

Houston Veteran's News

Fall 2007

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

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Record Breaking

THE VIATOR VET

The Powers-That-Be in the Chevron Houston Marathon hierarchy have been "beri-beri" good to us 10-Year Veterans this time around. We are being showered with a load of new perks, including special number-bibs that will have a unique color-scheme. The bibs will also have an indication of our individual totals of previously completed Houston's. For those in the higher echelons of Vet-dom, there are more benefits, over and above the special shirts we have been receiving for free every five years. These include free entry to the race and the banquet for those who have hit the big "25" in past years. This will continue each year for the new members of the 25-club. For the top-of-the-mountain "triple-Veterans," it's now become free entry forever (or for as long as they can continue to officially finish the race the previous year – whichever comes first...)

We have seen some of Houston's rare-and-precious cool weather in recent weeks, which should be the trigger for most of us to get serious about training for our favorite race. Of course, the seriously bent have already completed two or three marathons since last summer. Those folks need to get past their injuries and *then* begin their training. Let's hear it for the true crazies! (Of course that includes all of us; it's just a matter of degree...)

(Continued on page 7)

On a partly sunny 51 degree morning, the 2007 Chevron Houston Marathon set new records in the 35 th running.

The race had 17,179 registrants, and 14,985 made it to the starting line. More remarkably, 98.6 percent finished.

The marathon sold out for the first time in history. Some veterans waited until marathon weekend, and could not sign up for the marathon.

The marathon started 5,564 and 5,435 finished. The Half marathon started 7,407 and 7,348 finished.

Ryan Hall separated himself from his competitors with a blistering 4:36 first mile, then ran the rest of the Aramco Huston Half Marathon alone en route to a U.S. half marathon record. He beat the previous record set in 1985 by one minute and 12 seconds.

Dire Tune, 21 came to Houston to set a course record and could proclaim "mission accomplished" 2:26:52 later by winning the women's marathon breaking the old record set 23 years ago by 59 seconds.

In the men's marathon, Feyisa Tusse of Ethiopia crossed the finished line almost three minutes ahead of his closets competitor in 2:11:39.

In the women's half marathon, Elva Dryer pulled ahead in the final stretch, clocking 1:11:41 with a five-second victory over Kate O'Neil.

Sean Wade won the Men's master with a time of 2:20:30 and was 18 th overall.

Firaya Sultanova-Zhdanova won the women's master race.

Houston Marathon Veterans January 14, 2007



PAST & FUTURE

January, 1999

Methodist Health Care Marathon

27th annual—Runners came from 21 different countries and from 45 states.

Conditions were less than ideal with a start time temperature of 62 degrees, plus 90 percent humidity.

In the open race, 31 year old Stephen Ndungu, from Kenya, who appeared to be out of the race on several occasions, came back to win in 2:14:56, well of the 2:11:23 he won with in 1998.

Masters Male winner was Andrey Kuznetsov, age 41 from Russia, who finished in 2:19:56.

Former champion (1995), Tatiana Pozdnyakova, 43 years old from Ukraine, finished strong in 2:33:23 to win the women's race.

The Maters Female winners was actually the winner of the women's race, Tatiana Pozdnyakova.

We had 215 active vets, 66 streaking. There were 112 inactive vets. Jack Lippincott lead the streakers with 25 consecutive. Veterans came from 12 states.

The 1999 race was the first race where the veterans provided the pace team.

**NO MORE MAILING
OUT OF VETERANS
NEWSLETTERS
SEE MARATHON
WEBSITE FOR THEM**

Race Calendar

09-13 Houston Marathon Early Sign/ 5K
09-30 Cinco Ranch Tri 400s/19mb/3mr
10- 6 Race for the Cure 5 K
10- 7 Chicago Marathon
10-14 Tri Andy's Tri 300s/10mb/3mr
10-14 10 Mile
10-20 Palo Duro Canyon 50 Miler
10-27 Rocky Raccoon 50 K
10-28 Ironstar Tri 1.2ms/59mb/13 mr
10-28 Warm Up Series Half Marathon
10-28 Marine Corps Marathon
11- 4 New York Marathon
11-11 San Antonio Marathon
11-11 Warm Up Series 25 K
12- 8 SunMart 50 K / 50 M
12- 9 Warm Up Series 30 K
12- 9 Honolulu Marathon
12- 9 Dallas Marathon
01-13 Houston Marathon 2008
01-17 Austin Marathon 2008
02-23 Cowtown, Ft. Worth Mar. 2008
03-01 Texas Independence Relay

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/
www.raidthenorth.com/
www.gravityplay.com/
www.csmevents.com/

Isham's Website

Pending

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.50statesmarathonclub.com/

Pacers Needed

**We need 2 Veterans Pacers
at each time for the
Houston Marathon.
Entry's Refunded.**

**Contact Arlen Isham
281-391-9019**

INFORMATION CHANGES

Address, Telephone
"E" Mail, Etc.

281-391-9019

Send to Arlen Isham
25114 Derbybrook Ct.
Katy, TX. 77494

**VETERANS PACE TEAM TO
LEAD
2008 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.

This year we will again be carrying red, white, and blue balloons. 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 later this year 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 2007, 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
713-560-0187 for information

Pace Team Goal Times

- 3:00**
- 3:10**
- 3:20**
- 3:30**
- 3:40**
- 3:50**
- 3:50**
- 4:00**
- 4:15**
- 4:30**
- 4:45**
- 5:00**
- 5:15**
- 5:30**
- 6:00**

Pace Team Stories

After reviewing the results with the judges, adding up all the points for form, new techniques, and special moves, the votes are in.

With much excitement, fan fare, and "WOW", the winners are:

TEAM 3:40 - Roger Boak and Susan Rouse. They finished together at 3:39:59, one second under their goal of 3:40. The second half splits were +0:29 and + 0:41 respectively, in other words, they only slowed 29 seconds and 41 seconds. Congratulations to Susan and Roger. Their names go up on that invisible plaque at the Houston Marathon office.

We do want to recognize 3 other deserving Pacers.

Kathryn White continued her amazing pacing, year after year, coming in one second over her goal of 4:15. She also had the most even splits, first half to second half, slowing down only 7 seconds on her second half marathon.

Bob McDowell, Kathryn's partner at the 4:15 Pace also did a great job, finishing 20 seconds over the pace goal of 4:15 at 4:15:20. He had the second best second half split, slowing down only ten seconds.

Finally, but not the least, **James Skelton** stepped in at the last minute at the starting line for the 3:10 Pace Team, sore knees and all, and carried his 3:10 pace group through to 3:09:57. That is 3 seconds under the goal pace for a first time Pacer.

Don Ruggles (4:45:35), **Stephen McNeil** (4:59:20) and **Clifford Click** (5:59:10) brought their respective pace groups in less than one minute under goal.

Something I found out, **Jim Healy**, 5:30 Pacer, was actually in an accident on race morning, still managed to get to the race, and met his obligation to pace the 5:30 group. As I understand, he was a

(Continued on page 4)

Marlyn Patrick



Date born: February 3, 1944
 Where: Longview, Texas
 Age at 2008 Houston Mar: 60-64 age group
 Married: Widowed
 Spouses name:
 How many years:
 Children: One
 Occupation: Attorney

Year started running: 1985
 Reason: For fun, why not?
 Where you first started running: Houston, Texas
 Number of Houston Marathons: 22 in a row ; 2008 will be # 23
 Year of first Houston Marathon: 1986
 Best Marathon Time: 3:27:05
 Other Runs: Many runs in Houston and Dallas and out of state, but the Houston Marathon is my favorite, followed by the White Rock Marathon, the Half (in Dallas), and the Turkey Trot (in Dallas).

Total Marathons and Ultras: 100+
 Training Mileage – Off Season: 60-70
 Season: 60-70
 Favorite Place to run: Memorial Park, White Rock, and the Plano Trails
 Favorite food: Nothing compares to ice cream!

Any other items that might be weird, unusual or of special interest:
 Running with my grand dog McKenzie gives me extra motivation and makes me feel like a better person!

Joe Huerta



Date born: Oct. 24, 1947
 Where: El Paso, TX.
 Age at 2008 Houston. Mar: 58

Married: Yes
 Spouses name: Denise
 How many years: 23
 Children: No
 Occupation: Retired Mech. Engr.

Year started running: 1977
 Reason: Health / Fitness
 Where you first started running: KY

Number of Houston Marathons: 22
 Year of first Houston Marathon: 1979
 Best Marathon Time: 3:04:20

Other Runs:
 Total Marathons and Ultras: 82
 Training Mileage – Off Season: 30
 Season: 35
 Favorite Place to run: Town Lake Trail, Austin, TX.
 Favorite food: Pancakes

Any other items that might be weird, unusual or of special interest:

Pace Team Stories

(Continued from page 3)

little bruised up. Jim, thanks for being a "trooper"

Once again, thanks to all the Pacers. The team is comprised of everyone and everyone contributed. It is through your sacrifice on race day that a lot of runners had a much better experience.

From participants.

I want to thank the 4:15 pacers, Kathryn (Kathy) and Bob for doing such a wonderful job on Sunday. Kathy was amazing. Not only did she keep us at a perfect pace, she also coached us through the morning, shouting encouragement and giving us instructions as to what to look forward to later on the track. She was almost like a running tour guide. This was my third Houston Chevron Marathon and it was the best yet thanks to Bob and Kathy! Kelly

For Kristen, THANK YOU FOR LEADING OUR GROUP YESTERDAY. YOU WERE A GREAT CHEERLEADER AND ENCOURAGEMENT TO US. ALSO, I COULD TELL YOU WERE RUNNING BELOW YOUR CAPABILITY. BY DOING THAT YOU HELPED US HAVE A BETTER MARATHON DAY. JIM FROM LOUISIANA .

Bob Hoekman 5:15

Looks to me like you may be it. I just could not stay slow enough. I got my pace group "herd" safely into the barn 3 minutes ahead of goal, leaving them all ecstatically celebrating. That celebration came, of course, after they kissed my feet and thanked me for getting them in.

I had a real fun time with this group and they were very appreciative. This one was so much fun I will definitely be back next year.

The weather at the start was cool but humid. The humid persisted but, unfortunately, not the cool and by mile 15 it began feeling warm and muggy. My co pacer Bob Koester told me he was struggling a bit about mile 11 but I felt good and told him I would be OK alone. I started with run 4/walk 1. By the half marathon we had made up chip time and were on gun time. I switched to run 3.5/walk 1.5 at mile 15 at mile 20 we were still 6 minutes under pace so I switched to run 3/walk 2. With the early cool and late warm

(Continued on page 5)

Susan Rouse

Pace Team Stories



Born: March 31, 1958
 Where: Zanesville, OH.
 Age at 2008 Houston Mar.: 49
 Married: Yes
 To who: Doug, who has completed 24 marathons
 How Many Years: 32
 Children: 2 Sons, 2 grand sons
 Occupation: Administrative Assistant

Started Running: 1984
 Reason: Saw an ad in the local paper for a "fun" run.
 Where: Pasadena, TX.

First Marathon: Houston
 Houston Marathons: 22
 First Houston Marathon: 1986
 Best Marathon: 3:15 Chicago, 3:24 in Houston (94, 95, & 96)

Other Runs: Currently at 22 states plus Paris, Stockholm, & Toronto.

Total Marathons and Ultras: 59 marathons & 33 Ultras.

Training Mileage:
 Off Season: 35
 In Season: 35

Favorite Place to Run: Currently along the pathways of the Woodlands with my Woodlands Fit Friends.

Favorite running Drink:
 Favorite running Food:
 Hobbies:

Other Stuff :

(Continued from page 4)

this plan worked out very well for my group resulting in what they felt as equal effort all the way. As always, I talked a lot (Chatty Bob) with the dual purpose of educating (many at this pace are relatively inexperienced) and taking their minds away from their pain. When we got near downtown I encouraged all who felt good to take off but most of the group decided they would rather stay with me as they had really bonded. We finished mid way between chip and gun times which made the group very happy. Those who did take off waited in the finish chute and were most appreciative. Several brought family and friends to meet me in the convention center. I live along the course on Crestwood at mile 21.5 so my wife Peg was at the corner. She was most impressed that runners from my group came to thank her for "putting up with me and my running".

I once said I thought the 6:00 hour group I led a few years ago was the most appreciative but I think this 5:15 group may have even topped them!

Bob McDowell (4:15)

I wish I could get a pace partner that could be a little closer to the pace time J – Kathryn

White was, again, only one second off the 4:15 goal! Since Kathryn slowed at the water stops & I walked 30 seconds at the water stops, I was always a few steps behind Kathryn and her group, but I could see her balloons throughout the race. The folks running with me in the early part of the race either moved up with Kathryn's group or fell back by the time I hit Woodway. New people would run with me for a while, but then they also fall back. This was my 4th time to pace & for the first time, I had no one running with me along Allen Parkway that had started with me. I offered advise to whomever was around me on the last 7 miles – focus on breathing, run tall, hug the curves, lean & use arms on the uphill – and people thanked me, but no one stayed with me. I felt strong on Allen Parkway and since I didn't have anyone running with me, I was tempted to pick it up, but I stayed on pace and finished with a chip time of 4:15:20. Several people came over at the finish to thank me for pacing. I carried the balloons for probably 23 of the 26 miles and folks said they liked being able to see the balloons in the distance. The little girl I handed them off to inside GRB was especially appreciative.

It was a great day – cool & no rain, the pacer
(Continued on page 6)



Houston Marathon Pace Team 2007

Not all in the picture—Ken Ashby, Roger Boak, Clifford Click, Jr., Dan Dick, Richard Evans, Terry Fanning, Kristen Foxley, Raoul Gagne, Jim Healy, Robert Hoekman, Arlen Isham, Charles Isler, Bob Koester, Layne Mashburn, Bob McDowell, Stephen McNeil, Tom Radosevich, Carlos Reyes, Susan Rouse, Don Ruggles, Bill Schroeder, James Skelton, Kathryn White, Bob Williams

Pace Team Stories

(Continued from page 5)

shirt was just right for the weather. The tag on our backs with our name & the number of Houston marathons generated a lot of talk during the race. The pacer program benefits a lot of runners, Arlen – thanks for your efforts.

Kristen Foxley (3:30)

Thank you for the opportunity to pace the 3:30 group. It was a great experience- both rewarding and fun. I would love the chance to do it again. Here is a short recap of the day:

Somehow Tom and I got separated while walking to the start. For that reason, we ended up with 3:30 Group A and 3:30 Group B. I was with Group A in the red corral while Tom was with Group B back in the white corral. Despite the crowds, we are able to get to the first mile just slightly slower than our goal pace, but we were right on target by mile 2. We ran a good steady pace throughout the first half and ended up being about a minute + ahead by the half way point.

The crowds were great. I tried to encourage the crowd to give an extra cheer for our group as we passed large groups of people. The crowd support always seemed to help. I had several nice men in the group that willingly held the balloons for me. I carried them off and on, but the men assured me we are a team and they were glad to do their part. Tom and the rest of Group B caught us in Tanglewood. Tom and a few others passed us but were in eyesight. The group started thinning out along Memorial- some got ahead of me, others behind. As always, Allen Parkway was a struggle and the focus was on finishing. As I turned the corner to head toward the finish, I saw Tom standing there waiting for the group. Tom and I ran the straightaway together and finished with a clock time of 3:28 and some change.

My regrets: I wish I would have shared my e-mail address so I could have heard back from those that ran with me in the pacing group. I also wish that I could have held on to those balloons longer- especially at the finish. Most of all, I wish I would have been paced the group a little slower so that we could have finished closer to the 3:30 goal.

Again, thanks for the privilege of being a pacer.

Susan Rouse (3:40)

Thank you for the privilege to be part of the pacing team. It is a humbling list that you

sent out of all the marathons/ultras of the pacers.

I was part of the pacing group the first year we did it back in 1999. It was a good/bad experience for me. I felt a huge responsibility and I wasn't real confident if I helped anyone or not. Some finished ahead and some were behind me but I was alone when I crossed the finish line. I did have some tell me later that it was good but it I still wasn't sure. After the introduction of pacers this last Saturday morning, it absolutely made my day when this years 3:30 pace group leader (I think Kristen Foxley) came up to me, and told me she was with me that year, and how much it had helped her.

This year's Pacing with Roger Boak was fabulous! He has such a gentle, confident attitude and was always upbeat. He is also incredibly popular; it seemed half the spectators along the course knew him. I guess with this being his 25th Houston and being so active in HARRA and things like that, it just means making lots of friends. Although I am usually very talkative, I mostly had to focus on the pace and probably didn't talk as much as I should have to encourage the paces but I tried. I wasn't thrilled with carrying the balloons but several told me that it was like a beacon to them. Maybe there's a way to tie them on somehow. It's good too because the crowds also definitely cheered extra hard for the pace groups. And it was fun when they yelled "Go Balloon Lady"!

Congratulations to all of the pacers!

Thank you again for this opportunity and for all of the work you put into making it happen!

Chuck Isler (5:30)

In the past I was a pacer and had no one else with me and finished within two minutes of projected finish. Yesterday I was with Jim Healy. He is an experienced and outstanding pacer. I was in good shape with the group a rather large and diversified group. Mary the "accountant" kept excellent times and the 5-1 was working. At about the 13 mile mark I made a "pit" stop and ended up lagging behind. I struggled to get back in the team but never made it all the way back. The team stragglers were around me most of the way and I ended up across the finish line about 20 minutes later than projected.

It was a good experience for me, I hope I contributed, and I want to thank you for the opportunity to be with a fine group of people.

Stephen McNeil (5:00)



Pace Team Introductions
Bob McDowell
Kathryn White & Arlen Isham

Arlen, thanks for allowing me the opportunity to join you as a Pacer. I could not think of a better way to celebrate my 25th consecutive Houston Marathon than to be a pacer. The 5 hour Team was a lively one. There seemed as dedicated to their goal as the sub-3 hour runners. There was much conversation and new friends made during the journey. I wish there had been pacer teams back in my "Prime" to help me accomplish my goals. As one participant put it "we don't have to think, they (the pacers) do the thinking for us." There was a good mix of previous finishers as well as first timers. They are the ones I enjoy "getting" to the finish line. Early in the race they are nervous and skeptical about everything from their training to fluid consumption. But, as the race progressed you could see the self confidence rise in these individuals. Coming down the stretch into downtown, some even surged ahead while other crossed the finish line in tears of joy. A very memorable experience for all. I can't wait to be a pacer again next year.

Layne Mashburn (4:00)

It was my second year of pacing and I thought it went very well. Dan Dick was the other pacer with me and I thought he did a great job. Dan was able to stay a few yards back and so provide some additional coaching and continuity to our group. The starting line was much better organized than last year. We were able to organize our group and meet each other before the race. We did our usual cheers at memorable spots on the race course. Our group made up the loss of time on the first mile by the 5 mile mark and continued to put some time in the bank. By the halfway point, we were about 4 minutes ahead of pace. That proved to be helpful, as we gave back some time over the final miles. We had a large group that stayed

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Leonard Topolski



Date born: May 30th, 1961
 Where: Monticello, New York
 Age at 2008 Houston Marathon: 46
 Married: Yes
 Spouses name: Julie
 How many years: 12
 Children: Two (Brandon and Trevor)
 Occupation: Process Control Operator

Year started running: 1983
 Reason: For fitness and because I found I really liked it
 Where you first started running: Camp Red Cloud, South Korea

Number of Houston Marathons: 22
 Year of first Houston Marathon: 1986
 Best Marathon Time: 2:59:36

Other Runs: Marathons in Dallas, San Antonio (go all the way back to Las Colinas), Boston, San Francisco, Grandma's, Chicago, New York, and a couple of ultra's here in Houston and Huntsville

Total Marathons and Ultras: 52
 Training Mileage – Off Season: 15
 Season: 30

Favorite Place to run: I will always love Memorial Park but stick close to home at Independence Park in Pearland

Favorite food: Any kind of pasta

Any other items that might be weird, unusual or of special interest: My secret to a longer life is a list of books I have to read before I die that just continually gets longer.

Information Booth at EXPO

The Veterans group will be providing staffing for the Information booth on Friday and Saturday. We need two volunteers to work the booth.

Contact Jack Lippincott.

THE VIATOR VET Jack Lippincott

(Continued from page 1)

The marathon folks are depending on us once again to lead the pace teams, and the regular cadre could use some help at a couple of the slots. Check with our Pace-Atollah, Arlen Isham, if you want in on that bunch of fun. They pay your entry fee, among other bennies, for doing that pacer thing.

The marathon office would also appreciate our help this year on manning the Information Booth at the Expo. We will be seeking volunteers for that, and at the same time we are trying to round up folks to be with us at the Veteran / Pacer booth. Please let Arlen or me know if you are interested in either of those gigs. If someone would like to give up a whole day on that Friday or Saturday, they can be the Info-Atollah! As usual, we look forward to having everyone drop by our booth when they pick up their packets, in any case.

Good luck with your training; and, be careful out there on those highways and bayou ways....!!



Houston Marathon Veterans Booth Marathon Expo

Veteran's Profiles Which Newsletter Date

Jack Lippincott	12/99
Bill Osgood	12/99
Tom Gillespie	03/00
Clent Mericle	03/00
Bill Van Pelt	03/00
Arlen Isham	11/00
Louis Waddell	11/00
Jack Browder	05/01
Russell Effstrum	05/01
Charlie Viers	05/01
Ray Boytim	03/02
Clifford Click	03/02
Wayne Rutledge	03/02
Lonnie Brauner	11/02
Bob Ellis	11/02
John Ellis	11/02
Boris Balic	S /03
Roger Boak	S /03
Phil Smith	S /03
Phyllis Thompson	S /03
Daniel Jason	F /04
Robert Koester	F /04
Margaret Montgomery	F /04
Lee Norris	F /04
Maria Camacho	F /05
Robert Eury	F /05
Stan Kelley	F /05
Stephen McNeil	F /05
Gerald Meyers	F /05
Jesse Smalls	F /05
David Stephens	F /05
Tony Allison	F /06
Dan Dick	F /06
Bob Fletcher	F /06
Manual Gonzales	F /06
Jim Healy	F /06
Chuck Isler	F /06
Bruce Mansur	F /06
Susan Rouse	F /07
Marlyn Patrick	F /07
Joe Huerta	F /07
Leonard Topolski	F/07

Pace Team Stories

Profile Pending



Crowded with People wanting Pace Team Information.

(Continued from page 6)

intact for most of the race. As usual Arlen did a great job of coordinating the pacing.

Raoul Gagne (4:00)

We started with about 30 or so runners, mostly attempting to complete their first marathon. The first few miles were a little slow because of the crowd, but we got on pace by about mile 5. We took turns carrying the balloons - which was quite helpful for me and those that carried the balloons seemed to enjoy the experience. (Maybe some future pace team members there?)

We were hoping for the temperature to decrease by the time we got to mile 20, but it seemed to increase. The group had thinned out by mile 22 and I sent those that wanted to finish at 4:00 or under gun time to push ahead. I stayed with the others that were experiencing some cramping and finished a little under 4:02 chip time.

It was a successful day and everyone was pleased with their effort and more than overjoyed to finish their first marathon! Thanks again for the opportunity to be a pace team leader - hopefully I'll get to do it again in the future.

Bill Shroeder (3:10)

As we all know marathons don't always go as planned. Mine was going very well until the Gatorade did me in. We were on pace and much closer to even splits than I have been the past two years of pacing. This year I actually had a co-pacer James. James was a last minute substitute and a welcome sight. I knew he was injured and worried his hamstring would flare up again. He actually thought about turning at the half marathon turnaround, but once we went by the point of no return he did great. We had a very big group again this year. It is amazing to look back over your shoulder and see the size of the mob running with you.

By mile 14, I knew my stomach was not handling the extra strong Gatorade. I believe it was the strongest Gatorade I have ever drank. As I entered into Memorial Park I began to feel worse. We were still on pace and I asked James if he could make it on in without me. He said he could. I sat my balloons down at mile 21 and heaved. Finally at Shepard, I knew I could finish, but why? I also knew my wife was finished with

Born:
Where:
Age at 2006 Houston Mar.:
Married:
To who:
How Many Years:
Children:
Occupation:

Started Running:
Reason:
Where:

First Marathon:
Houston Marathons:
First Houston Marathon:
Best Marathon:

Total Marathons and Ultras:

Training Mileage:
Off Season:
In Season:

Favorite Place to Run:

Favorite running Drink::

Favorite running Food:

Hobbies:

Other Stuff :

her half marathon and I had a warm ride back to the GRB! So that is what I did.

I am very thankful that I had James there this year. I am also very happy that he kept the 3:10 group streak alive by finishing in 3:09:57 (chip time)!

Jim Healy (5:30)

The "Pace Team" approach to completing a marathon is rapidly expanding! The number of runners joining the 5:30 pace team this year almost doubled with a total of 28 runners signed up. Twenty-six (93%) finished the race. Of these, there were a total of 12(46%) first time marathoners. 29% finished within 3 minutes +/- of goal(See attachment).

Chuck Isler assisted me in leading the 5:30 team. Much of our team success was attributed to implementing this new twin pace leader plan. It resulted in improved runner motivation and control. In addition, the weather was ideal for running the race. Credit must also be given to Mary Lenari, an experienced runner from Sarasota, Florida, who was armed with 3 watches and kept the team on proper pace for the entire race. Unfortunately, both Chuck and I ran into physical problems on the course. We dropped off the pace finishing 20 and 18 minutes respectively over goal. All in all, once again, the pacer experience was a complete blast. Many on our team met us after the race to say how much they appreciated our help. That's what it is all about! Sign us up to pace again at 5:30 next year.

Dan Dick (4:30)

Thank you for the opportunity to work with the pacers. It was my first time and I was very worried about taking the group out too fast but Layne had a very good plan and it came together very well. We had a large

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Pace Team Stories

(Continued from page 8)

group of first-time marathoners in the 4:30 pace group which it more fun for us to see their enthusiasm for the unknown. By mile 10 we had settled in with a pack of 70 to 100 runners. The humidity was very sneaky because of the somewhat cooler temperature and overcast skies so we had to keep reminding everyone to drink plenty of water. For the most part Layne handled the front of the pack pacing and I hung out back in the pack talking to the runners and answering questions. We started out with a three minute clock-time deficit which was frustrating some of the runners with the pacing schedule; I believe they all wanted to cross the finish line before the clock said 4:30 regardless of their chip time. We gradually cut into that 3 minutes and before mile 15 we were on clock splits for 4:30 and held it to the finish. Several runners picked it up after Memorial Park to finish ahead of us and we lost a few down the stretch but I believe we ended up with at least 30 runners a minute and a half either side of us at the finish.

After the race I received a lot of good feedback for our help which made it all the more rewarding. As I leaving the runner area to rejoin my family a voice behind me said "don't worry I'm still here right behind you and I promise not to follow you home" and then he said thanks for all our help in getting him through his first marathon. After I found my wife and started to towel off one of the young girls that ran with us the whole way came over with her father and ask if I would take a picture with her and, of course, I agreed and I ask her if this was her first marathon and she said yes and ask her how old she was and she told me 24 and me response was that I ran my first marathon before she was even born and her father laughed – a torch has been passed to a whole new generation of marathoners.

Thanks again for the chance to give back to our sport that is such a passion for so many of us!

Ken Ashby (4:00)

This was my first time as a team pacer. I'm good at running even splits in marathons. My main concerns were where to line up at the start, could I carry the balloons without my arms tiring, and would I avoid bathroom stops. It turned out that there were no problems. I was glad Arlen assigned me to 4:00, because 3:50 could have been a struggle in the humidity.

I decided to line up close behind the 3:50

group at the front of the white corral to avoid misplaced slower runners blocking us. Arlen came by to confirm my placement. It was a wise decision because it still took us 11:36 to get to mile one, and we could not have gone any faster. From there we averaged 9:04 to halfway, and 9:03 on the second half, with individual splits between 8:47 and 9:22.

The other 4-hour pacer, Raoul, lined up about 20 yards back and caught up after a few miles. Our groups then ran together until some began to fade after 18 miles. I maintained the 9-minute pace to the finish and crossed in 3:59:55. I'm not sure how many remained at the end since I strongly encouraged everyone to run ahead in the last mile, while others had eased off the last few miles with the goal of a sub-4 "chip time".

I must credit my wife Linda Kelly, who made all the arrangements and did all the driving, and also managed to win first place in her age group in the half-marathon. It was entirely a fun experience, and I hope to lead the 4:00 team again next year.

2007 mile splits: 11:36 (1:46 to start, actually 9:50 on first mile)-- 9:15, 9:07, 9:12, 9:12, 8:58, 9:04, 8:58, 9:08, 9:00, 8:54, 9:09, 8:54, 8:55, 9:22, 9:07, 8:54, 9:17, 9:02, 8:56, 8:54, 8:57, 8:47, 9:05, 9:07, 9:12, 1:53 , = 3:59:55 (9:09.0)

Arlen Isham (5:00) (11:26 per mile)

I was probably as nervous for my 29 th running of this race as my first. My weight was up, my training was down and spending most of the week in Kansas City for a Corporate meeting made getting everything ready for the Pace Team late. Then spending two days at the Expo does not lend itself to resting. I might mention several of our Pacers and veterans worked the Expo, also for most of the two days.

There was some last minute juggling of Pacer



**Hall of Fame Introduction
Jack Lippincott
Tom & Mary Ann McBrayer**

spots, but it all came together. First year to try to have two pacers at each slot. It turns out to be very important, because the term Veteran for us means to some extent our (Pacers are very Seasoned).

I was fortunate to have Stephen McNeil as my pacing partner. He saved the team in the end. Team 5:00 went off with a 4:06 delay at the start. That is actually good. I thought the spacing and the start went very well. Our group was able to hit our first mile right on pace at 11:47 even with the hill. Team 5:00's plan was to walk about 30 seconds at the 5 minute and then one minute at the mile markers. We also walked briefly through the water stops and rescheduled the walks to walk the hills. The count downs and count ups went well. Stephen ran about ten to 15 yards behind and provided the entertainment for the back of our pack. I would estimate that we had about 50 to 75 in our group. As usual, we dropped runners and picked up runners throughout the race.

Both Stephen & I passed around our balloons to give other runners the honor to lead our pack. An interesting note, when a runner had the balloons, they would almost invariably pick up the pace and I would say, come back here Cathleen or John, etc.

Personally, I had a bad spell about mile 10 where I did not feel good and thought, oh my God, this is really bad, but after eating some more, I got better. About 12, I had to make a quick stop to drain off liquid, so someone took my balloons. It took over a mile to catch up, which was just after the ½ marathon at about 2:28:48. Our goal was 2:28:30.

The group stayed together well all the way back onto Woodway, and then I started feeling quad. cramps coming on. Just before the 20 mile, I passed my balloons to one of our group and told Stephen to carry on. At that point we had switched the group to 3 walks each mile, at about 30 to 45 seconds each. That still let them stay at about 11:30 to 11:40 per mile. At mile 24, I was about 150 yards behind them and they were still on pace. I had thoughts at that time that I might be able to catch them, but mile 25 & 26 turned into a struggle to keep my quads from locking solid up, so I went down to two miles over 12 minutes. Stephen took the group in under 5:00. I came through at 5:01:55, very happy with that time. In retrospect, I forgot my electrolyte capsules. Even though my weight was the same after the marathon, in my opinion, my electrolytes were screwed up, which lead to the cramping problems.

(Continued on page 10)

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Pace Team Stories

I had a great experience running as a pacer in the 35th Anniversary of the Chevron Houston Marathon! I had been training with Kingwood Fit for the last year as a coach for its Blue Team - the seven to eight minute-mile group. This was my second year running in the Houston Marathon.

Around two months ago I started to experience sharp pain in my right knee and started going to a chiropractor who specializes in sport injuries. We made a lot of progress during those treatments and my pain seemed to disappear entirely. Then in December I went to see my sister run her first marathon in Dallas. I decided it would be fun to run the Half so I signed up. I had a great race running a 1:25. I was very proud of my accomplishment but in doing so I regrettably injured my knee all over again, this time worse. I thought I might have torn something in there. I was distraught, thinking my run in the Houston would pass me by.

I continued the treatment with the chiropractor but my improvement seemed minimal. A week before the start I couldn't go more than five miles without walking home with a limp. I decided since I had paid the entry fee, my friends were running, and a medal wasn't what it was all about anyhow, I was just going to go out there and go as far as I could then cheer on everybody else.

I felt pretty good when I got to the convention center yet knew that running a full could seriously hurt myself so was needless to say a little apprehensive. I met

Veterans HARRA Iron Foot Winners - Fall 2006

Fred Steves
Paul Roche
Susan Middleton
Bruce Mansur
Jack Lippincott

Veterans HARRA Iron Foot Winners - Spring

Richard Fredrich
Jack Lippincott
Bruce Mansur

my running group and a friend of mine who was going to be a pacer with another friend of ours for the 3:10 group was caught in a hard decision to make. Another runner wanted my friend to pace her and so she handed me the balloons. I tried to explain my injuries and all but eventually seeing that this was going to happen beyond my control I said I could find another person able to finish at the start with the rest of the 3:10 runners.

At the start I met up with Bill, the other pacer, and told him the situation. I decided I would hang as long as I could. I felt good up until mile 7. My knee was hurting pretty good and thought I wasn't being all that smart. I said I would decide if I was going to finish at the turn around for the Half. At mile 9 I passed the point of no return for the Half. Instantly my knee began to hurt and knew I made the wrong choice. Our group was huge and everybody with us wanted a qualifying time. I chose to run through the pain and see how far I could go, knowing if I started to limp badly that I would surely stop. Last year I tanked at mile 20. I didn't have anything left in the tank but still managed a 3:08 time. This year at mile 20 I was running pain free! and had all the energy in the world! My good friend Bill started to feel real bad in his stomach and told me to help the pace out and pick it up. So I did. Bill unfortunately could not finish so yelled ahead to me to go on. One of the racers said, "Yeah James bring us home!" That helped me out a lot.

Every time I thought about slowing down, I thought how the five or six guys still with me were with me because they were trying to get to Boston. I hung on to those balloons the entire time. At one point around mile 24 a guy asked me how we were on time and I said we were right on schedule. He looked at me quizzically and said, "hey, where is your watch?" I didn't have one, I didn't even plan on finishing that morning, so I just pointed to my head and said "It's all up here!"

We came into downtown at mile 25 and then 26 and when we could see the finish I said "Congratulations guys! We're going to Boston!" I looked at my photo finishing and think I must be nuts for having so big of smile on my face after such a grueling sporting event like the marathon. But then when the strangers I shared the last three hours and nine minutes and fifty-seven seconds of my life come up to me and say "Thank You, thanks for what you have done." I think I didn't do anything but I realize that the marathon in many aspects is very much a team sport. I am very, very proud to be a member of that team too.

(Continued on page 13)

Profile Pending

Born:
Where:
Age at 2006 Houston Mar.:
Married:
To who:
How Many Years:
Children:
Occupation:

Started Running:
Reason:
Where:

First Marathon:
Houston Marathons:
First Houston Marathon:
Best Marathon:

Total Marathons and Ultras:

Training Mileage:
Off Season:
In Season:

Favorite Place to Run:

Favorite running Drink::

Favorite running Food:

Hobbies:

Other Stuff :

Profile Pending

2007 Veterans News

Tony Alvarado - A funny thing happened on the way to my 20th Houston Marathon, I decided to do the Athens Classic Marathon as one of my long training runs. Let me tell you, sight seeing for two straight days after 12.5 hours in an airplane seat is not a recommended taper before any marathon.

I had planned on walking a minute after each mile but they only had km markings. No problem, I walked earlier and figured I would walk the long hill at the 25 km point. After walking 3 hills after the 20 km point, I walked another 2 hills before walking and jogging to the end. Never did figure out which one was "the big hill".

I've gotten slower and slower at Houston but the 12 miles of hills before the 20 mile mark at Athens were more than I had planned for a "long training run". I'm back to Texas and hope to continue my training and see all the other veterans in January.

Patty Muck - When I lined up for my first Houston Marathon during the ice storm of 1997, I thought it would be my first and last 26.2-mile race. Nothing could prepare me for the adrenalin surge and the addiction that followed. Meeting seasoned Houston Marathon veterans like Ray Boytim, Jack Lippincott, Arlen Isham - to name just a few - was an inspiration for which I was unprepared. Ten years later, I'm finally a Houston veteran and, in late 2007, approach my 50th marathon in my 50th year. I'm considering running the 50-miler at Sunmart just to complete the 50 trio. Houston Marathon veterans motivated me into a lifetime of running and taught me about persistence, patience and the importance of always having a new goal to conquer. 49 and counting.

Michael Danke - One of the reasons I got into marathoning (18 Houston's ago) is that I had a lifelong dream to eventually go to Kona and participate in the Hawaii Ironman. Until the last few years, I have always found the marathon

so demanding that I could not conceive of having done the swimming and cycling prior to the run and finish. But then I was diagnosed with Celiac (a common genetic disorder that makes one unable to properly digest gluten). On the right diet, I noticed that my body recovers better now than it did when I was in high school. As a result, I restarted my passion for triathlon and have been gradually increasing my distances. This year, I completed an aggressive training schedule without too many injuries and completed the MS 150 in April and, the Redman iron-distance triathlon in September and just a month later, the Ironstar (1/2 iron-distance) -- All PRs. The temperature at the start of the Redman marathon was 92 degrees, but despite the heat, I finished and I'm pumped! Now if I could just get that darn lottery slot to Kona... Details are at my blog -

<http://ironceliac.blogspot.com/>

Tom Steets - You will never guess where I spent the last three days-Memorial Southwest Hospital! I had hurt my left knee six weeks ago so I had switched to walking loops in Memorial Park instead of running them. It could have very well saved my life or at least kept me from having a heart attack! Very quickly over the last 3 weeks I started feeling really bad just walking 3 to 6 miles, I couldn't believe with all the running I've done that I could be having heart problems- I thought last weekend after a miserable 4 mile walk that maybe I had a bad case of acid reflux so I took meds for that. I went back out on Sunday and did a loop and still felt bad so I took more acid reflux meds and Tuesday morning went back to do a "test loop".

After one mile with pain and pressure in my chest and left side, and scared out of my wits I stopped, went home and called my doctor. He took me as his first patient, had the lab run an "EKG" and when he got the results took me directly to the cardiologist. There the cardiologist took one look t the "EKG" gave me 8 Plavix to thin my blood immediately and said that I'm was going directly to the hospital! The next day in

(Continued on page 12)

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First Houston Marathon:
Best Marathon:

Total Marathons and Ultras:

Training Mileage:
Off Season:
In Season:

Favorite Place to Run:

Favorite running Drink::

Favorite running Food:

Hobbies:

Other Stuff :

2007 Veterans News

Veterans Committee

(Continued from page 11)

the Cath Lab during Angioplasty he found an artery with 99% blockage and ended up installing a long stint. I feel great now and the doctor said that if I hadn't of taken aspirin a lot the week before I could have died or at least had a heart attack!

I thank God for giving me the opportunity of injuring my knee because if I had been running the last 3 weeks instead of walking, I may not have survived to send you this letter! I am so happy to still be alive at 55!

Charlie Viers - On Sept 30 I ran the Clarence Demar Marathon in NH which was my final state needed to finish 50 states. I planned to finish in 2006 but leg-hip problems were severe & I was unable to run. I register for 8 marathons that I couldn't run. I had back surgery Sept 26, 2006 to correct my leg-hip dysfunction. I've ran 9 marathons this year including MT, ID, UT & NH to complete 50 states.

Walt Washburn -Here is a Joe Henderson quote that I have hanging on my PC cabinet that some of the other Vets might like to see:

YOU'VE ALREADY OUTFRAN ALL THE PEOPLE

WHO NEVER START OR DON'T REACH THE END!

Ray Boytim - The Houston Marathon this year is very special for me. It will be my 30th consecutive Houston and my 200th overall marathon...during my 75th birth year. I'm still running about 7-8 marathons a year and hope to keep it going for many more years.

I just recently ran the Miracle Match Marathon in Waco on October 28th and San Antonio Marathon on November 9th. I plan to run White Rock in December.

My most interesting experience related to the Houston Marathon happened this year by keeping my 29-year streak alive.

I took a bad fall at the Sunmart 50k in December and cracked 5 ribs. I had 5 weeks to heal and attempt to run Houston in January. The pain was so awful...and my chances did not look real good for about 4 weeks. However, I was able to run for about 5 days after the pain subsided...which was my only training. I was amazed and elated to finish the 2007 marathon to keep the streak alive.

Jim Healy - Wish I had something striking to report. Just been keeping up with the lives of 4 grand kids, 2 of which are as far away as Bartlesville,OK. Wouldn't trade any other experience for it! Been too hot to get significant miles logged....but plan to be ready in January.

Wayne Rutledge - This will be my 29th Houston Marathon!

My first **Tenneco Houston Marathon** was on the five (5) loop Memorial Park course when I was 27th overall as a 19 year old. Then I ran several on the two (2) loop course that finished near the old Albert Thomas Convention Center.

Well, now I am 50 years old and still running!

Bob Koester - If you are really hard up to fill in the space, you can add a note that I am training along the Persian Gulf this year. The Corniche along the gulf is quite beautiful for running with Abu Dhabi on the other side to greet the first light of morning. The weather is not as cool as Houston, but still bearable. There are a large number of runners that use the Corniche route to exercise starting at about 5 am (10 hrs ahead of the Houston folks at Memorial Park - does that mean that I am actually ahead of someone for once?) with the only slight problem being the marble they tend to use for the grand promenades being slippery in the morning dew. Take care and see you in January,

Leslie Hale - This year I'm thankful to have returned to the only race I dnf'd and this time was successful and finished. I

(Continued on page 13)

Our group continues to grow. Jack & I have decided that **we need help** for some of the normal activities outside of the marathon weekend.

We **need 3 volunteers** to help with the "T" shirt Committee. Many of you realized that you did not get your shirt very early this year. Well, it is a lot of work.

We **need 3 volunteers** to help with the newsletter. The task would be:

Research the results to find out who is the fastest in each veterans group, and also which veterans actually place 1 through 4 in the overall results, gather veterans information, and help with the actual newsletter preparation.

We **need 3 volunteers** to help with the Pace committee.

We **need 2 volunteers** to help with veterans confirmations.

**Contact Arlen Isham at
E" Mail -
aisham@consolidated.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.

(Continued from page 12)

completed the Arkansas Traveler 100 miler in October. I still aspire to be like Roger Boak and Chuck Cofer and finish a real man's race...the Leadville Trail 100. Can't wait to see what 2008 brings!!

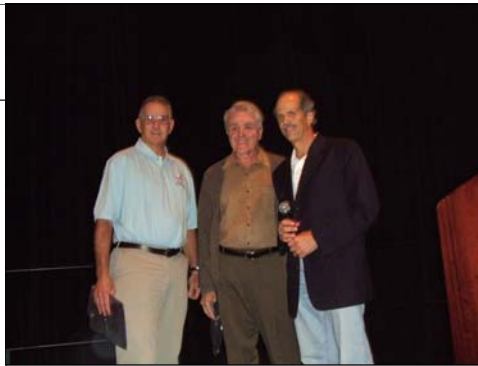
Bob McDowell - I am now training for my 22nd Houston Marathon, which will be my 20th consecutive Houston Marathon. I had no idea when I ran my first marathon in 1986, that I would keep running marathons. Without the proper training, I was extremely sore & I told myself that I would never do that again. Now, I like having that goal on which to focus each year to get me out of bed and make my training runs. I have trained with Houston Fit since 1994 and this year I'm an assistant coach for the ATP (Advanced Training Program). I credit the speed work of the Houston Fit program for helping me qualify for the Boston Marathon in 1997 - the big freeze year!

I raised money for Juvenile Diabetes for several years and have served as a pacer for 4 or 5 years as well. Running marathons has taught me discipline and mental toughness and has also helped me lead a healthy lifestyle. In addition to 21 Houston Marathons, I have completed 9 others, including Austin, San Antonio, Cowtown, Chicago, New York, Marine Corps & Boston. The Houston Marathon has always been a fast course and very well organized.

Larry Teeters - In November 1988 I learned that I was HIV positive. In 1993 I was officially diagnosed with AIDS. Since then, I've been fighting to make certain that the disease doesn't beat me. Running has been crucial to my battle & this will be my 19th Houston Marathon. On 11/17/07 I finished my 100th race of marathon length (26.2 miles) or greater. Help me celebrate by giving generously to AIDS Foundation Houston.

<http://www.active.com/donate/FIGHTAIDS/marathon>

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**Gerald Meyers & Phil Smith
25 Houston Marathons
Presentation by
Jack Lippincott**

Pace Team Stories

(Continued from page 10)

Clifford Click, Jr. (6:00 Pacer)

Some comments:

- 1) Generally- the weather was the best I can remember in 28 tries! I used a modified "Galloway" approach and it went well!
- 2) I enjoyed the pacing experience despite my trepidation about not being in shape for 6 hr. Some of the best pace team comments came from Q about whether I was "on pace" or not. Many folks didn't realize that the (blessed!) mile-split volunteers were giving us "gun time" totals and splits and so (folks) were confused as to what our actual run times and splits were. I had a full 5 minute correction to account for (~11 sec/mile @ 6hr). 5 min looks bad in the early miles.
- 3) Some folks "latched on" to me thru-out the race when I said "yes" to the pace Q. I also explained that my intended 1-minute walk every 10 minutes was not rigid but revolved around water, the grade, our pace, and how I felt.
- 4) I had some trouble at the start with the "corral" system- the corral signs guided me so far back that I entered the White Corral back of some port-a-can lines. I worked my way thru those before the start but could not hear the "Gun". When we got the "Word" we were able to run for-4 minutes before we got to the starting line. At about the 1-mile mark we passed some walkers with ~6-1/2 hr goal-times. Clearly, some walkers (these folks were registered) were able to start ahead of us.

- 5) I found the "Under Armor" pace shirt

(Continued on page 14)

Born:
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Age at 2006 Houston Mar.:
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First Marathon:
Houston Marathons:
First Houston Marathon:
Best Marathon:

Total Marathons and Ultras:

Training Mileage:
Off Season:
In Season:

Favorite Place to Run:

Favorite running Drink::

Favorite running Food:

Hobbies:

Other Stuff :

2007 Veterans News

(Continued from page 13)

Read about my journey at <http://www.larathon.com>

Rex Johnson - I have completed 69 marathons and 10 ultra's and Houston is by far my favorite race. From the energetic crowds to the fantastic expo and friendly volunteers and also the Houston police, who we couldn't compete without. No other run compares. I have had good and not so good runs, from the ice run in 97 where I ran with icicles in my moustache and couldn't feel my hands to 2001 where I fell at 23 and finished bruised and bloody. Heat, rain, cold, humidity, the crowd still cheered the volunteers still smiled. I've ran with runners like Bill Rodgers and Greta Waitz, and Francie Larrieu....these are memories I will always cherish.

Paula & Steve Boone - Paula completed her 200th marathon at the Delaware Marathon in May. She also completed the states for the second time in August at Humpy's Marathon in Anchorage, AK. Houston will be her 222nd marathon/ultra.

I completed the states for the third time at Humpy's Marathon. My goal for 2007 was to complete 40 marathons and ultras which will happen next weekend in Jacksonville, FL. My goal for 2008 is to complete 30 marathons so that Houston in 2009 will be my 400th. Houston will be my 370th marathon/ultra.

Susan Rouse – Susan was the poster runner for the 2007 advertising for the Texas Trails ultra.

John Lippincott's passing

From Jack, My old man, the Iron Man, died suddenly yesterday morning (June 12) of a heart attack while playing a round of golf at his country club. I guess that the chemo treatments he's been undergoing for the last 3 or 4 months must have weakened his heart, as they certainly weakened the rest of him (but

(Continued on page 15)

Pace Team Stories

(Continued from page 13)

very hot and scratchy on the inside especially at the neck and arms. The earlier "green microfiber" shirts were much superior on bare skin.

Tom Radosevich (3:30 Pacer)

We left the GRB a little late, and got separated into two groups. The smarts folks followed Kristen Foxley to a sensible starting point in the red corral, the less-smart (half-fast?) followed me into the white. I pretended that we had changed our minds about running twenty-six 8:01s, and that I now wanted to start out slowly. We had an 11:00 first mile (crossed the start line at 2:00), a 9:00 second mile, and then very slowly and sensibly, as it turned out, got back to an 8:01 pace by Mile 18, where we met up with Kristen's group. Coming down Woodway / Memorial / Allen Parkway was easy and lots of fun ... there just might be something to this Negative Split theory!

Roger Boak (3:40 Pacer)

After the race my traps (bodybuilder talk) were sore from carrying those giant balloons attached to the flagpole. I tried to sell them (the balloons) but couldn't find any takers. Next year I'll work on my upper-body strength or maybe Arlen will spring for some helium.

I had a great time running with my co-pacer, Susan, and the paces. It was very reassuring to know that Susan would get us in on time, no matter what. Before I knew it we were crossing the finish mats, it was over way too soon.

Kathryn White (4:15 Pacer)

I was a little concerned as I was walking over to the convention center that we were in for a wet run, but thankfully marathon gods were with us. The organizers certainly did learn from the past mistakes and really did a great job setting up the starting area. There was a lot of room and seemed to not add unnecessary anxiety before the race. Bob and I could have quite possibly been the right combination for co-pacers. He was more than willing to utilize the run/walk method, as I was with the all run method. We had a fairly large group. The first mile was not as brutally slow as years past, I think because the starting line set-up allowed for runners to easily get to their correct pace slot. The first mile was over 10 minutes and we gradually

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Veterans Perks

Effective with the 2008 Chevron Houston Marathon, the Board has authorized the following new "Perks" for all veterans

- 1) Veterans would receive a special runner's bib – in order to receive bib, runner must be registered by November 1st!
- 2) Veterans would be allowed to register through December 19, 2007 for the 2008 race, instead of being shut out when the cap is reached.
- 3) Veterans with thirty or more completed marathons would receive a complimentary entry to all future marathons.
- 4) Veterans with twenty-five completed marathons would receive a complimentary entry to the 2008 race.

In addition, all veterans between 25 years and up will receive a complimentary registration for the 2008 race only. You will receive a refund after the race.

- 5) The top Male and Female veterans would be granted Elite status.
- 6) Veterans 25 years and up will receive a complimentary Banquet ticket.
- 7) 25 year free entry will only be next year going forward, recognition at banquet, 2 banquet tickets and 25 year golf shirt.

Veterans will continue to get a complimentary long sleeved Veterans shirt with stripes representing their respective anniversary years, 10, 15, 20, 25, 30, 35 at registration the next year after they achieve the anniversary years.

Veterans can order their respective long sleeved shirts from Jack Lippincott by filling out the order form.

Veterans can order their respective golf shirts from Jack Lippincott by filling out the order form.

2007 Veterans News	Pace Team Stories	
<p><i>(Continued from page 14)</i> not to the point of giving up golf, or any other really <i>important</i> stuff). There will be a service Friday morning, at 11:00 a.m., at St. Philip Presbyterian Church, 4807 San Felipe. More details will be in an obit in tomorrow's and/or Friday's Chronicle.</p> <p><u>Gene Askew's Passing</u></p> <p>Gene died on July 10th, in Dallas. He was 87 years old, and his marathoning days were over some years back. He was our first official "double veteran;" and, he was at the top of our veteran's list before me. Quite a few of our old guard will remember Gene. He was a very competitive age-group runner (he and my old man used to kick each others' butts regularly).</p> <p>1995 was gene's last official finish of a Houston marathon; he would have been about age 75 then. he did it for several more years, too; but, could not get under the official finish times of those days. our typical veteran cannot keep doing it (the race and/or the training) after their mid-60's. you guys who can still make it through a marathon up into your 70's are truly unique...</p>	<p><i>(Continued from page 14)</i> made up the time by 6 miles. I had a very large group at that point and maintained a good portion of the group until about mile 15 to 16, when a few started to fade. Bob and I stayed fairly close. We were pretty close to pace at half and I decided to run a few seconds faster per mile to add just a bit of cushion before going to the hills.</p> <p>I always enjoy the Galleria area with the large crowds and the cloggers at Westheimer corner. Through rain, sun, sleet, and snow the cloggers are always there. By 18 miles, we were about 30 seconds under pace and we maintained that until we got to the hills in Memorial Park. I was still carrying a large group, who showed no signs of fading. In fact, the whole group started to speed up though that portion despite the hills. As we got out of Memorial Park, I informed them that they were doing well and to continue to push ahead, but I was going to stay at the pace. They did and I picked up another group of people to run with during Allen Parkway stretch. I swear this part of the course never ceases to amaze me how difficult it can be even for pacers. Your legs are just plain tired by then. I still had one or two people that stayed with me until the end.</p> <p>As always, I had a lot of fun. Houston will</p>	<p>always be number one in my heart. I am ready for another go next year!!!!</p>
		<p>There are 290 active Veterans, 106 of them are streaking.</p> <p>Average age of active Vets is 53.</p> <p>There are 362 inactive Vets.</p> <p>The average number of completed Houston marathons (Active Vets) is 16.</p>
		<p>My thanks to Morgan Lusby for results. He actually did an age graded spreadsheet for all the veterans results.</p>
	<p>Fastest 2007 Houston Marathon times Veterans</p>	<p>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</p>
<p>Fastest overall male - John Yoder:</p> <p>Fastest overall female—Suzy Seeley:</p> <p>Fastest overall male—Rich Fredrich:</p> <p>Fasted overall female—Marilyn Patrick:</p> <p>Fastest over 20 year male—Clent Mericle:</p> <p>Fastest over 20 year female—Susan Rouse:</p> <p>Fastest 20 year male—Lupe Gomez:</p> <p>Fastest 20 year female— None</p> <p>Fastest 15 year male—Roger Souders:</p> <p>Fastest 15 year female—Kathy Roldan:</p> <p>Fastest 10 year male—Charles Moore:</p> <p>Fastest 10 year female— Nancy Wangen:</p>	<p>Chip time 2:43:30</p> <p>Chip time 3:25:43</p> <p>Chip time 2:51:11</p> <p>Chip time 3:55:20</p> <p>Chip time 3:13:05,</p> <p>Chip time 3:39:59,</p> <p>Chip time 3:23:13,</p> <p>Chip time 3:36:44,</p> <p>Chip time 3:32:36,</p> <p>Chip time 3:45:11,</p> <p>Chip time 4:19:08,</p>	<p>Age graded time of 2:43:30</p> <p>Age graded time of 3:00:57</p> <p>Age graded 2:34:43</p> <p>Age graded 2:48:17</p> <p>Age graded 2:48:19</p> <p>Age graded 3:11:06</p> <p>Age graded 2:57:09</p> <p>Age graded 3:17:37</p> <p>Age graded 3:20:35</p> <p>Age graded 3:18:06</p> <p>Age graded 3:39:28</p>