

Houston Veteran's News

*"The race is not always to the swift
but to those who keep on running."*

Fall 2005

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

THE VIATOR VET

Hey there, fellow veterans. It's time to shake off the summer doldrums, pretend like it's cooling off outside, and begin formal training efforts for next January 15th. Don't overdo it; but, probably an occasional 15-miler should now be showing up in your training logs. We all know the drill. One foot in front of the other; plop, plop, plop - 'til you drop. Of course, some of you crazies are way ahead of the rest, and are already preparing for a September, October, or November marathon somewhere. So, if you haven't suffered a heat stroke, good luck at those starting lines...

Guess what? Our favorite race has a new principal supporter! That's right. The temporarily "generic" Houston Marathon has secured its next title sponsor. Though it is currently (as I write this) a closely guarded secret, I can tell you that it's a solid outfit; and, we once again have a multi year deal. Kudos should go to our marathon committee bigwigs, and to the race's full time professional staff, for hitting another hometown homerun. Now if only the Astros could do a little more of that...

The early signup party is on the horizon, and we've been able to enter online now for several months. Don't keep putting it off. You know you are going to do it; so, you might as well save a few bucks by committing now, monetarily. There's also a special "training for it" tee shirt you'll get at the kickoff, if you've signed up. Remember the date: Monday, September 12th, at Memorial Park...

Lastly; we get to do the "pacer thing" again this year. Those of you with experience know how fun and rewarding it can be. If you haven't tried it, get with Arlen for the details. Take my word for it; it's a once-in-a-lifetime experience, every year...!

Now, no loafing on those laps, all you lanky lopers...

33 rd Houston Marathon

Houston Marathon 2005 Summary

We actually started 5,879 out of our 7,150 registrants, which is a big percentage increase over last year's 6,383 registered runners, which produced 5,328 actual finishers. It was reported that there were 5,725 finishers this year.

Per the marathon office, the marathon had 7,150 entrants and 5,725 finishers (3,710 men & 2,089 women). Interestingly, the half-marathon numbers were: 7,805 entrants and 6,743 finishers - (3,109 men & 3,634 women). The 5K was: 2,490 entrants and 1,910 finishers (831 men & 1,079 women).

Please note the big increase in the 5K. There were about 1,700 last year and sold out this year on Sat. afternoon, when we ran out of bibs for a total of 2,490 registrants.

The top men's finisher was David Cheruiyot of Kenya with a winning time of 2:14:50. The top woman's finisher was Kelly Keane of The Woodlands with a winning time of 2:32:27.

In other results, Joe Flores won the marathon's master class with a time of 2:37:03.

Allison LeCompte took the women's master's trophy with a time of 3:00:13

In the half-marathon event, Julius Kibet of Kenya crossed the finish line first with a time of 1:03:17. Olga Romanova of Russia took first in the women with a time of 1:12:36. Half marathon masters winner was William Moore at 1:10:48.

Nearly 17,500 runners registered to take part in the three hp Houston marathon weekend events.

Houston Marathon Veterans January 18, 2005



PAST & FUTURE

January, 1997

Ten years ago. THE ICE YEAR

Methodist Health Care took over the title sponsorship of the Houston Marathon from Tenneco, retaining a healthy prize purse (\$150,000) for the final qualifying event of the Professional Road Racing World Road Racing Championship. The silver anniversary race is frozen in time as temperatures in the 20s the night before form ice everywhere including bridge railings, trees, runners caps, and any exposed hair.

Amid periods of rain, sleet, and shifting winds, Ake Eriksson and eventual runner-up Shaun Creighton of Australia overtake Ethiopia's Bedaso Turbe at 22 miles. Eriksson goes on to win

in the slowest winning time (2:19:21) in two decades. Claudia Dreher of Germany wins the women's title in her first marathon attempt after owning the lead from mile six.

With an experimental 30-minute time limit extension tacked on for the marathon's anniversary, 71 % (4,378) of 6,208 starters make it under the clock through 5-1/2 hours. The grace period is welcomed as the close to sub freezing weather slows times dramatically for all runners.

It is an icy reception for the latest addition to race weekend: The Mayor's Cup Youth Fitness 2 mile.

179 Active Vets, 63 streaking, 74 inactive vets. Vets come from seven states..

Race Calendar

8-27 Hotter "N Hell Hundred
 8-28 Cinco Ranh Tri 800s/20mb/5mr
 8-21 Tri Andy's Tri 300s/10mb/3mr
 9-12 Houston Marathon Early Sign
 9-17 HARRA X-C Relay
 9-18 Splash Tri 800s/13mmb/5kr
 10- 1 Race for the Cure 5 K
 10- 2 10 Mile
 10- 9 Chicago Marathon
 10-15 Palo Duro Canyon 50 Miler
 10-16 Warm Up Series 20 K
 10-22 Rocky Raccoon 50 K
 10-23 Ironstar Tri 1.2ms/59mb/13 mr
 10-30 Marine Corps Marathon
 11- 6 New York Marathon
 11- 6 San Antonio Marathon
 11-13 Warm Up Series 25 K
 12-10 SunMart 50 K / 50 M
 12-11 Warm Up Series 30 K
 12-11 Honolulu Marathon
 12-11 Dallas Marathon
 1-15 Houston Marathon 2006

Upcoming Events

www.adventureteam.com/
www.adventuresports.com/
www.outwardboundwest.com/
www.balancebaradventure.com/
www.parks.state.co.us/
www.colorado.com/
adventureracingconcepts.com
[www.subaruprimalquest.com/
 race2004_teams/](http://www.subaruprimalquest.com/race2004_teams/)
www.raidthenorth.com/
www.gravityplay.com/
www.csmevents.com/

Isham's Website

<http://users3.ev1.net/~isham/>

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

www.runnersworld.com/
www.harra.org/
www.runningnetwork.com/
www.rrca.org/
www.runreview.com/
www.runnertriathletenews.com/
www.hphoustonmarathon.com/
www.50statesmarathonclub.com/

Pacers Needed

We need Veterans Pacers for the Houston Marathon.

Contact Arlen Isham
 713-455-4858
isham@ev1.net

INFORMATION CHANGES

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

isham@ev1.net

**VETERANS PACE TEAM TO
LEAD
2006 HOUSTON MARATHON**

**Who leads the Veteran's
Pace Team?**

The groups are led by the Houston Marathon Veterans, both men & women with at least 10 years experience running the HP 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.

**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. We will be encouraging walking as an important part of the marathon pace team. Most will at least slow down at the water aid stations to make sure everyone gets properly hydrated. Some will stop and walk a few meters. Again, depending on the pacer. Most pacers will take walking breaks. Your pace leader will let you know the plan at the clinics and the team strategy will be reviewed before the start of the race.

I want all of you to start thinking about whether you want to be part of the team this year.

You can read about it on the website.

We have our own area

This year we will be carrying red, white, and blue balloons. I may put helium in them to make them easier to carry. Actually you can pass the balloons around to give the honor of helping leading your group to other people some of the time.

I look forward to hearing from you, if you are interested in leading a particular time.

I am extending the challenge early to be the closest to your goal and not go over. In addition, we hope our team will be more successful in being at least about 5 minutes around your goal, even if you go over.

This is very important. If you decide to be a Pacer, you need to be committed to running very close to your predicted pace. That means you almost have to cut your time from 15 minutes to 30 minutes slower than you could do by not pacing.

As I noticed from other Pace teams around the nation and at Houston in 2005, the Pacers finished within 2 to 4 minutes of their predicted time. That means if you lose your group, you stay at your pace and pick up people later in the race.

We will have an Expo time on Saturday . to introduce the Pace Team.

**Arlen Isham
Veterans Pace Team Coordinator
713-455-4858 for information
isham@ev1.net**

**This will probably be the last
year to get mailed out
newsletters. It is just too much
work to do nearly 500 now.**

**You must send me your "E" Mail
address to get it by "E" mail or
read it on the Marathon website
next year**

Veterans Pacers Stories

William Schroeder (3:10 Pacer)

I had a great time. It was very difficult to hold back because of the crowds cheering. We had a core group of about 15 people and about 20 in front of us.

I knew that for Boston they would take anything under 3:10:59, so instead of pushing it harder the last 3 miles and possibly losing a few guys I slowed a bit. It worked because everyone that was with me stayed and made it. I explained to the people with me at 4 miles that I would not be kicking it in, so if they felt good to go for it. It was a great feeling to see so many people make it. I stood and watched the last guy come in when the clock clicked 3:10:57 (sure his chip time was better than that).

I had 2 guys take pictures with me afterwards. One of the guys set a 12 minute PR for his 5th marathon. The guy that finished right in front of me ran his first marathon and it was a Boston Qualifier! I would definitely do this again. It was a great feeling and I am no where near as sore as "racing" a marathon.

Bob Hoekman (5:54 Pacer)

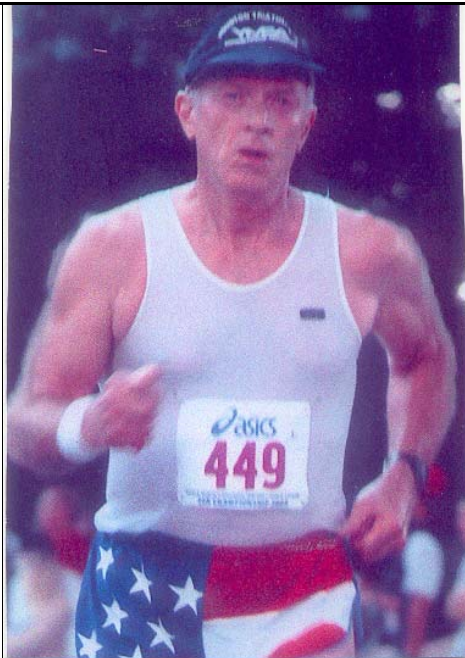
Just saw my times on line and Chip 5:53:22 and Clock 6:00:00. I had printed out my race plan for everyone who stopped at the booth and told them I would do chip 5:54.

I realize this is not close on chip but I did not want to get things too close since this was the last group and I wanted them to have a pad in case of a problem coming in-cramps etc. The first email is for publication if you like but just thought I would let you know my thoughts and why I was six minutes under on chip time. The 6:00:00 was a group decision when they saw it was possible. I'm actually kind of proud how perfect we got in once the group made that decision. :-)

Well, another Houston marathon is history and I survived. :-) Actually, this turned out to be the most enjoyable marathon I have ever done. Since I was pacing the slowest group (six hours) my main

(Continued on page 4)

Steve McNeil



Born: Dec. 1957
 Where: Corpus Christi, TX.
 Age at 2005 Houston Mar. 47
 Married: Terri
 How many years: 25
 Children: Two , Kristin & Colton
 Job: Self Employed, property management

Started Running: 1992
 Reason: To get in shape for racquetball

Where: Corpus Christi, TX.

First Marathon:
 Houston Marathons: Streak 23
 First Houston Mar. 1983
 Best Marathon -Houston 1989 2:58:06

Other Runs: 9 X 100 mile trail runs.
 18 X 50 miles trail runs.
 35 marathons

Training Mileage: 40-60 mile/Wk.

Favorite Place to Run: Huntsville State Pk.

Favorite running Drink: Gatorade
 Favorite running food: Power Bar

Other Hobbies: Fly Fishing (Saltwater)
 Soccer

David Stephens



Born: Sept. 1954
 Where: Atlanta, GA.
 Age at 2005 Houston Mar. 51
 Married: Sally
 How many years: 6
 Children: One , Jennifer
 Job: Terminal Manager at Odfgell

Started Running: 1979
 Reason: To lose weight, 210 Lbs., now 155 Lbs.

Where: Louisville, KY.

First Marathon: Louisville, KY., 1980
 Houston Marathons: 22
 First Houston Mar. 1982
 Best Marathon - Houston 2:52:01

Other Runs: 5K 16:34
 10K 34:27
 10 M 59:16

Training Mileage: 20-30 mile/Wk. up to 40 to 50 miles.

Favorite Place to Run: Seabrook Trails

Favorite running Drink: Bud Light
 Favorite running food:

Other Hobbies: Cross training, biking, swimming, & weights.

Other Stuff:

Veterans Pacers Cont.

(Continued from page 3)

goal was not to run too fast. We crossed the finish line by clock time at EXACTLY 6 hours and chip time of about 5:53 since it took around 7 minutes to get to the start line. I started the group near the rear of the 7500 runners. Most of the group were inexperienced or first time marathoners and at the finish they literally were falling all over me with tears in their eyes thanking me for getting them in on time. I must admit I was not very happy to be leading this group at first but it was by far the most gratifying group I have ever paced and I am going to do it again next year.

We started with jog 3/walk 1. At 15 miles I changed to jog 2/walk 1. After 30 K I varied the ratio a bit and walked much of the up hills and ran the down hills with a number of 2+ minute walks and a lot of Jog 1/ walk 1. When we got into the final straightaway the group saw they had a chance for 6:00 on the clock and most wanted to go for it so we did!

The post race feeling is also wonderful. I do not feel beat up. I anticipate a speedy recovery.

The race goes by our street between mile 21 and 22 so Peg came out to see me sheep dogging my herd. By that point I had them well trained so I stopped to visit with Peg. I appointed two runners to do the clock watching and run and walk at the correct times. That allowed me to give mini lectures, tell stories and jokes to take their minds off their discomfort. Peg says I must have been in hog heaven having a captive audience for 6 hours. :-

Bob Williams (4:45 Pacer)

Arlen, this was my third year as a pacer and I think the most enjoyable so far. I started with a loose knit, energetic, but slightly apprehensive group of about 10-12 runners, along with a couple of other over-the-hill Houston veterans who had nothing better to do for the day—Lee To-pham and Steve McNeil. Our plan was to keep a fairly constant pace and walk only at the aid stations. This worked out well,

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Bob Eury

Veterans Pacers Cont.



Age at 2005 Houston Mar. 56
Married: Gayle Eury
How many years: 37
Children: Chris, 36 & Becca 32
Job: Architect, President of Central Houston, Inc.

Started Running: 1977
Reason: Overweight & out of shape
Where: St. Anne's here in Houston

Houston Marathons: 22
First Houston Mar. 1984
Best Marathon - 2:53:05 at White Rock in 1985.

Other Runs: 5k in 17:52 / 10 K 36:52
Enjoys the warm up series.

Training Mileage: about 2,000 miles per year, up to 60 per week in marathon training.

Favorite Place to Run: Central city neighborhoods & downtown.

Favorite running food: Risoto

Other Hobbies: Photography, enjoy model railroading, and collecting Lionel trains.

Other Stuff: From a civic/ professional perspective, I have truly enjoyed helping the Marathon over the years, especially at key point such as in 1986 when we changed to the city-wide circuit. The Houston Marathon is a marvelous community event! Everyone seems to know someone who is a participant or volunteer.

(Continued from page 4)

in general, and allowed for potty breaks after which the runner could fairly easily catch back up with the group. We had first-timers, some returning from injuries, some trying to improve a previous time, and some just looking for company. As usual, there were highs and lows and the group started to come apart a little after we passed Memorial Park, but my trusty assistants (Lee and Steve) helped keep the diehards within sight of one another. At the end, we probably had somewhere around 8 of our group finish slightly under or over the 4:45 goal. I would highly recommend that other veterans consider this fine opportunity to return something to the running community next year. Thanks to Lee and Steve for helping me with all the true and untrue advice we passed along to our group and the constant stream of conversation regarding races and runs of long ago by 3 grizzled, old ultra-runners. (I think several runners in our group thought we were certifiably loony and just stuck with us out of sheer curiosity.)

Kathryn White (4:30 Pacer)

I really enjoyed pacing this year. Thanks for ordering up such nice weather. I had a good sized group until about 23, when some of the group dropped back. The balloons were not as bad to carry as I thought they were going to be. I will have to admit my arms were a little tired afterward though. I think it was from the fact that at all water stops I would hold the balloons high in the air so that the walkers in the group would be able to see and catch up with me, plus I waved them to get the crowd to make noise.

One interesting story was that one man stayed with me the last 3 miles and I mean right on my shoulder. He did not talk at all until almost 25 miles. He spoke very little English, but enough for me to understand that he had run San Antonio in a time of 4:45 and was really happy that he was going to finish in 4:30. When we got to the 25 mile marker, I told him that he looked strong and that he should speed it up to the end. He replied that he did not understand. It became clear to me that I

was going to have to dig deep from my very limited knowledge of the Spanish language to help him. Vamanos (spelling?), I said. Apparently, he got it despite my thick southern accent and away he went. He was definitely under 4:30.

One note on your table. The splits that you have in the table do not match those on the website of this morning. I noticed because my half time was 2:15:17 this morning versus 2:19:39 yesterday and indicated in your spreadsheet. It looks like they changed splits from gun time to chip time. The finish time for the chip is correct though.

Bob Koester (5:15 Pacer)

A few notes on the pacing this year -- it was again a great experience: My time was 5:14:43, which is the chip time. Chip time is rather difficult to pace against so you can probably imagine that the finish close to the 5:15 goal was an accident.

The core of my group of 12 was three ladies (Tammy, Brenda, and Ana) who had trained together and wanted to be sure to finish. So they put their confidence to meet this goal in me. These three took on roles in keeping the group organized and functioning well for me, which I really appreciated. One was obviously the communicator (Tammy) and she stuck close to me except when she was passing on information about upcoming course features or our planned maneuvers to avoid slowdowns and walking breaks. The second lady (Brenda) took on the role of being our forward scout. She had the energy to move about on the road and I gave her the assignment to be sure to hear the pace time at each mile mark. This was very helpful because I could stay in the optimum location on the street to guide the group since with all of the cheering from the sidelines, it was impossible to hear the pace call out. She would report back to me on each mile so that I could judge whether we were making up the large deficit at the start and the slow going even after the

(Continued on page 6)

Veterans Pacers Cont.

(Continued from page 5)

start, which caused us to hit the 1-mile mark at 18:30 (gun time).

After about 6 miles, it was going so well that I could change the walking at each aid station to 1-1/2 minutes from 1 minute. This occurred much earlier than I had anticipated and concerned me because I did not want to burn out the group in the first part of the marathon. The third lady (Anna) ran steadily and generally slightly behind me. The remaining part of the group stayed around her. One example of how this impromptu organization worked is when I told Tammy that we were going to slow down, she past it onto Anna. Anna apparently discussed this change with other group members and then wanted to know why. So Tammy told her that I had determined that we had extra time and that I knew what I was doing. What an experience to have someone extend that much confidence in a veteran that they don't even know!

The problem came when we needed a pit stop (like port-a-cans for the ladies and the bushes for me). I lost most of them after that. I would come across stragglers in the remaining distance but most seemed too mentally distracted to reform as a group. So in one respect, I failed as a pacer because I did not keep them in a cohesive group until the end. Several of the group did finish around my finishing time. Most of them disappeared upon entering the Geo R Brown, but the two that I spoke to (luckily I ran into Tammy and Anna at the brunch table), they seemed happy and felt that I had given them the start that they needed.

Thank you very much for allowing me to pace at the last minute when my traveling plans changed and hopefully you will let me do it again. I will need advice on how to keep a group together during pit stops especially since the port-a-cans have lines that take so long.

Arlen Isham (5:00 Pacer) -

This was my 27 th Houston marathon.

Lots of preparation work getting the pace team together with two people getting sick and trying to fill out the pacer slots, but it came together. It was fun working the Veterans booth on Friday and Saturday since it was the information booth for the whole race.

I was a little apprehensive about doing the 5:00 group this year, since I really did not get the training in this year. Also gained 10 pounds over last year. But I wanted to run that pace to be with some friends, including Jerry Velasquez, who had picked that goal.

Race temperatures perfect for me, mid 30's at the start and it was not supposed to get too hot. Jo Beth was a great supporter for me with her neat sign. I walked out with my pace sign and met the other 5:00 Pacer, Phyllis Thompson. I shared my plan with people around me to walk about 30 seconds at the 5 minute point and about one minute at the mile markers, walk through the water stops, and walk the hills.

That plan worked to get between a low of 11:01 at mile 8 to a high 11:56 at mile 6. Phyllis and I bounced back and forth for several miles until she finally took the lead for good about mile 8. I had several people including a Carl Lindsey, who reminded me that he had ran with me previously and did not make his goal that time. My wife said I had a pretty large group at mile 7 and at 14.

At each walk break, I would do a countdown from 10 to 1, then walk and then a countdown up to the run. I would yell out the actual chip time mile splits and tell people to pass them back. This was the first time doing the Pacing with balloons, so my technique was to hold it high periodically, particularly after water stops and when we began running again each time. I would stick the balloons high every couple hundred yards so people could keep track of the pace.

My plan had been to go through the half marathon between 2:28 and 2:29, and I hit it at 2:28:26. That would allow slowing down for the second half about 15 seconds per mile. Somewhere about mile 16, I lost Jerry Velasquez.

I had to make a pit stop at mile 18 briefly,

so I asked Karl to carry the balloons, and I would catch up. So after coming out, I expected him to do the normal mid mile walk. He didn't do it. So, I hurried to catch him. When I caught him, I said, "I thought I had you all trained by now!"

Seeing George Bush 41 at mile 19 was a boost, then for me a big boost was the belly dancers at loop 610. At about mile 20, I started putting in 3 walks each mile to help the group stay up with me. The walk breaks were shorter.

My right hip started aching about mile 8, but it did not really bother until after mile 23. Then it got worse and I also started getting close to having left leg cramps, probably because I was favoring my right hip. It was touch and go through the finish. Carl Lindsey, who was one of my shadows, all day went on ahead along with some others to finish under the 5:00 chip time. I finished at 4:59:33 with 27 seconds to spare. I enjoyed congratulating many of my group as they finished. Lots of happy people. After the race, I hobbled over to see my wife and she told a friend, Arlen is hurt. The next day, it looked like someone had been hitting me with a rubber hose on my right hip with all the surface bruising over my hip bone.

It has been my pleasure to help coordinate the Houston Marathon Veterans Pace Team since 1999. This year's group was as good as any professional Pace team in my opinion. We had 3 pacers, two second under their goal pace time and several others within one minute under goal pace.

Terry Fanning (5:30 Pacer)

First I want to thank you for convincing me to fill in as the 5:30 pacer. It was a good experience.

I lined up late, about 6:50, after making a last minute stop at the third floor restroom. Thanks for arranging that, it was a pleasant surprise to be able to avoid bathroom lines. We were so far back that I didn't hear any announcements. Hearing a prayer and the National Anthem before the gun would have been nice. It was a beautiful day.

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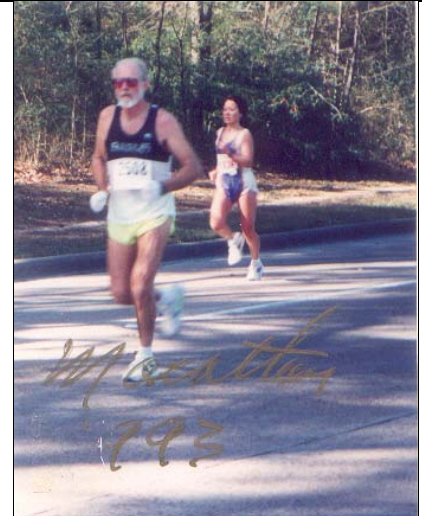
Maria Camacho



Jesse Smalls



Stan Kelley



Born: July 1955
 Where: Mexico
 Age at 2005 Houston Mar. 49
 Married: Jesse Smalls
 How many years: 18
 Children: Three, boys, Alex 16, Zach-14, & Maury-12
 Job: Cost Analyst –Halliburton –KBR for 28 years.

Started Running: 1974
 Reason: Eat ice cream & not gain weight.
 Where: Purdue University, Indiana

Houston Marathons: 22
 First Houston Mar. 1983
 Best Marathon - Chicago 1985 3:02:55

Other Runs: Bayou City 10K—38:12

Training Mileage: Off season 12 to 15
 In season 20 to 40
 Favorite Place to Run: Memorial Pk., River Oaks, Allen Pkwy, & Cinco Ranch

Favorite running Drink: Gatorade
 Favorite running food: Waffles

Other Hobbies: Gardening, Tennis, & housework.

Other Stuff: Ran two marathons pregnant. Loves doing housework & cooking.

Combined with Jesse, they have the most Houston Marathon for husbands & wives.

Born: Sept. 1946
 Where: North Carolina
 Age at 2005 Houston Mar. 58
 Married: Maria Camacho
 How many years: 18
 Children: Three boys, Alex 16, Zach-14, & Maury –12
 Job: Controls Manager for Engr. Firm.

Started Running 1979
 Reason: Exercise & catch Maria
 Where: Houston, TX.

Houston Marathons: 22
 First Houston Mar. 1983
 Best Marathon - Houston 1987? 3:11:30

Other Runs: Enjoyed Symphony 10 K and Bayou City 10 K

Training Mileage: 25 miles / week

Favorite Place to Run: Memorial Pk.

Favorite running Drink: Beer
 Favorite running food:

Other Hobbies: Golf. He uses golf to train for all his marathons.

Other Stuff: Does all his training runs with Maria.

Combined with Maria, they have the most Houston Marathon for husbands & wives.

Born: Oct. 1939
 Where: Okmulgee, OK
 Age at 2005 Houston Mar. 64
 Married: Vicki
 How many years: Forever
 Children: Christi, Randy, & Rusty
 Job: Retired

Started Running: 1978
 Reason: Lose weight, health
 Where: Houston, TX.

Houston Marathons: 23
 First Houston Mar. 1980
 Best Marathon - Houston, 1987 2:55:30

Other Runs: 1/2 M - 1:22,
 15 K 56:10, 10 K 35:28, & 5 K 17:05 between the ages of 43 & 47

Training Mileage: 45 to 60 Miles/Wk.

Favorite Place to Run: Memorial Pk. & now in the mountains near Alpine, TX.

Favorite running Drink: Powerade
 Favorite running food: Pasta

Other Hobbies: Working on 9 th year of 5 year plan on their house.

Other Stuff: Enjoyed doing a triathlon at the White Sands Missile Range. Now there is a closed course.

Houston Marathon Veterans News, Cont.

(Continued from page 6)

My group was waiting for me, about 10 people. They were interested in what the pace would be and how we would maintain it. They were told five minutes running, one minute walking. After I forgot about keeping track of the time, about 7 1/2 minutes into the run, my group let me know it was time to walk. One runner knew how to set her watch to time five minutes and then one minute. She then became our timer, yelling out to everybody when to walk and run. The only real concern I had about not making my goal was when SHE had a pit stop. We all had to stop at least once, and found each other again using the balloons as our center. If anybody else stopped, I just told them to look out for the balloons. When the timer stopped, I kept a VERY slow pace until she caught up. She pulled away once we could see the finish line, along with two others who ran the whole way with us.

Our group was very diverse. Lai and Latrissa stuck together, pulling ahead during the five minute run and letting the others catch up on the walks. Both had husbands cheering them on and Latrissa's nine year old hugged her at the Mecom Fountain. Joe was running in a t-shirt with "Running in Memory of Tio Arturo" written on the back. One runner was 64 years old and had a belt with about 10 GU's attached to it. Another was a young guy, probably early 20's and a member of the Army Reserve. Kristin had her name on her back in letters that were stuck on. By mile 5 she was "KR ST N". By mile 7 her name was gone. We stayed close to each until the half-marathoners turned back. Then we spread out more. The timer would let us know if we were going too fast, and would sometimes have to yell pretty loud to let all of us know when it was time to walk.

We had a few people join us once we got to Woodway. Some of them hung on for a while and then fell back, others stayed on for much longer.

The HP Houston Marathon is great celebration of running in our city. Being able

to celebrate with first timers and back of the pack runners who just want to be able to say they did it is very pleasing. I hope that I will be able to pace again.

Houston Marathon Veterans News

Steve & Paula Boone

That is one fine picture from the Grand Canyon. We're taking the summer off after having run 20 marathons in the first 5 1/2 months this year. We'll start back up with the Lean Horse 50K in August. If everything continues as scheduled, I'll run my 300th marathon and 100th Texas marathon at Houston in January. They gave me bib number 300 last week when I registered. We ran Estes Park, CO on Sunday at 8,000 feet and 90+ weather. That is one tough marathon but certainly a very scenic one. There's still nothing easy about running a marathon. I had a good run in Park City, UT the week before Estes Park, where it was in the 30's at the start. The heat in CO just about used me up before the finish line.

The website of our Rhode Island marathon is:

www.50statesmarathonclub.com/breakers.html if you're interested in RI.

The 8 page article in the June issue of Runner's World about our club has helped increase our membership to 872.

Bill & Beckie Duer

Bill and Beckie Duer are on their way back to Arkansas after a grueling but exciting run at Pike's Peak Marathon. It was the 50th anniversary so they really went all out for the runners. All finishers received a beautiful jacket, a tote bag, and lots of other goodies. The race was punctuated by hail and thunder. The course at the summit was covered with icy slush which made for very cold feet. Also, moving over the boulders and rocks on the course made for a real challenge.

(Continued on page 9)

Gerald Meyers



Born: July 1947
 Where: New Orleans
 Age at 2005 Houston Mar. 56
 Married: Terry
 How many years: 35 years
 Children: Twins Jay & Chris, & Matt
 Job: Civil Engineer

Started Running 1977
 Reason: Stay in shape, did 10 K in 1 yr.
 Where: Houston

Houston Marathons: 24
 First Houston Mar. 1982
 Best Marathon - 1 st. Houston in 3:17

Other Runs: Half Marathons & does the warm up series each year.

Training Mileage: Summers 25 / Wk.
 In season, 45 / Wk.

Favorite Place to Run: Subdivision in Cypress

Favorite running Drink: Water
 Favorite running food: Bananas

Other Hobbies: Coin Collecting

Other Stuff: Hiked seven 14 'ers in Colorado

(Continued from page 8)

Bill received a nice trophy for finishing first in the 70 - 74 age group and a write-up in the state newspaper in Arkansas. Beckie finished respectively for her first trip up the mountain.

Cheers to our fellow veterans and see you in January.

Leonard Topolski

I did somehow complete my 20th Houston last year, in a row, and was magnanimously awarded the title of Youngest Double Veteran, or YDV, by the king himself, Jack. This year my plan calls for actually training for the event, something which in August is very difficult to conceive.

Dalton Pulsipher

I have a personal milestone; this will be my 10th year in a row to run both the Houston Marathon and the Rocky Raccoon 100-miler three weeks later.

Kathryn A. White, P.E.

Nothing real special concerning myself. I have run 62 marathons so far, ran a 50k and a marathon in one weekend, 15 in one

year, and Oklahoma Runner printed a couple page story about me, "Captain Insane-o". By the time, should be at 65 by Houston.

Leslie Hale

I do have a great milestone to share!! I finished the Western States 100 mile endurance run from Squaw Valley, CA to Auburn, CA. It was held June 25-26, 2005. I had the great fortune to have had assistance from the best kick-butt crew anyone could hope for consisting of my husband, Tim, as well as JP and Dianne Reed and Leslie Taylor. JP is another veteran with 20 consecutive Houston marathons to his credit. This was my second 100 mile finish; the other was Rocky Raccoon last year.

Fastest 2005 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. This is not easy to figure out. Arlen

Fastest overall Veteran was **John Yoder** at 2:47:02. **Richard Peoples** at 2:48:47 was 2nd fastest overall Veteran.

Fastest overall Female Veteran was **Barbara Stoll** at 3:06:26. **Suzy Seeley** at 3:19:36. was 2nd fastest overall Female veteran

Fastest in the 20 + Years group was **Clent Mericle** at 2:59:56. In second place in the 20 + year group was **Roger Boak** at 3:19:32. Fastest women in the 20 + group was **Maria Camacho** at 4:23:00.

The following group leaders are only the actual year and not a range.

The 20 Year men's group was lead by **Larry Southwell** at 3:45:03. Susan Rouse was the fastest women at 3:35:38.

The 15 Year group was lead by **Charlie Greenwell** at 3:16:48. The female was lead by **Leslie Hale** at 4:05:01.

10 Year group was lead by **Richard Peoples** at 2:48:47. The female was lead by **Cyndie Keane** at 3:27:42.

Veterans age group placings were:

Clent Mericle	2nd.	50-54	M
Dan Dick	2nd.	55-59	M
Roger Boak	3rd.	55-59	M
Jim Braden	2nd.	65-69	M
Bill Duer	4th.	70-74	M
Barbara Stoll	2nd.	40-44	F
Marilyn Patrick	2rd.	55 - 59	F
Phyllis Thompson	4th	60 -64	F



Houston Marathon Veterans Profiles Plus 20 Year Poster



VETERANS

Official Finishers of Ten or More Houston Marathons Active (entered in 2005)

	NAME	CITY	AGE	TOTAL	1st		NAME	CITY	AGE	TOTAL	1st
FS1/P/S	Lippincott, Jack	Houston	58	31	1975		Grisham, Kenny	Friendswood	48	18	1987
PK99/S	Osgood, Bill S.	Sugar Land	69	30	1976		Lemuth, Richard F.	Houston	56	18	1987
S	Gillespie, Thomas E.	Houston	67	29	1977		Moore, Charles H.	Houston	50	18	1981
WR/GBF/P	Mericle, Clint	Corpus Christi	51	29	1973		SRandolph, Burke	Sugar Land	56	18	1988
S	McMahan, Rick	Alvin	51	28	1978		Teeter, Larry	Houston	45	18	1987
	Waddell, Louis C. Jr.	Houston	65	28	1978		Tovar, Carolyn	Farmer's Branch	43	18	1986
S	Boytim, Ray	Spring	72	27	1979		Van Paasschen, James	Houston	54	18	1985
S	Browder, Jack	Houston	54	27	1979		Wacasey, J.R.	Houston	45	18	1982
PK00-01/S	Isham, Arlen R.	Houston	60	27	1979	S	Wilson, Gene	Houston	51	18	1988
P	Viers, Charlie E.	Natchitoches, LA	63	27	1977		Adams, Alex A.	Houston	53	17	1985
P/S	Click, Clifford N.	Tucson, AZ	70	26	1980		Alvarado, Tony Jr.	Harker Heights	60	17	1982
P	Rutledge, Wayne	Spring	47	26	1977		Ashby, Ken	Dallas	52	17	1987
GD/P	Balic, Boris	Bellingham, WA	68	25	1980		Bielski, Peter	Houston	56	17	1983
HW1/P	Ellis, John L.	Vancouver, WA	58	25	1979		Charles, Leonard	Houston	67	17	1985
P	Brauner, Lonnie Jr.	The Woodlands	58	24	1980		Fizer, Don	Houston	62	17	1984
S	Meyers, Gerald B.	Cypress	57	24	1982	S	Goode, Ken	Houston	46	17	1989
P/S	Smith, Phillip	Houston	69	24	1982	P/S	Hoekman, Robert E.	Houston	63	17	1989
	Alvarez, Rudy	Houston	50	23	1982		Johnston, Michael	Houston	48	17	1986
PK03	Book, Roger	Houston	56	23	1981	S	Lindsey, Carl	Houston	65	17	1989
P	Healy, Jim S.	Houston	71	23	1979		McCormick, Michael	Katy	47	17	1983
	Kelley, Stan C.	Alpine	65	23	1980		McMahan, Chris	Cleveland	50	17	1988
P	Koester, Robert D.	Cypress	64	23	1982		Ruiz, Raymond	Houston	55	17	1988
S	McNeil, Stephen L.	Kingwood	47	23	1983	HW7	Sanzone, Thomas V.	Houston	58	17	1987
P	Norris, Lee	Bellaire	57	23	1979		Scheibe, Charles Q.	Houston	50	17	1979
TFV/P/S	Thompson, Phyllis	Houston	62	23	1983		Valdez, Ray R.	Houston	47	17	1986
HW2	Camacho, Maria	Katy	49	22	1983	P/S	Williams, Bob	Humble	62	17	1989
S	Eury, Robert M.	Houston	56	22	1984		Wooten, W. Harris	Houston	52	17	1986
	Gonzalez, Manuel A.	La Porte	59	22	1983	S	Bach, Andrew R.	Sugar Land	52	16	1990
GBF	Healing, Jack	Houston	57	22	1973		Barnhill, Robert W.	Houston	57	16	1986
S	Jason, Daniel N.	Houston	58	22	1984		Beach, Andy	Garland	47	16	1988
S	Mansur, Bruce	Dripping Springs	55	22	1984		Briceno, Maurice	Houston	57	16	1985
	Montgomery, Margaret	Houston	63	22	1983	S	Cooley, Paul	Houston	54	16	1990
HW2	Smalls, Jesse	Katy	58	22	1983	S	Danke, Michael	Houston	36	16	1990
	Stephens, David	Seabrook	51	22	1982	HW5	Duer, Beckie	Mena, AR	52	16	1987
P	Allison, Tony W.	The Woodlands	49	21	1983		Fredrich, Rich	Katy	47	16	1989
	Dick, Dan	Galveston	56	21	1982	S	Gibson, Malcolm D.	Houston	56	16	1990
	Groutage, Evan	Kingwood	55	21	1982	S	Harvey, David E.	Houston	51	16	1990
S	Guidry, George Jr.	Crystal Beach	60	21	1985		Higgins, Maureen E.	Leeds, AL	50	16	1989
	Hees, Darryl	Kingwood	60	21	1981		Holloway, Gloria "Tyger"	Houston	50	16	1985
	Huerta, Joe	Austin	57	21	1979		Kleuser, Thomas M.	Ft. Worth	54	16	1989
	Luchsinger, Bob	Grand Prairie	55	21	1984		Lloyd, David H.	Houston	65	16	1977
	Rekieta, Richard	Houston	53	21	1984		Miller, Jeffrey P.	Houston	53	16	1988
	Rendon, Rudolph	Spring	57	21	1983		Schmidt, Carol	Houston	45	16	1989
	Roche, Paul J.	Houston	56	21	1983	S	Simmons, James D. Jr.	Houston	54	16	1990
GDH	Vroulis, Harry	Houston	59	21	1980		Stubbs, James C.	Missouri City	64	16	1987
S	Aguirre, Richard	Ft. Worth	51	20	1986		Thurmond, James	Missouri City	58	16	1981
P/S	Goodger, Michael D.	The Woodlands	62	20	1986		Beatty, Daryl	Lake Jackson	51	15	1990
HW3/S	Hrachovy, Will	Houston	56	20	1986		Braach, Kenny	Houston	52	15	1988
S	Oakland, Don	Austin	48	20	1986		Campbell, Craig	Houston	56	15	1986
HW4/S	Patrick, Marylyn	Plano	60	20	1986	S	Colico, John	Col. Springs, CO	45	15	1991
S	Phillips, John R.	Houston	54	20	1986		Duvall, Michael D.	Houston	51	15	1986
S	Reed, J.P.	Houston	48	20	1986	HW1/P	Ellis, Esther	Vancouver, WA	59	15	1984
P/S	Renz, Mical C.	Houston	61	20	1983	GDH/S	Eris, Zoi	Houston	50	15	1991
S	Rouse, Susan	Conroe	46	20	1986		Greenwell, Charlie	Orange	53	15	1983
S	Southwell, Larry E.	China Spring	56	20	1986	Sib3/S	Grounds, John S.,	IIIHouston	42	15	1991
S	Thrasher, Ted	Lafayette, LA	54	20	1986	S	Hale, Leslie	Houston	52	15	1991
YDV/S	Topolski, Leonard P.J	Pearland	43	20	1986		Halle, Richard W.	Houston	57	15	1986
	Barry, Joe P.	Houston	58	19	1984		Hedges-Rankin, Melissa	Houston	41	15	1988
	Black, John H. Jr.	Houston	57	19	1982	S	Hughes, Robert G.	Katy	55	15	1991
	Bronnen, Harvey S.	Missouri City	61	19	1983		Jenkins, William	Deer Park	54	15	1987
S	Butler, Arthur	Missouri City	59	19	1987		Keith, Randall D.	Houston	46	15	1988
HW5/S	Duer, Bill	Mena, AR	71	19	1987	S	Lin, Chin	League City	66	15	1991
S	Jenison, Brian	Houston	45	19	1987	S	McKenna, John R. Jr.	Galveston	48	15	1991
	Mashburn, Layne	Kingwood	60	19	1984	S	Pang, Harry F.	Houston	55	15	1991
	McPhillips, Larry	Port Arthur	53	19	1986		Pierce, Joe	Houston	48	15	1988
S	Miksch, Lee	Houston	68	19	1987		Ralph, Paul	Manvel	60	15	1989
Sib2	Murry, Ernest	Friendswood	54	19	1987	P/S	Reyes, Carlos J.	Pearland	41	15	1991
	Padilla, Don	Deer Park	55	19	1982	S	Ruggles, R. Don	Missouri City	60	15	1991
	Ruane, Kenneth	Orange	63	19	1981		Schneider, William	Katy	52	15	1988
P	Steves, Fred	Houston	63	19	1979		Topham, Lee	Kingwood	63	15	1979
	Tuscany, James D.	Houston	51	19	1984		Wardlow, Tommy G.	Sugar Land	48	15	1986
P/S	Boone, Steve	Humble	55	18	1988	OV/OOF	Washburn, Walt	Vienna, VA	82	15	1986
	Carlson, Jim	Houston	57	18	1978		Baldauf, James A.	Houston	53	14	1988
S	Cioli, Steve	Friendswood	53	18	1988		Barron, Lee	Houston	57	14	1991
	Evans, Richard N. II	Beaumont	48	18	1984		Farias, Yolanda E.	Houston	51	14	1982
	Fanning, Terence	Houston	53	18	1986		Felts, Gregg	Houston	49	14	1991
	Gomez, Lupe	Pasadena	51	18	1978		Fredrickson, John P.	Rosenberg	66	14	1991
	Gonzalez, Rudy	Missouri City	49	18	1979	S	Gao, Chuan	San Francisco, CA	38	14	1992





VETERANS

	NAME	CITY	AGE	TOTAL	1st		NAME	CITY	AGE	TOTAL	1st
	Garcia, Victoria	Alvin	46	14	1991		Webb, Allen	Houston	55	12	1991
S	Grant, Michael	Houston	52	14	1992	PQ/S	White, Kathryn	Tulsa, OK	37	12	1994
Sib1	Herd, Jeffrey	Rowley, MA	45	14	1984		Yee, Douglas	Austin	37	12	1992
S	Kirkpatrick, Bob	Houston	43	14	1992		Baker, Jerry	Houston	44	11	1991
S	Lindberg, Joseph Rex	Pasadena	43	14	1992		Ballmann, Philip	Riesel	45	11	1994
	McDonald, Jerry	Las Vegas, NV	50	14	1991		Chapa, Eddie R.	Harlingen	37	11	1995
	Mendoza, Alberto	Houston	37	14	1991		Hilton, Martha	Houston	41	11	1993
	Murphy, April	Houston	45	14	1988		Honig, Caryn	Bellaire	39	11	1990
	Pequeno, Jesus	Guadalupe, Mex.	37	14	1990		Johnson, Ken	Huntsville	63	11	1989
	Prashad, Nagindra	Houston	66	14	1990	S	King, Robert	Porter	43	11	1995
S	Rohena, Ralph	Houston	52	14	1992		Kyckelhahn, Bruce	Houston	59	11	1988
S	Sellers, Joe	Houston	41	14	1992		Ludwick, Candy	Pearland	56	11	1990
O	Staats, Kerry	Lexington Pk, MD	39	14	1991	S	Luna, Michael	Houston	44	11	1995
S	Steets, Thomas W.	Bellaire	53	14	1992	S	Lusby, Morgan	Houston	55	11	1995
	Addicks, Glynnda	Sugar Land	48	13	1988		Macrander, Michael	Katy	51	11	1994
	Bock, John G.	Houston	58	13	1991		Marsh, Gary	Pearland	51	11	1993
	Boughton, Phil	Kingwood	53	13	1989	S	Mease, Dennis D.	The Woodlands	55	11	1995
	Conley, Allan A.	Houston	61	13	1985		Moore, James	Houston	56	11	1994
P	Dwyer, William M.	Spring	47	13	1987		Mukherjee, Dipankar	Montgomery	64	11	1994
	Fanning, James Mark	Kingwood	45	13	1990		Newcaster, John	Houston	56	11	1994
S	Holcomb, Michael	Missouri City	50	13	1993	HW4/PK02	Patrick, Bob	Plano	61	11	1993
S	Jones, Clara	Houston	54	13	1993	S	Phillips, Marc	Houston	56	11	1995
	Kelley, Dale	Houston	43	13	1992		Prewett, John	Crosby	42	11	1995
S	Lara, Gabriel	Houston	62	13	1993	YV/S	Pulsipher, Dalton	Houston	27	11	1995
S	Leik, Francis	Lansing, MI	66	13	1993		Reyes, Brenda	Houston	41	11	1992
	Lindeen, Larry W.	Houston	64	13	1992		Rohmfeld, Sheron Kaye	La Porte	53	11	1982
	Perales, Joe	Webster	42	13	1992	S	Seeley, Suzy	Spring	45	11	1995
S	Quarles, William	Houston	60	13	1993	S	Stoll, Barbara	Houston	43	11	1995
	Rodriguez, Richard R.	Houston	49	13	1990	S	Taylor, James W.	Houston	61	11	1995
	Roldan, Kathy	Houston	39	13	1990	S	Thompson, Brenda	Deer Park	48	11	1995
S	Schneider, Andreas	Kingwood	40	13	1993		Tidwell, Larry	Baytown	48	11	1994
	Shepard, Frederick E.	Houston	45	13	1991	S	Vidal, Kathryn Simpso	Houston	53	11	1995
	Souders, Roger B.	Spring	46	13	1988		Walsh, Fred	Houston	51	11	1989
	Wesson, Lawrence	Galveston	47	13	1987	S	Ward, Fred	Houston	61	11	1995
	Amick, Richard	Richmond	58	12	1983	S	Yoder, John	Houston	33	11	1995
S	Anderson, Darryl	Houston	40	12	1994		Bengtson, Nils	Houston	56	10	1996
	Berrospe, Jesse	Houston	51	12	1991		Bobigian, Elaine	Beeville	54	10	1985
HWB/S	Binash, Brian	Houston	50	12	1994		Burckhardt, Joe	Kingwood	53	10	1991
HWB/S	Binash, Irene	Houston	47	12	1994		Butzner, Bill	Katy	49	10	1992
	Braden, Jim	The Woodlands	69	12	1985		Clifford, Deb	Galveston	44	10	1994
	Canulla, Robert	Houston	61	12	1993	S	Collazos, German	Houston	46	10	1995
	Cook, Dusty S.	Pasadena	50	12	1987	S	Downs, Edward	Houston	45	10	1996
	Davenport, Bennett P.	Houston	56	12	1991	S	Griffin, Henry	Houston	59	10	1996
S	Espinosa, Eddie	Houston	42	12	1994		Hart, Rick	Austin	54	10	1995
S	Fink, Elliot	Friendswood	59	12	1990	S	Horne, Harry	Houston	66	10	1996
S	Fras, Edward	Houston	64	12	1994		Johnson, Kieth	Webster	39	10	1993
	Furlow, William	Houston	40	12	1994	HW9	Keene, Cyndie	Houston	48	10	1991
	Halpin, Dennis	Houston	51	12	1989	HW9	Keene, Rob	Houston	48	10	1992
S	Kesterson, Ronald	Houston	50	12	1994		Levy, Mark	Houston	53	10	1989
	Kneeshaw, Lou	Houston	48	12	1989	FS1	Lippincott, John Jr.	Houston	81	10	1978
	Loveless, Suzanne	Friendswood	51	12	1990		Lira, Roy	Houston	35	10	1993
	Maney, Darold	Kingwood	55	12	1990		McElligott, Kim	The Woodlands	41	10	1995
	Mangum, Dennis L.	Pasadena	56	12	1988		Nash, Mark	Houston	45	10	1995
	Mathias, Billy	Houston	37	12	1989		Novak, Therese	Lake Charles, LA	43	10	1990
	Middleton, Susan	Houston	54	12	1987		Peoples, Richard	Houston	45	10	1991
	Mueller, Ronald	Houston	46	12	1989		Reyes, Edward	Houston	50	10	1991
	Nash, Jeff	Houston	42	12	1993		Riley, Vance L.	Victoria	44	10	1990
FS2/S	Padon, Matthew B.	Houston	35	12	1994		Routzon, Rick	Houston	51	10	1994
FS2/S	Padon, Mike	Houston	59	12	1977	HW3	Rutledge, Julie	Houston	50	10	1986
	Petronella, Bernard C	Houston	53	12	1988		Sherwood, Tom	The Woodlands	46	10	1986
S	Rech, Tom	Houston	41	12	1994		Simon, Bob	Waco	41	10	1993
S	Reed, Ken	Houston	54	12	1994		Terese, Stephen	Shreveport, LA	53	10	1995
	Shafer, John L.	Houston	64	12	1988		Toenniges, Craig	Channelview	56	10	1996
	Simon, Doug	Houston	52	12	1992	S	Wehring, Joel	Tomball	40	10	1995
	Turner, Tim	Katy	45	12	1985		Welge, John B.	Belleville, IL	56	10	1993
	Watkins, Ronnie Wade	Cypress	49	12	1993		Wolpert, Michelle	Houston	42	10	1995

Veterans are listed in alphabetical order by the greatest number of officially completed races

NOTES:

- S Streaking (running them all in a row...)
- TFV / HW Top Female Vet / Husband/Wife Vets (some inactive)
- YV / YDV Youngest Veteran / Youngest Double Veteran
- OV / O OF Oldest Veteran / Oldest Official Finisher
- FS / Sib Father-Son and Sibling Veterans (some inactive)
- WR / GBF Won the Race (Twice) / Goes Back Furthest
- GD Vet traveling Greatest Distance to race
- MN Marathon Number (all) - special career totals
- P / PK(Q) Pace Team Leaders / Pacer King (closest to pace)
- GDH Greek Dinner Honcho

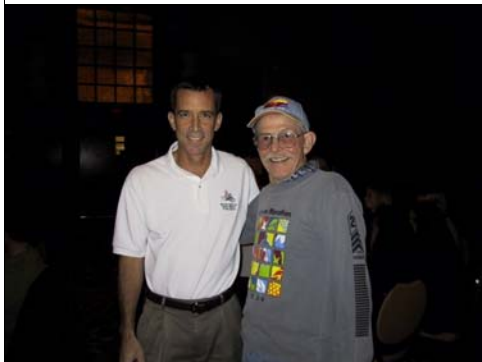
STATS:

There are 288 Active Veterans - 97 of them are streaking
 There are 277 Inactive Vets. Average age of active Vets is 53.
 To add your name to this list, send your dates of finish, approximate times, and age to:

**Veterans' Committee, Houston Marathon Office,
 720 N. Post Oak Road, Suite 100, Houston, TX 77024**

If we have missed any siblings, spouses, or other interesting notes, let us know at the above address...

Expo Action



25 Year Vets at Dinner
Wayne Rutledge
Clifford Click



Veterans HARRA Iron Foot
Winners - Fall, 2004

Roger Boak
Dan Dick
Richard Fredrich
Jack Lippincott
Susan Middleton
Ken Reed
Paul Roche
J.R. Wacasey

Veterans HARRA Iron Foot
Winners - Spring, 2005

Roger Boak
Jo Ann Luco
Richard Verm
Fred Ward
John Yoder

2005 Pace Team Summary

Members

William Schroeder, Roger Boak, Kent Muhlbauer, Carlos Reyes, Bob McDowell, Fred Steves, Kathryn White, Bob Williams, Arlen Isham, Phyllis Thompson, Bob Koester, Terry Fanning, & Bob Hoekman

In 2004, the Cliff Bar Pace Team came to Houston to be the official "Pace Team".

For 2005, the Houston Marathon Veteran's Pace Team was back.

I received several E mails from runners that expressed how much they appreciated the job you all did. One group, Ft. Bend Fit has even suggested sending E mails to the marathon office on our behalf.

Wow, is the best I can say about the great job. The whole team met their goals, which is the first time in history.

A couple comments: I know that Phyllis Thompson and Bob Hoekman adjusted their races to clock time. Phyllis changed to clock time, because she there were two of us doing the 5:00 pace and I was working chip time, so she decided to pick up the 4:58 minute start delay and do clock time.

Bob Hoekman was doing the 6:00 Pace and decided to do 5:54 as a goal to give his group a little extra time on the back end. Since his group had 6:04 delay at the start, his actual race ended up being at clock time at 6:00:00. I really do not know if any of the others did clock time, because if you were at the fast pace groups, your delay at the start was not enough to notice the difference. I think Roger Boak mentioned he did clock time.

However, for the annual purposes of determining "Pacer King", chip time has been the determining guide with the secondary guide, even splits.

In 2004, **Roger Boak** was our **Pacer King**. You can look at the results book for previous years.

This year was particularly difficult since we had 3 pacers at two seconds under their pace goal and several others very close to pace goal. Based on the guideline of even splits, my decision for 2005 is a **tie between Kent Muhlbauer and Kathryn White**.

Kent Muhlbauer (3:30) - two seconds under with a plus 46 seconds for his second half.

Kathryn White (4:30) - two seconds under with a negative 38 seconds for her second half.



John & Jack Lippincott
Giving out information

Contact Arlen Isham at
E" Mail - isham@ev1.net

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.

Special thanks

To the Veterans who help with the Early signup booth in September and with the Houston Marathon Booth at the Expo each year.

Contact Jack Lippincott at:

Note: Jack's "E" mail is JACKL6@hotmail.com. That is an "ell", not a 1 (one).

713-935-9202 - Hm. Phone

To help this year for the expo.