when they ran.

It's unbelievable but no mile was really hard. Of course, the last 6 miles, my left brain kept wishing I could stop moving. And perhaps the last mile was hard but there were all these crowds to keep us going. Arlen told us 5:49:00 minutes. Every mile I was ahead of my pace band. I left him in the middle of downtown when he said only 8 more minutes to go. I realized I could walk my way in and still finish which I almost did but I put on one last burst of speed across the finish line just beating my pace band - 5:49:22. What great entertainment - Singers, Elvis impersonators, Radio stations, Combos, Bolivian dancers, Drag Queens, etc. and who knows what else I missed. The bottom line is I accomplished my goal.

Bill Dwyer (Rookie Pacer).

I had a very special Houston Marathon this year. I do want to mention that I found the pacing duties a little harder than I expected. I was assigned the 5 hour group and for the first 4 miles my pace kept creeping up a bit faster than what I should have been doing. I finally got under control at about 5 miles and was steady at the prescribed 11:28 per mile. I still had several of the 5 hour group with me, I hadn't burned them off to my relief.

We had a real good time through the half-way point where I had to make a decision. I also coach a Team In Training group in The Woodlands and one of my runners was struggling at the Westpark overpass. I talked with my group pointing out another pacer just ahead, and slowed to help my TNT runner who was doing his first marathon. A few of the 5 hour hopefuls stayed with me, a few drifted off ahead. I finished up about a half hour slower than the goal pace. I have attached my TNT runners response to me after the race.

Bill, YOU ARE THE MAN!!!!!! I wanted to thank you for your great coaching job and guiding me through the last half of the marathon. Your plan was obviously better than mine (I had no plan) and it was a tremendous help to me. I'm sorry I screwed up your pace assignment, but I am glad you stayed behind with me. I not only finished the race but I did

(Continued from page 1)

Zaragas, who led the race from the start, is from Greece, running in Houston as part of a long-standing exchange program with the Athens Marathon. Wade, a former Olympian and seasoned veteran of Houston marathons, has previously finished second, third, fourth, and fifth in the race.

In other results, Joe Flores, 43, of Houston won the marathon's master class with a time of 2:41:10. Madeline Tormoen, 41, of Colorado Springs, Colo., finished second in the open division with Barbara Stoll, 41, of Houston taking the women's master's trophy with a time of 3:01:53.

In the half-marathon event, Scott Strand, 34, of Birmingham, Ala., crossed the finish line first with a time of 1:05:13. Beth Old, 28, of Douglasville, Ga., took first with a time of 1:17:03. Half marathon master winners were William Moore, 41, of Dallas, 1:10:30, and Carole Smith, 48, of Moss Point, Mo., 1:27:53.

Winners of the 24-hour fitness 4 miler were Justin Chaston, 34, of Houston in 18:59 minutes and repeat winner Britany Brookman, 17, Houston, in 22:03.

High technology and the power of the Internet kept race fans up-to-date on each runner's progress. Sensors tied to the runners' shoelaces triggered receivers at the start/finish line and at interval points along the course. Race officials said that at one time the marathon's Web site was getting as many as 1,200 hits per second. Viewers of the race's Web page could enter an individual runner's name or number and see on a detailed course map the latest timing point passed, the runner's split times and estimated finish time.

The hp houston marathon is the nation's premier winter marathon, annually attracting participants from all 50 U.S. states and several foreign countries. In 2002, nearly 15,000 runners took part in four marathon weekend events (marathon, half-marathon, four-mile run and children's run). The hp houston marathon offers the only closed marathon course in Texas and is ranked among the top five in the nation by the

Ultimate Guide to Marathons for fastest course, organization and crowd support. More than 5,000 volunteers organize the race, which is Houston's largest single-day sporting event.

Nearly 18,000 runners took part in the four hp houston marathon weekend events.

(Continued from page 1)

faces...?) is well worth the price of admission (OK, I know it's free; but still...) All the "usual suspects," our cadre of crazy old-timers, invariably shows up ready to go for it one more time. It's instructive – and comforting – to know there are plenty more like us out there who "never learn..."

Of course, we could try to counsel with the "new" veterans. However, they have already done our race at least ten times, and so are way beyond the beginner stage. A lot of them have finished at least that many other marathons, too. Let's face it; by the time they've earned our shirt, there is no going back. We might as well abandon any hope that good sense will prevail. But good sense always gets in the way of serious training, doesn't it?

You've heard "my way or the highway...?" Well, I'll see you on those highways and byways, folks...



Jack Lippincott, sporting a T-shirt from the very first Bayou City Fun Run, finished the 10K in 41:50.
Photo by Karen Thibodeaux

Pacers Continued

(Continued from page 6)

it in a time that I wasn't sure was possible, given my lack of intense training and continuing physical issues. The marathon was a tremendous experience that I will never forget.

Thanks for everything....Keith

Phyllis Thompson



The first race Phyllis Thompson ever ran was the Houston Marathon. After jogging for health with friends for close to ten years, and having worked herself up to a regular five miles per day, she and her buddies decided to train for that 1983 marathon to celebrate her 40th birthday. She not only tried it; she finished it - in three hours and 59 minutes! Quite an accomplishment; but she never dreamed it would be the start of a streak that has reached twenty-one in a row, so far. Phyllis is now the Top Female on our Veterans' list, and is also a charter Pace Team leader, invariably bringing her group in on time.

Thompson is Chair of the Department of Languages, and an Associate Dean, at Houston Baptist University. Born in Rochester, New York, she still escapes the Houston heat for most of each summer at a rustic (no electricity), remote (accessible only by water) camp in the Adirondack Mountains. Around there, she's known as a "46-er," having climbed the 46 highest Adirondack peaks. She is also an avid birder, with 600 birds on her life list in the lower 48 states. So you see, when "numbering" her accomplishments, the 21 Houston Marathons is actually somewhere near the bottom...

Phyllis used to be a very competitive racer. She could place in her age group at almost any 5K or 10K. Over the years, she also ran marathons in the Woodlands, Austin, New York, Philadelphia, and Boston. Now she is content to average 30 miles per week, raising that to 40-50 miles for the two months prior to Houston. She also includes four 20-milers, making sure that she's strong enough for the event. Her grown daughter and son often join her along parts of the course. . Nowadays, she carries a cell phone with her, to facilitate their meeting up along the way. Things sure have changed over the years!

What hasn't changed is Phyllis Thompson continuing to "just do it." She is out there every day at 5:30 a.m., because it is part of her life. Staying fit is only one reason. Some of her best friends are folks she has met "on the road." The Veteran and Pacer groups are certainly thankful for her friendship and her commitment.

Fastest 2003 Houston Marathon times Veterans

If I have the wrong person in each of the groups with the fastest time, let me know, and I will make a correction in the next newsletter. Arlen

Fastest overall Veteran was **Rich Fredrich** at 2:46:02

Fastest overall Female Veteran was **Carole Uttecht** at 3:17.

Fastest in the 20 + Years group was **Clent Mericle** at 2:57:45. In Second place in the 20 + year group was **Rudy Alvarez** at 3:26:52.

The 20 Year group was lead by **Robert Fletcher** at 3:34:58. The female was lead by **Maria Camacho** at 4:04:56

The 15 Year group was lead by **Ken Goode** at 3:15:38. The female was lead by **Marcy Kurtz** at 3:47:03.

10 Year group was lead by **Matthew Padon** at 2:58:19. The female was lead by **Diana Keinz** at 3:18:42

Veterans age group placings were:

Rich Fredrich	2 nd.	45 - 49	M
Ken Ruane	1 st.	60 - 64	M
Robert Fletcher	1 st.	70 - 74	M
Fred Price	1 st.	75 - 79	M
Walt Washburn	1 st	80 +	M
Carole Uttecht	2 nd.	45 - 49	F
Marilyn Patrick	1 st.	55 - 59	F
Phyllis Thompson	2 nd.	60 - 64	F

Vet Achievements & Other Stuff

Bob Fletcher completed his 200 th Marathon and 20 th Houston Marathon with his 3:36:47. Also top listed 70-74 age bracket in the 2002-2003 Texas Marathon rankins (3:36:47).

Thanks to the veterans who help at either the Pacers booth or the Veterans booth.

Some of the helpers, but perhaps not all are: **Phil Smith, Chuck Isler, Phyllis Thompson, Bob Sipple, John Lippincott, Carlos Reyes, Jeff Ross, Mac Gibson, Len Emge, Tom Sanzone, Danial Jason, Bob Duzan, Bob Hoekman, Bob Koester, Michael Renz, Melissa, Hedges-Rankin, & Jack Lippincott.**

Special thanks to **Tom Steets** for his work on the "Pack of the Pack" group to help cheer on those marathon finishers at the end of the official time. We want to help Tom next year to build a larger group to cheer those Runners, who often do not have many people left at the finish line.

Walt Washburn, age 80, veteran from Vienna, Virginia ran 3:30:23 at the Al Lewis 20 miler in Kensington to set a national 80 to 84 age-group record, breaking the old record of 4:18:00 set in 1979.

On May 31, 2003, Walt Washburn (80) of Vienna, VA ran 3:25:55 in the Northern Lakes 30K in White Bear Lake, MN, (a suburb of St. Paul). He bettered the 30K Age 80 American Best set by George Billingsley (80) Loomis, CA on February 9, 2002 with a 4:23:27 and the Age Group 80-84 American Best set by Paul Reese (81) of Auburn, CA on November 15, 1998 with a 3:47:53.

Evan Groutage completed his 5 th Rocky Raccoon 100 miler in February and received his 5 year buckle.

Lee Norris also completed his 5 th Rocky Raccoon 100 miler in February.

If you received your HARRA Footprints, you should have read the article by our veteran **Bob Hoekman**, M.D., who was instrumental in setting up the CPR / AED

group of 47 volunteers. This group covered about 22 races each year.

If you are interested in helping with this program, contact Bob at rhoekman@mac.com or 713-863-9525.

Roger Boak is completed a year as Vice President / Clubs for HARRA. Roger also coordinates and puts on the cross country Fall and Spring Series.

For the second year in a row, one of the Houston Marathon Veterans Pacers won the trip to the Athens Marathon in Greece. Congratulations to **Roger Boak**.

John Phillips is completing a year as President for HARRA.

Bob McDowell asked? [Do you know of anyone planning to run the Athens marathon in the Fall? I think Lisa D'Angelo with Houston Fit was putting a group together, but haven't heard any news about it lately.](#)

Thanks for the updates. I talked to Jack L. at the Tour de Bayou to note that I was not listed in the Veterans Results. I did run this year and did finish. I would like to make sure my 13th finish counted Cheers **Richard Verm**

Maria Camacho & Jesse Smalls become the first married couple to both reach the magic 20 Houston marathon level this year.

Ken Ruane top listed 60-64 age bracket in the 2002-2003 Texas Marathon rankins (3:13:45).

Marylyn Patrick top listed 55-59 age bracket in the 2002-2003 Texas Marathon rankins (3:36:30).

Ironfoot runners - HARRA - Spring 2003 are **Michael Dishberger, Greg Felts, Ed Fry, Jack Lippincott, Jo Ann Luco, Gail Sabanosh, Joe Sellers, and John Wacasey.**

Arlen Isham completed his first & last Ironman at Coeur d'Alene in 14:50:06

Jack Lippincott needs training wheels for his bike. Ask him why.

Veterans with BAD "E" Mails

**Contact Arlen Isham at E" Mail - isham@ev1.net
Fax - 713-988-9298**

If you are not getting periodic "E" Mails with information, it means we do not have your address or a correct address. Send me an "E" Mail to be added to our "E" Mail list.

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Anastasia Aourik
Daryl Beatty
Thomas Bulla III
Craig Campbell
Joe Coronado
Steven Decell
Robert Eury
Terence Fanning
Robert Fletcher
Ed Fry
Barry Gatlin
Ramon Gomez
Paula Gorham
Dan Green
Evan Groutage
David Harvey, Jr.
Jim Healy
Maureen Higgins
Stephen Honea
Paul Holzhauer
Joe Huerta
Randall Keith

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Ying-Ming Kuo

Dafna Lotan

Richard Lemuth

Chip Martz

Mike McCormick

Jerry McDonald

Stephen McNeil

Larry McPhillips

Margaret Montgomery

Jorge Morales

Frank Moreno

Ernie Murry

Don Oakland

Dick Osburn

Don Padilla

Ron Patterson

Jesus Pequeno

John Phillips

Don Ruggles

Wayne Rutledge

Gunner Sanden

Larry Southwell

Jay Stabler

Carl Trepagnier

James Van Passchen

Tom Wardlow

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