

Houston Veteran's News

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

Fall 2009

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Well, boys and girls, our marathon has finally hit the "big time." Just like Chicago, New York, and Boston - Houston now finds that it has many more folks who *want* to be part of our event than the organizers are willing to *allow* into it. The new, larger limit is still primarily due to safety issues; and, only after the race is over can we know whether the additional 4,000 entrants will be able to safely enjoy all of the special features of race day (and race weekend) that we have come to know and love. Will the Expo now be like some kind of body-to-body Mardi Gras experience? Can the bag-check at the George R. Brown handle 22,000 folks' belongings, and still let them get out to the starting line on time? What about the HEB feeding frenzy after the finish? I don't want to faint from hunger in a long line, while trying not to collapse on my wobbly, hurting legs...

Anyway; the sellouts over the last several years - at first only hours before the race; then days before; and finally, last year, a couple of months before - have apparently created a sort of cachet to the Chevron Houston Marathon that ultimately reached critical mass. People do not want to miss out on something that is seen as very "exclusive." The CHM now has that reputation attached to it which, for good or ill, will probably never go away. Our half-marathon sold out during July in less than a day; and, the marathon itself was filled in just a few days. Next year, they may have to institute some sort of lottery system before the entry process, both to insure fairness, and to avoid

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**Houston Marathon Veterans
January 18, 2009**

On a race day morning, the 2009 Chevron Houston Marathon set new records in the 37th running. Weather was in the mid 50's with a light west breeze and clearing skies after some night rain showers.

The combined marathon and half marathon race 18,604 registrants.

The marathon sold out by July 7, 2008. Some veterans were still surprised and had to work to get into the race.

The marathon started 5,737 and 5,349 finished. The Half marathon started 8,700 and 8,334 finished. The 5 K started 2,843 and 2,821 finished.

Deriba Merga, Ethiopia, broke a 20 year old record with his time of 2:07:52.

Teyba Erkesso, Ethiopia, broke the women's record and won the women's race with her time of 2:24:18.

Wilmer Bustillos won the Men's master with a time of 2:32:36.

Heidrun Diakourmopoulos won the women's master race in 2:59:00.

Meb Keflezighl won the half marathon in with a very fast time with a 1:01:25.

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PAST & FUTURE

January, 2001

The 29th annual Houston Marathon with Compaq as this years sponsor. There were more than 5,300 participants with runners from 45 states and many different countries.

Men's winner was Christopher Ciamarra at 2:29:27 after driving for two days from Pittsburgh and picking up his packet with one hour to spare.

Women's winner was Stacie Alboucrek, Ft Lauderdale, Florida at 2:43:41.

Men's master winner was John Zuilhof with a time of 2:41:28.

Women's master winner was Miyo Chun with a time of 3:10:32.

The last official Runner was at about 5:32:31, placed at 3,982.

The Marathon had Pacers provided by the veterans group for the fourth time in history.

There were 238 active veterans, 82 streaking.

Fastest 2001 Houston Veterans Marathon time

20 + year group was lead by Clent Mericle at an impressive 2:53:59. Clent was also first the Men's age 45-49 bracket.

20 Year group was lead by Jim Healy at 4:04:38.

15 Year group was lead by Kenneth Ruane at 3:10:13.

10 Year group was lead by Kerry Staats at 3:04:02.

Compaq provided new amazing technology for this race

Much controversy about the 5:30 time limit as runners want the race time extended.

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

Race Calendar

- 09-10 Houston Mar. kick off party
- 10-03 Race for the Cure 5 K
- 10-10 10 Miles for Texas
- 10-11 Chicago Marathon
- 10-17 Huntsville 1/2 Marathon
- 10-17 Palo Duro Canyon 50 Miler/ 50 K
- 10-18 Tri Andy's Tri 300s/10mb/3mr
- 10-25 Warm Up Series Half Marathon
- 10-25 Marine Corps Marathon
- 11-01 New York Marathon
- 11-07 Rocky Raccoon 50 K/25 K
- 11-08 Ironstar Tri 1.2ms/59mb/13 mr
- 11-08 Warm Up Series 25 K
- 11-15 San Antonio Marathon
- 12-13 Warm Up Series 30 K
- 12-13 Honolulu Marathon
- 12-13 Dallas Marathon
- 01-01 Texas Marathon 2010
- 01-10 Walt Disney Marathon 2010
- 01-17 Houston Marathon 2010
- 02-06 Rocky Raccoon 50 M / 100 M
- 02-13 Surfside Marathon 2010
- 02-14 Austin Marathon 2010
- 02-27 Cowtown Ft. Worth Mar. 2010
- 02-27 Conoco 10K
- 02-28 New Orleans Marathon 2010
- 03-6/7 Texas Independence Relay
- 03- Bayou City 10K
- 05-15 Beach to Bay Relay

Upcoming Events

We will all miss Texas Trails in December if they do not get a new sponsor.

Veterans, why not get a team together to do the Texas Independence Relay on March 6 and 7. Several of you already are on teams, but a couple veterans teams to compete with each other would be great.

Ski with Arlen Isham after the Houston Marathon, Jan. 30 to Feb. 6, 2010, Ski 6 resorts in six day in Utah.

Summit 14,000 foot mountains in Colorado with Arlen, July 24 to July 31, 2010.

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.runnertriathletenews.com/
www.50statesmarathonclub.com/

Pacers Needed

We will need 2 Veterans Pacers at each time for the 2010 Houston Marathon. Entry's Refunded.

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

INFORMATION CHANGES

Address, Telephone
 "E" Mail, Etc.
 281-391-9019
aisham@consolidated.net
 Send to Arlen Isham
 25114 Derbybrook Ct.
 Katy, TX. 77494

**VETERANS PACE TEAM TO
LEAD
2010 HOUSTON MARATHON
10th Year**

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

The groups are led by the Houston Marathon Veterans, both men & women with 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 2 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
Carlos Reyes, Co-Chair**

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

Pace Team Leader Winners

Pacer King—John Yoder, 3 seconds under his goal of 3:00 with a 2:59:57

Team Winner was the 4:30 team of Kathryn White, Steve Murray, & Andrea Zepeda with finish times of 4:29:37, 4:29:38 & 4:29:40.

2009 Houston Marathon Pacer Stories

John Yoder -3:00 - I've come to realize something, as I've grown older. My body just can't take a beating and recover as quickly as it used to. In the past few years, I've decided to forgo "racing" three marathons a year and stick with racing two. I've also learned that for some reason, I never do well on my own turf's marathon, the Chevron Houston Marathon. I'm always pitifully out of shape in January no matter how much I try not to be. Also, my focus has turned to completing 50 marathons in 50 states, even if it will take me the rest of my life. So with that being said, I have decided to "race" two marathons in the spring and fall, while "just running" the Houston Marathon. And I do HAVE to run Houston. I have my now 15-year streak to think about. It's way too much of a habit to break now.

So for 2009 I decide that instead of just goofing around and running a leisurely pace like I did last year, I want to "give back" to the running community that has given so much to me. I signed up for being a pacer last fall and initially thought I would be pacing the 3:10 group. Fate landed squarely in my lap and at the last minute, I was bumped up to the 3:00 group. Not wanting to run a slow 7:15 pace I was quite happy to move up to a 6:52 pace, especially since I wasn't sure if I could even run an even split as slow as a 7:15.

I treated my pacing duties like a job. I had thought I would be nervous about pacing but I wasn't. I was really looking forward to helping others achieve that magical time goal of finishing sub 3:00. But at the same time, I was wondering if I could run a steady pace without going too fast, or what if I had to go to the bathroom? I didn't want to leave my

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Bob Luchsinger

Pace Team Stories



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group for even a second.

Race morning arrived like any other race morning, early. I eagerly made my way to the GRB along with my family. Faith, my wife would be running her first half marathon, Pony, my sister would be working on her 3rd Houston, and my mom came along to hold our belongings and ring the cow bell as we ran toward the homestretch and subsequent finish line.

The race went very well right from the starting cannon blast. Having Will Henderson, my other pace team leader in the group added quite a bit of humor along the way. I was glad to have his expertise since he was a pace team leader for 2008. One of the hardest things to do in a marathon is to start on pace and not go out too fast. I'm happy to report that we did our job perfectly as we crossed mile 2 at a perfect 6:52 pace.

We had quite a following of groupies for nearly half the race and while I didn't get an accurate count I probably guesstimate it must have been somewhere around 30. This pack of 30 stuck like glue through at least the half waypoint. We crossed the half way point at 1:29:38. A little time in the bank, but still right on pace.

Along about mile 20.5 I noticed attrition was taking its toll on the group and the once pack of 30 had dwindled quite significantly. There must have only been about five left at this point. I hadn't heard anything out of Will for quite some time so I asked around the group if they've seen him. "No", was all I heard back. I figured he must have made a pit stop and would catch up shortly but I never saw him the rest of the day.

Having run 38 marathons in my life, I think I can safely say I have a little bit of experience. From my personal experience, I like to build up a slight cushion before the last 6 miles. Now, part of this pacing gig is to finish + or - 2 minutes from the expected goal pace. We started out right on pace and gradually built the time bank up to a maximum of 48 seconds at mile 20. I considered this right on pace as we hit the belly dancers at the 610 underpass. The "hills" of Allen Parkway are deceptive creatures and I consider them tougher to run than the traditional "up" then "down" of a hill. Running "down" then "up" is just harder in my opinion.

As we hit mile 21, I figure encouragement is what is needed the most and I begin to offer as much as I can as I know these guys are beginning to hurt. I check in with both Jose



Jack Lippincott introduces 25 year veterans, Daniel Jason, Margaret Montgomery, Maria Camacho, & Jesse Smalls

and Rafael who are on my left and right respectively. I mention that we should probably slow down a bit in anticipation of the hills to conserve some energy but they are free to continue at this pace. They weren't interested in leaving me and welcomed the respite from the hard pace.

Nothing like hitting the mile 21.5 water stop to get some Strider Love. Thanks guys for cheering us on and for the Gatorade and water!

Mile 24 hit and I could begin to sense Rafael begin to slip. I really hated to see this happen because at the expo he talked to me and said he would stick right by my side. He so wanted a sub-3. I offered a final word of encouragement as he fell back. I later saw him finish in a still respectable new PR time of 3:00:50.

So with Rafael gone it was just me and Jose. I love watching the Boston Marathon, the New York City Marathon, or any marathon on TV. Right from the start there is always a large pack of runners. When watching you always know that, as the race progresses, attrition will commence and only one will prevail to win the race. My pack of sub 3 hour wannabes have followed this same pattern and now only Jose is left.

We still have 1.5 miles to go though, and that's a lot of real estate in the final miles of a marathon. Our 48 second time bank has dwindled to a mere eight seconds. Knowing that we are running slower than the required 6:52 pace at this point and if we continue this pace, we won't make sub 3, I inform Jose that we unfortunately need to pick up the pace.

One of the things that always bothers me about the Houston Marathon is the fact that it

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Born: 12/24/49
Where: Lincoln NE
Age at 2009 Houston Mar.: 60
Married: Yes
To who: Patty
How Many Years: 38
Children: 2 (Michael is running with me this year - his 4th Houston)
Occupation: Owner Apple Event Services

Started Running: Summer 1983
Reason: Was smoking 2 1/2 pack of Salem a day. The hardest part of running my first Houston was being without a cigarette for over 4 hours. I was finally able to quit in February.
Where: Dallas

Houston Marathons: 25
First Houston Marathon: 1984
Best Marathon: 3:13

Other Runs:
Total Marathons and Ultras: 120
Training Mileage: Off Season ... was about 50 miles a week.. is about 20 now
In Season same

Favorite Place to Run: White Rock Lake, Dallas
Favorite running Drink: Beer
Favorite running Food: Pizza

Other Stuff: When Michael agreed to run his first Houston a few years ago (the night before, on zero training, on a dare, as 24 year olds can do...) we were walking thru a painful stretch at about 18 miles and came upon President Bush standing with his dog encouraging the runners. When he found out it was Michael's first marathon he slapped him on his bare back and wished him well... The elation of the encounter took Michael's mind off of the pain... for about a half mile... then the calf cramps returned... all that was left was a giant red hand print on his back.

Richard Rekieta

Pace Team Stories



Born: 1/18/51
 Where: Bremond, TX
 Age at 2009 Houston Mar.: 58
 Married: Yes
 To who: Jean
 How Many Years: 37
 Children: 2
 Occupation: Houston Police Lieutenant

Started Running: 1978
 Reason: To Quit Smoking
 Where: Memorial Park
 Houston Marathons: 25
 First Houston Marathon: 1984
 Best Marathon: 3:14:19

Other Runs: Boston Marathon 2x, White Rock Marathon 3x, Marine Corp Marathon, Police Olympics, Polish Pickle Run 21x

Total Marathons and Ultras: 31
 Training Mileage: Off Season 22.5
 In Season Upwards to 45

Favorite Place to Run: Ridge Lake Shores Subdivision and Treadmill

Favorite running Drink: Water
 Favorite running Food:

Other Stuff: After a couple of years in the Marine Corps including a year in Vietnam, and almost 38 years policing in the naked City of Houston, running has been pretty tame. I run to get away from it and clear my head. I have actually solved a few crimes, putting clues together in my head as I ran loops in Memorial Park. Putting away the Memorial Park car burglar a couple of times was satisfying, including recovering my own pistol that he took once.

Running wise, I guess qualifying for Boston the first time was a big deal. Placing in my age group a few times at my hometown 5K (Polish Pickle Run) was nice.

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always seems windy. And not only that, but it seems to always be a headwind, no matter which direction you head. I knew as we turned north through downtown we would encounter some stiff wind and sure enough, we did. I told Jose to draft behind me to conserve precious energy.

We forge onward down the homestretch. I miss seeing the mile 26 marker to check pace. My only hope is I haven't miscalculated or slowed down and ruined Jose's chances of a sub 3. My fears were relieved as the clock came into view and I finish with a 2:59:57 chip time. Jose sprints ahead and finished in 2:59:54. Mission accomplished!

I really want to thank Under Armour for their generous sponsorship of the pace teams. Also, a generous thank you to Arlen and Jack for their involvement in making the pace teams happen. I must say that, of all my 15 years of running the Houston Marathon, this has to be the most rewarding and most satisfying of all. I had so much fun being a pacer and trying to help the runners in any way possible to achieve their goals. I had so much fun and I really look forward to 2010.

Bret Hervat – 3:10 - I met my pace team partner about 15 minutes before the start. Our race plan was the same or at least agreed to, go out easy at 7:30 for the first mile, gradually get back on pace and run the second half about 1 minute faster than the first.

We hit our first mile at 7:29 so far so good! We were back at pace by mile 4. We hit the halfway mark about 30 seconds ahead of 3:10 pace and had a giant group of runners with us. At mile 15 we upped the pace slightly and gradually built our "lead" to a little over 1 minute by mile 20. I did notice our group was decreasing in size, the miles were taking their toll and people were having trouble holding the pace. At mile 23 our group was down to just a few and we had about a 40 second margin of error. I was hoping to finish in the low 3:09's as I don't like to cut it too close, problem was those last few miles were really tough and we were losing time to our desired pace. With 1 mile to go Rob and I seemed to be the only ones left as the runner I was pacing (also named Brett) managed to drop me with two miles to go! Rob and I really worked over the last

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Houston Marathon Pace Team 2009

Not all in the picture - Ken Ashby, David Barton, Peter Birkhead, Robert Casadonte, Richard Evans, Terry Fanning, Kristen Foxley, William Henderson, Jay Hendrickson, Bret Hervat, Bob Hoekman, Arlen Isham, Richard Jares, Felix & Sylvia Lugo, Layne Mashburn, Bruce McConaghy, Stephen McNeil, Kent Muhlbauer, Steve Murray, Peter Prescott, Tom Radosevich, Carlos Reyes, Mark Strug, Kathryn White, Bob Williams, Michelle Wolpert, John Yoder, Andrea Zepeda

Pace Team Stories

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mile and finish within seconds of each other with only a few seconds to spare. I think my "clock time" was 3:09:55 with my chip time just a few seconds faster.

Mission accomplished! Now I just need to find a way to take 10 minutes off my time in 4 weeks, I am running Austin Feb. 15th with the goal of a sub 3. Wish me luck!

Rob Casadonte – 3:10 - As I sit here two days later, my quads are shattered; I look like I need a cane. But I am still smiling, content and feel blessed to have been a Houston Veteran and Houston Pace Group leader. Please sign me up for 3:00 next year. God-willing, I'll be better, healthier, and lighter in 12 months. Thank you for this opportunity and thank Under Armour for their generous sponsorship!!! They sure make nice stuff and have a strong brand and reputation!

Thank you for the opportunity to pace the 3:10 group with Brett Hervat. It was wonderful. Brett was clearly in better shape than the rest of our group and could have easily run 2:55. He chose to lead us smoothly along. Our goal was even splits of 7:15/mi pace or even a slightly negative split on the 2nd half of the run. We wanted to really control ourselves and just enjoy the day during the 1st half of the run.

It was marvelous to be able to start the race so near the elites and 3:00 group. I estimate we were approximately 6-8 seconds off gun time with our chip times. We ran the 1st uphill mile very cautiously and came through in 7:30. Then, of course we over-corrected or got warmed up or whatever you want to call it, and we ran approximately 7:05 for the 2nd mile. After that, we all really settled in. It was hard to hold back but we managed to run the next 18 miles all between 7:07 and 7:15. Since our goal pace was 7:15/mile we were putting a few seconds in the bank on each pleasant tree-lined, shaded, smooth mile. The breeze was glorious and helped us to keep from being uncomfortable even with the temperature being unseasonably warm (10-15degrees warmer than my ideal). Do you remember the smells of the early miles (reminded me of New Orleans a bit) and gorgeous sights of the early miles?

At half-way, we were about 45seconds ahead of pace. By mile 21 we were about 1:15 ahead of pace. Mile 21 and Mile 22 were approximately on pace but the effort seemed more; it sure felt like a 7:00?! Some of the more dehydrated and less conditioned in the group started to fall back. The core

group that filled the roadway 5 across and 8 deep (approx. 40-45 at max group size) through Rice Village and along University had been gradually pared to about 10 individuals. Two or three hearty souls who felt good, went for 3:05's after the 20mile point and gradually pulled ahead of the pace group. They looked strong and smooth and I believe all three finished very well. Then our group numbers started to slip even further from mile 20 to the finish.

Recollections of the last four miles....It got hot. It got SUNNY, really sunny. It got hilly, ok more like "roll-y" but at the time the Allen Pkwy underpasses felt like real hills. The uphill's hurt, the downhill's hurt, the side hills hurt when the road banked to go around corners. I loved the flat spots and the aid stations and the music and the spectators and they got me through. Finally after the Allen Parkway roller-coaster it got delightfully flat again

Here is a glimpse of my self-talk in my head the last 10-k---at least I hope I didn't say any of this following stuff out loud. *"OK, smoothly shuffle along, keep your turn over up, don't push off too hard with your toes because we don't want to cramp up. We can do it. Man, my feet hurt. Man, my IT bands on the outside of my knees are stiffening up. My stomach feels a bit like it has a rock in it from that last gu packet hitting me like a lead weight with no blood going to my stomach to help digest --- it's all in my working muscles. Wow, I'm breathing a bit more often now. Count your breaths (260-320 breaths per mile for 1st 21 miles). Now 350-450 breaths per mile. We'll go with 400 breaths per miles. Great after 24miles we're still up about 45 seconds on 3:10 pace. Less than 1000 breaths to go. 40K sign... dang, no clock and Brett is 10 seconds ahead of me so I can't get a time. I didn't wear a watch--- what kind of pacer doesn't wear a watch????!! Oh good there is the 25mile sign right behind the 40K sign. Sweet, I'm still up 30 seconds. We can do it. Keep it smooth. Use your arms. Less than 500 breaths. Whoa it's sunny. Oh well, I gotta look good for the pics so I'm taking this ridiculous visor off. Whoa it's sunny! I'm putting the dang visor back on; I don't care what I look like anymore---I just want to finish. Sweet, it was only 452 breaths for the last 1 mile + 285 yards for those who want to know. Why am I counting breaths again??? Yeah, done!"* Now how was that for some stream-of-consciousness psycho-babble? That Rob guy sure is strange. :)

Well, I almost caught back up to Brett at the end (he had 5-10seconds on my after mile 23.) I was maybe 4 seconds back at the finish. I think the clock said 3:59:56 or



Pacer Bands & Bibs

3:59:58 when I went across the finish. Online later at home I saw my chip time was 3:59:50 so I am happy we were able to lead the group at the right pace.

I think the "put a few seconds in the bank during the smooth, cool, relaxed miles from mile 2 through mile 20 was an excellent adaptation due to the weather. Brett knew it would be hot and sunny and tough on Allen Parkway at the end so it was really nice to have the insurance 1:15 for those last 4-5miles. We needed it as we slipped a bit at the end. Did I say it got HOT? Did I say that it got SUNNY? Thank God for aid stations and volunteers, and spectators and training partners and pace partners.

Brett was more the "run through the aid station, get one cup and gulp it while running --- don't miss a beat guy". I'm not that coordinated and I really hate aspirating liquid into my lungs while running. I hate spilling sticky gatorade down my face, neck, front and shoes only slightly less. For this reason, I'd grab a gatorade with one hand, WALK, drink it, grab water with the other hand, drink it and then commence running again. On average this took about 5-6 seconds per aid station. So I was slow out of the pit stops and had to re-catch the group every two miles
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Pick your top 50 Things to do for your life list. Write them down and start to do them. We can only go around once and the clock is running.

Pace Team Stories

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or so. I imagined myself as an Australian sheep dog; herding the group back together and tried to convince myself I was doing this for the "good of the group." HOGWASH! Who's kidding who, I did it because I can't reliably hydrate while running from open cups. If I had a baby "sippy" cup or a sports bottle, maybe. Open cup--Forgetaboutit! So picture this smooth serene group clicking off mile after mile with Brett leading them and then this rabid, goofy guy running loops around the group and loitering at the aid stations and scaring the volunteers every two miles. I bet if I had a GPS with me during the race the "crumb trail" would have been full of "loop de loops". On a related note, ask Brett about my 'running the tangents' too when you see him. I run my tangent just fine. Unfortunately, my running puts him right on top of the elevated "ankle-braking" lane marker reflector-thingeess... what a partner, huh.

At around mile 6, one of my friends running the 1/2 marathon, Ruth Mallory, passed us. She offered us nice encouragement and smoothly moved ahead of us with her sub-7:00 pace. Some people make it look too easy!

Jav Hendrickson & Dave Barton - 3:20 - David Barton and I had about 20-30 folks with us at the beginning of the marathon. Everyone was pretty excited at the start, even though most of us knew it was going to be a warm and humid day.

Average pace to run a 3:20 marathon is 7:38 per mile. I wanted to take the group out a bit slower than that in the first mile to get warmed up. The first mile in a marathon is tough to run slow as there is so much adrenaline flowing. We were about 20 seconds behind the starting line at the gun, did not get caught up in the initial rush, and managed to hit the first mile in 7:50. It was exactly what I'd wanted.

Our pace varied in the first 6-7 miles as we slowed going up inclines and increased our pace going down the inclines on Studemont & Montrose. After that, it seemed that at every mile marker, our average pace was called out at 7:37 to 7:38. It felt great!

We hit the half-way mark in 1:39:40. I let the group know that we had a few seconds to spare and were going to slow a bit when we reached the Westpark overpass. The idea was to save ourselves for the Allen Parkway hills

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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

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another mad scramble during the opening minutes. The online system was so completely overloaded just after midnight this time around, that most folks who tried to use it immediately had no success (although things were eventually, by early morning, brought under control).

Oh, well. For now, we Veterans must simply revel in the additional justification all of this brings to our choice of – and serious addiction to – our favorite event!

Meanwhile, I hope all of you Vets can “beat the heat,” survive, and make good use of the upcoming cooler training days...

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Magdalena Boulet, won the women's race in 1:11:47.

Sean Wade, (1:07:09) and Colleen De Reuck (1:12:16) were masters winners.

The pace team had two members at each goal pace for the first time.

Veteran's Profiles Which Newsletter Date

| | |
|---------------------|-------|
| Clyde Villemez | 09/98 |
| Gene Askew | 09/98 |
| 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 |
| Tony Alvarado | F /08 |
| George Guidry, Jr. | F /08 |
| Will Hrachovy | F /08 |
| Brian Jenison | F /08 |
| Bob McDowell | F /08 |
| Lee Miksch | F /08 |
| John Phillips | F /08 |
| J P Reed | F /08 |
| Ken Ruane | F /08 |
| Harry Vroulis | F /08 |
| Bob Williams | F /08 |
| Bob Luchsinger | F /09 |
| Richard Rekieta | F /09 |
| Darryl Hees | F /09 |
| Randy Rendon | F /09 |

Pace Team Stories

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starting after mile 22.

As we hit mile 17, I had a phone interview with Charlie Pallilo of 790AM radio (I was carrying my cell phone as we'd sort of planned this). I'd thought he was going to call, do the interview quickly, and then let me get back to pacing. Turns out, radio interviews don't work like that. First, the call from the producer...who puts me on hold. So now I'm running a marathon holding a phone to my ear. After several minutes, Charlie gets on the phone and starts the interview.

Some of the interview questions I recall. How many folks are in the pace group? 20 or so. What time did you wake up? 4:15am. Significance of 3:20? It's a Boston qualifying time for Men 40-44. Communication in the group? Lot's of chatter in the first few miles, not so much after 17 miles.

By the time we were finished, we'd passed mile 18. During the interview, Roger Boak was running alongside me and was kind enough to hold the pace stick with balloons. Thanks Roger. Looking back, I'm not sure why I agreed to do it. It threw off my pace (we ran the 18th mile in 7:31) and breathing.

We hit Allen Parkway in very good shape. About five folks in the pace group were feeling so strong, they graciously thanked me for pacing them, picked up the pace, and pulled ahead of us. I cannot explain how good it felt to see an entire pack of PR's just about to happen.

Just after mile 23, and without any warning, my right hamstring cramped up. Here I was, smiling one minute and thinking that we were about done and the next minute, I'm on the side of the road stretching. I waved the pace group on and told them they had plenty of time to hit 3:20. We had hit mile 23 in 2 hours and 55 minutes at an average pace of 7:37 per mile. Although I tried to catch the pace group after stretching, I couldn't. The last few miles got worse. I finished in 3:27:04. I could be disappointed but knowing that I helped many of them get a PR and/or break 3:20 is extremely gratifying.

The interview possibly did me in but, after having a couple of days to think about it, I think it was just plain dehydration. Lots of cramping of both calves and when I finished and went to the medical tent, my blood pressure was 88/60...a bit low (normally ~115/65). I recall taking a swallow of water

Darryl Hees



Born: 1/5/1945
 Where: Houston
 Age at 2009 Houston Mar.: 64
 Married: Yes to who: Judith Herman- Hees
 How Many Years: 27
 Children: 0
 Occupation: Retired Math Teacher
 Started Running: 1975
 Reason: Alarmed about declining physical shape at age 30
 Where: Nacogdoches, Texas
 Houston Marathons: 25
 First Houston Marathon: 1981
 Best Marathon: 3:14:10
 Other Runs: Numerous 5K, 10K, and Half marathons over the years. Also 1 Triathlon in West Texas in 1982 ??, I think.
 Total Marathons and Ultras: 25
 Training Mileage: Off Season : 10 miles
 In Season 15 – 30 miles per week
 Favorite Place to Run: Kingwood greenbelts

Favorite running Drink: Water
 Favorite running Food: Bananas & Oranges

Other Stuff: Tore knee cartilage in annual school faculty-student basketball game in 1999. Have not fully recovered since then and resulting knee pain and inflammation severely restrict my ability to consistently train for recent Houston marathons. But I still try to get enough mileage in to finish another Houston marathon each year as I now look at it as an annual social event to be enjoyed with fellow runners.

During the past few years I have given my finishing medal to my sister, Joyce Holloway, who passed away this year after several bouts with breast cancer. She enjoyed wearing my finisher shirt and medal to chemotherapy after a marathon as a joke on her oncologist and the chemo nurses.



Anne Bonney of Under Armour Pace Team Sponsor

and/or Gatorade at every stop but probably needed to drink a bit more in the warm conditions.

Carlos Reyes - 3:40 - Sunday morning was actually a pretty good day despite being a little dry. When Kristen and I reached the start I could sense the group we had was a little skeptical about the conditions and were more subdued than in years past.

After the gun we were just short of a minute shy of our first mile pace, but conveyed to the group that we had plenty of course to get back on track. The group responded very well to Kristen and my recommendations to hydrate during the early stages of the race, as it was expected to warm up considerably during the latter stages.

By about mile 4 the majority of the group had gotten back on track and had actually managed to get little ahead of the 8:23 pace, so I decided to drop back to the fuzzy edge of it, and sweep up any who may be struggling.

For the balance of the race I supported the group that was on the fringe of completing the course in 3:40 or less. In the end my efforts took their toll and I ultimately ran out of gas in the downtown home stretch; however it was a relief to see the majority of my group surge forward.

I managed to finish two minutes shy of the 3:40 goal where I was reunited with some of the folks that stayed behind to give their appreciation for the miles of encouragement they had received. All in all another truly enjoyable run with some really great folks.

Tom Radosovich 3:50 - Well, batting .250 might make an Astros hitter, but for the third of four attempts, I failed to come in with my pace group.

Bruce McC and I hit our 8:45s with precision, to Mile 21, when my calves started

(Continued on page 9)

Pace Team Stories

(Continued from page 8)

cramping. I fell a stride or two behind, then three, then four, then hobbled to the end, for a PW, as Bruce brought them home alone. Still ... the weather was great, we paced a great group of runners, and thanks to Arlen and Under Armor for some great gear!

Mark Strug – 4:00 - For the 2nd year in a row, I ran alone as a pacer. I started in the front of the 2nd wave while the other 4 hour pacer started at the back of the 1st wave. It was a great experience pacing a much larger group than last year, as an 'army' of at least 30 people were running with me for the first 19 ½ miles of the race. rather than try to run the first half of the marathon too fast just to bank in enough time to break 4 hours, I told my group that I would run at an exact 3:58 pace for as long as I could, which is what I ended up doing. Except for the first water stop, we stopped at all the water stations to get fluids in early with the warmer-than-expected temperatures. We ran a 1:58:31 first half and we were still on a 4 hour pace on mile 22. Once I hit the wall and felt I was not going to break 4 hours, I had one of the more vocal guys in my group take whoever else wanted to go with him to try to break 4 hours. I finished in 4:11, but was happy to see a few of the people in my group wait at the finish line for me some of them broke 4 hours, and one of the female runners was able to qualify for the Boston Marathon (as she needed a 4:05 or better). It was a great experience being a pacer again and I thank you for the opportunity to get to be a Pace Team leader for these past two Houston Marathons.

Peter Birckhead – 4:00 - My story is not a good one. I crashed at mile 21 and finished at 4:13 instead of 4. Good news is of the 12 people I had only two were left at mile 21.

Half had gone ahead around mile 18 even though I was right on pace and the half had dropped back because they could not maintain a 9:10 pace. The two runners I had at mile 21 when I crashed were both doing well and took the balloons and finished at 3:57.

Layne Mashburn – 4:15 - I had a really bad day. I had to let my pace group go at 14 miles. I finished my worst time ever in 4:49. sorry to let you down as a pacer.

Ken Ashby - 4:15 - This was my 167th marathon (plus 155 ultras), my 21st Houston, and my third time to lead a pace group. Since running 2:59 at Dallas White Rock in December 1996 at age 44, I have been

slowing 4-5 minutes per year. Last year, I went over four hours for the first time at Houston, so I traded down to the 4:15 group this year.

When the day started at 60 degrees, I suspected that 4:15 might be difficult. My plan was to maintain a constant 9:44 per mile pace for as long as I could, and walk about 30 seconds through every water station. The other leader, Layne Mashburn, offered our group the alternative of a slightly faster early pace to allow for slowing down later in the heat. The majority chose to start with him. At the front of my smaller group were former pacer Joe Henderson and two pleasant ladies named Suzanne McLean and Lisa Ozsdolay.

We made halfway at exactly 2:08 chip time, just 30 seconds behind schedule. When Layne's group slipped back to us at Mile 14, I suspected something was wrong. Sure enough, Layne said blisters were forcing him to quit. He handed his balloons to a young woman named Sara Shannon, who did an admirably steady job of leading the rest of the way. (Layne still managed to finish in 4:49.)

Still on pace at Mile 20 in 3:15, I felt leg cramps coming, so I handed off to Joe and began walking. Joe and Sara finished together at 4:18:23 on the Wave-2 clock (4:17 chip time), with Suzanne a few seconds ahead and Lisa a couple of minutes back. I don't know about the others in the group, but most had dropped off pace before 20 miles. A couple of the most enthusiastic, Maggie Lehaun and Thuy "Hot Mama" Moon, triumphantly passed me back at 40 km, followed by the 4:30 pace group. I beat the cramps by consuming lots of gatorade and beer, and shuffled in at 4:32.

Although my lack of endurance was disappointing, it was still an enjoyable day. Low humidity contributed to dehydration but also kept us comfortable. The Under Armour shoes, socks and shorts worked great, as did



**Veterans Long Sleeved
Shirt 2009**

their pacer's shirt which I modified by enlarging the neck for better cooling. And the quality jacket was a nice bonus.

I'll be leading the 4:30 pace group at my 24th consecutive Cowtown Marathon in Fort Worth on February 28. This is their first year to sponsor pace groups.

Andrea Zepeda – 4:30 - First I'd like to say thank you for all of your hard work. I understand how stressful an event like this can be. I appreciate the opportunity to be involved in this honor.

The day could not have gone better. We lined up early and had a nice size group ready to run with us. Each person had their own goal to reach and fortunately our pace team was able to run an evenly split race to help each of them. Kathryn is truly remarkable, I felt like I was on a tour through Houston. Along the way she told little tidbits about the areas in which we were running through and kept everyone's minds preoccupied. Like always the first few miles were a little slow, but by the 10k mark we were on pace. The rest of the day was great. We ran each mile as evenly as we could and encouraged everyone along the way. The greatest feeling was with about 2 miles to go we had two women who had run the entire way right by our sides. They began running sooner than we did through the water station and we never saw them again. They certainly hit, or should I say, beat their goal time. With about 1 mile to go we told anyone around us to go and stay running smooth, that we were going to come in as close to a 4:30 as possible but that did not mean they had to. With encouragement a few more continued running a strong pace and beat their goal time as well. I was not sure what to expect as a pacer, but I can tell you it was enjoyable and a feeling of accomplishment. I would certainly do it again in the future. Thanks for everything and letting me be a part of it!

Steve Murray - 4:30 - We had a large, and excited group at the start. Many first timers, and others who were looking for help to hold a steady pace. About half the folks were from Texas, many from other states, and a few from overseas. Kathryn and Andrea were going to keep a slow jog going through the water stops, and I was going to walk the water stops to help the folks who preferred short walking breaks. As always, we were in a crowd for the first few miles and had to pick our way through, leaving us at a slow ~11 min/mile for the first 2 or 3 miles, but as we moved on we brought the pace under control such that we were on

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Pace Team Stories

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target by ~5 miles into the race. Kathryn provided some great info on the various Houston neighborhoods as we went along.

We still had a great group going and lots of time to talk as we reached the 1/2 marathon split at the 9 mile mark and this held up until we got to the Galleria district. The wind and increasing heat took a toll on the group as we drifted further apart. Kathryn and Andrea kept a steady pace as I tried to help with the folks straggling along. We still had at least a dozen folks together as we went by the belly dancers and into Memorial Park. By the time we reached Allen parkway the group was falling apart so we encouraged the stronger folks to go forward and we helped some of those struggling to hold pace. As pacers we crossed the finish line together with several runners both ahead and a bit behind us. We heard lots of good comments, and personally I had a great time. Kathryn and Andrea were great to run with, and I thoroughly enjoyed running with, and helping by sharing the marathon experience with all the folks looking for a pace time support. I hope to have a chance to do it again in 2010! (hint-hint)

Thank you Arlen and Jack for putting this together -I'm sure it was a lot of work. Thank you to Under Armour and Anne Bonney for all the support and team clothes. They were great. The shoes worked very well for me, no blisters or other problems, and this was my second marathon running in these shoes.

Steve McNeil - 4:45 - I appreciate the opportunity to help my fellow runners achieve their goals. Bob Williams and I led the 4:45 group this year. The wave start allowed us to be only 40 seconds off pace at mile as compared to last year's 2:00



Pace Team & Veterans Booth

deficit. We skipped the first water stop and were able to "get" on pace by mile 3 - 4. We slowly built a 1:30 - 1:40 minute buffer by mile 8. Our strategy was to walk about a minute at every water stop. Unfortunately, Bob had some leg (see chronic fatigue) issues and fell of pace around this point of the race and was never able to catch back up to the group. We ran the next 14 miles at a flat pace varying by only seconds per mile arriving at mile 22 with a 1:20 buffer. I would guess that there were 30+ in our group at this point. I rewarded the group with additional walks at the Allen Parkway underpasses. The group somewhat disintegrated at this point. A few runners were able to surge ahead knowing they were in the last miles. The majority fell off pace but not by much. I had one gentleman run the entire race side-by-side with me. He was able to shave 15 minutes off last year's time. We crossed the finish line at 4:44:46 (14 seconds under the Goal Time). The 4:45 "Bus" came in on time as promised.

It is a great feeling to walk around in the post race recovery area and have several people come up to me and tell me how much the pace group(s) helped them attain their respective time goal / finish. Now that my one day adulation and worship as passed, I look forward to pacing again next year.

I noticed this year that I wasn't as aware of in the past, another service we provide to the spectators. They were able to see the pace/time as we passed to know when to look for their runners.

Bob Hoekman - 5:00 - We knew it was going to be warm when we were comfortable waiting to start. The start was smooth and we got to mile one exactly on pace running the first 10 minutes 9:1 since it was start and stop anyway. We then went to 4:1 and from mile 1 to 13 gradually built our 4 minute pad as planned.

We held steady pace 11:27 pace from mile 13 to 22 at which point we walked more often and longer, especially on the uphill. Our group stayed pretty tight until 18 miles when we lost a few as it got warm and we turned into that pesky headwind. Where was that NW wind the weather forecasters predicted??? Our "banked time" was much appreciated as we gave back 3 1/2 minutes over the last 4.2 miles. At mile 25 I advised those who felt strong to take off and about half did. At 25.5 the rest took off leaving Richard and me to finish alone. I was pleased to see our group still had legs to kick in at the finish, looking strong for family and photos. My chip time was 4:59:25 and 11:26 pace which was roughly 1 second per mile

below goal.

It's really nice to have two pacers. We were able to leave one with the group allowing us each to take a pit stop during the first half. After that we were both running "dry" as evidenced by our weight loss at the finish weigh in.

This was another good group with quite a number of first timer marathoners and a surprising number of young runners (under 40). They were appreciative and even those who probably could have gone a bit faster stayed with the group as they were having fun. Quite a number had not trained run/walk and became believers in the concept. At age 67 it is harder every year to get revved up to train, but the thanks from the group make it all worth while. I'll be back to run 5:00 again next year if physically able. Having done my 20, 22 and 24 mile runs in December on ice and snow this turned out to be my easiest run of the last 6 weeks. I'm happy to have minimal muscle soreness. The only pain is my old knee cap fracture "talking" a bit.

Final note, several runners commented that we were wearing Under Armour gear and we were happy to tell them that it served us well. Richard and I both liked our shoes and no foot problems after 26.2. It is nice to see our Pace Teams getting more recognition and I, for one, appreciate Under Armour's support.

Richard Evans - 5:00 - My best story came after the marathon was over. When I started having a fainting spell in the convention center, my fellow pacer, Dr. Bob Hoekman, was on call. He had me prop up my feet to get my circulation going, called medical over to pick me up in a wheel chair, and when I recovered he picked up my shirt and mug for me so I could head over for some food. He took time to join me for some coffee having already waited an hour and a half after the finish when most everyone had left the convention center. He deserves my deepest gratitude.

Pacing went well. We were ahead of pace at the half but came in just about a half minute ahead of our 5 hour goal time. The banked minutes did come in handy for a little extra walking time on Allen Parkway. The weather was fairly warm but the wind was not as bad as expected and in fact was somewhat refreshing, surprising for the Houston climate. Our group was about 25 strong past the half and the crowds were as large as I ever remember for the marathon. Another enjoyable memorable experience in Houston. It is a well organized event as always.

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Randy Rendon



Born: 11/10/1947
Where: Houston, Texas
Age at 2009 Houston Mar.: 61
Married: No
Children: Two sons, my daughter and three granddaughters.

Occupation: Police Chief for the St. Edward's University Police Department in Austin, Texas
Started Running: I began long distance running in 1982 and I ran track in high school.

Reason: To lose weight and improve fitness.
Where: Houston, Texas
Houston Marathons: 25
First Houston Marathon: 1983 3:17:23
Best Marathon: 1987 Boston Marathon 2:54:20
Other Runs: I have run in four (4) Boston Marathons and I was selected to be a member of the New Balance Global Centennial Team to run the LaSalle Bank Chicago Marathon in 2006.

Total Marathons and Ultras: 67 marathons
Training Mileage: Off Season 20-30 miles
In Season 40-55 miles weekly
Favorite Place to Run: Lady Bird Lake trail in Austin and Memorial Park in Houston.
Favorite running Drink: Powerade
Favorite running Food: Lasagna

Other Stuff: I have been a member of the Houston running community for 30+ years and I really miss the camaraderie and the city in general. However, Austin has been a pleasant transition and the soft trails have allowed me to make a full recovery from knee replacement surgery in 2007. I truly feel that whatever success I have achieved in my professional and my personal life is a direct result of establishing balance between work, family and athletics. Running has always been the staple that keeps me moving forward and I plan to run 30 Houston Marathons and 100 marathons total. Then we will see what the Good Lord has planned for me. My only words of wisdom: "You may not be able to put in what God has left out but you can make the best of what you are blessed with." I hope that I have been an inspiration to all my fellow veteran runners because you have been the real reason I am still on the road. Thanks for your friendship, thanks for the memories and enjoy every run.

Pace Team Stories

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Michelle Wolpert – 5:15 – I agree with all the other pacers: I had a wonderful time, despite the heat and the sun. We had a pretty steady group of ~10 runners up until Memorial Park, when the heat started to take its toll and folks dropped back. We were running 5 minutes at a 11 min/mile pace, and walking 1 minute at a 13 min/mile pace. While my fellow pacer (Richard) claims I was running too fast, the group complained that he was walking too fast...so I think we balanced each other out. We somehow managed to put about 3 minutes in the bank early on, and we maintained this buffer for most of the race, erasing it by a minute or two along Allen Parkway. By the time we ran under I - 45, there wasn't much left of our group, unfortunately. But whether they finished under 5:15 or over, I know we helped them along the way, which is very gratifying.

We kept the group engaged by asking everyone to share the duty of carrying the balloons, as well as counting down the last 10 seconds of every run section. We got a couple of weird looks from all this counting, but it kept the energy level up. We were lucky to have the Under Armour representative, Anne Bonney, in our group, so she received a lot of good feedback from everyone about how much they liked UA products, and from me and Richard about how pleased we were with UA sponsoring the pacer group. I received the following email from Anne:

From Anne at Under Armour - Hey there Richard and Michelle - I wanted to sent a quick hello and thank you for a great experience on Sunday! After 3 days on my feet at the expo I was pretty skeptical about how I'd do in the marathon, but staying with you guys and the pace group really made it an enjoyable experience. I finished strong, and felt good after! So thank you from me personally, and thank you for representing our brand out there on the course! Hope to see you again next year. Happy running.

Overall, I think being a pacer was a great experience: from the generous sponsorship by Under Armour, to the sense of accomplishment in helping people along the course, to the conversations and camaraderie experienced along the way. I definitely want to sign up for next year.

Richard Jares - 5:15 - Weather was a common concern for pace setting in the 2009 Chevron Houston Marathon. During the

week before the race, we southeast Texans actually had to scrape ice off our windshields in the morning. The forecast was low 40's to mid 60's earlier in the week and changed to mid 50's and low 70's the day before the event.

The Sunday morning sky was clear and cloudless, which was an omen for a potentially hot event. There was some light rain during the night. As we waited for the second wave gun at 7:10 am (the first wave was 7:00 am), runners searched for their appropriate pace leader. As pace leader I held up the 2'x3' sign with our planned finish time on it. Thank goodness we did not have to carry that sign all the way. We set them off to the side when we approached the starting line.

As pace leader, we are expected to cross the finish line within +/- 2 minutes of the 5 hour 15 minute chip time. The 5:15 marathon time translates to 12:00 min/mile pace or 5 miles per hour. Some remembered me from last year or I met them at the Expo the day before and wanted to run the 5:15 marathon again. For some it was their first marathon and were nervous about what to expect. One said that they had the butterflies so bad that they were not able to sleep very well.

Our strategy was to do 5 and 1, i.e., run for 5 minutes, then walk for 1 minute. Our running pace was to be 11:00 min/mile and the walk pace was to be 13:30 min/mile. Also we would walk through the water stations and up any "hills" (viaducts, underpasses, etc.) Using my Garmin 205 GPS, I could keep track our pace pretty accurately. Another help was my co-pacer, Michelle's and another runner, Catherine's alarm watches. These watches would be set to alarm at every 5 and 1 minute intervals. Last year I had to keep track of it in my head.

So that people could identify where the pace group was, a 3 foot wooden dowel with red, white, and blue balloons was carried. The pace leaders wore red sleeveless Under Armour technical t-shirts and a day- glo yellow visor. The pace time was pinned to the front and back of the shirts.

The job of carrying the balloon stick was traded off with various members of this exclusive pace group. One member of the group, Julie, also saw the wooden dowel as a way to scratch her back. The pace teams were sponsored by Under Armour. Their representative, Anne Bonney, decided to run with our group. That is what you call getting involved and taking the challenge personally.

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Pace Team Stories

(Continued from page 11)

Usually one would think that the biggest job would be to keep encouraging people to keep up the pace. Our group was blessed with some "race horses" that needed reminding to slow down their pace. We built up "time in the bank" being 4 minutes ahead of schedule at the 5 mile mark. At the half way point, we had 3 minutes "in the bank." The group used up 1.5 minutes from the bank by mile 20. At mile 25, we were right on schedule with no reserve in the bank. This year there was no President Bush (the elder) as in past years. I think he was in Washington for Obama's inauguration.

On Post Oak, I saw a booth saying "Be a Winner" by using a spinning wheel. I surged ahead of the group and spun the wheel (without Vanna) and won 2 tickets to the Houston Zoo and two "Conservation Hero" plastic bracelets. The original phalanx of dauntless achievers started thinning out around mile 22. Of course there would be those that sped up from a slower pace group or those that fell back off a faster pace because of fatigue or the heat. My chip time was 5:14:22, 38 seconds to spare.

During the event, one is never sure how big the group is. During the race, the group seemed to 40 to 50 dedicated souls. At the event's end there were some 146 persons that crossed the finish line +/- 2 minutes of 5:15. That included 3 people from Galveston County. Galveston County has many veterans and a few that are pacers.

Terry Fanning - 5:30 - participated in the 2009 Chevron Houston Marathon as a pacer, one of two runners who would lead others to help them complete the marathon in 5 1/2 hours. I had paced three times before, once at 5 1/2 hours and the last two years as a 6 hour pacer.



Veteran's Profiles

Veterans HARRA Iron Foot Winners - Fall 2008

Deb Clifford
German Collazos
Dusty Cook
Mark Fraser
Michale Luna
Gloria Mahoney
Richard Peoples, Jr.
Donna Sterns
Fred Steves
Larry Tidwell
Alfonso Torres
Kathryn Vidal

Veterans HARRA Iron Foot Winners - Spring 2009

Roger Boak
Mark Fraser
Edward Fry
Annie Hadow
Jack Lippincott
Richard Verm

This year the weather looked like it would be a factor, in a pretty negative way. Slower and, let's say, "heavier" runners (like me) are much more adversely affected by warm days. At 6:45 am, standing in the back of the crowd under a sign that says "5:30 Pace Group", it looked like this would be a hard one. The night before at least one weather forecaster predicted light rain in the morning and a low of 58 degrees. I figured that at least it would be overcast and we may even stay cool with a shower. At 6:45 am there wasn't a cloud in the sky and it was just under 60 degrees. So much for those hopes.

Our goal as pacers for the 5 1/2 hour group was to maintain the same pace at every mile. This would include running 5 minutes and then walking 1 minute. That, of course, means starting to walk before we reach the first half mile. I was poorly prepared in that I had forgotten my watch (but I knew that I could count on my co-pacer - Arlen Isham) but was well prepared for visual attraction, so that our group could see us if they made a potty stop or just fell behind a bit. Both Arlen and I wore red shirts with PACE TEAM on

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Veterans Committee

Our group continues to grow. Jack & I have decided that **we need help** for some of the normal activities outside of the marathon weekend. Jack is looking for a volunteer to act as a back up for himself.

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 2 volunteers** to help with the newsletter. The task would be: Gather information from the veterans including veterans profiles.

We **need 2 volunteers** to help with the setting up and taking down of the Expo booth.

**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 signup
booth in October and with the Houston
Marathon Booth at the Expo each year.**

**Mark Strug, Will Henderson, Bill
Schneider, Phil Smith, Richard Evans,
Caryn Honig, Bob Hoekman, Len Emge,
Nagindra Prashad, Peter Birekhead,
Susan Middleton Bollich, John Yoder,
David Barton, Tom Radosevich, Wayne
Rutledge, Tom Steets, Michelle Wolpert,
Kathryn White, Bob McDowell, Terry
Fanning, Tom Steets, Peter Birekhead,
Peter Prescott, Brett Hervat, Michael
Johnston, Jeff Ross, Kristen Foxley, Bruce
McConaghy, Bob Williams, Carlos Reyes,
Felix Lugo, Sylvia Lugo, Bill Buffum,
Andrea Zeped, Ken Ashby, Robert
Casadonte, Mack Gibson.**

**There are others not listed here that also
worked and we thank them also. We did
not get you on the list.**

Pace Team Stories

(Continued from page 12)

the front and back, had greenish- yellowish fluorescent visors and we each carried a stick with red, white and blue balloons attached. We also had two signs pinned to our backs. One had the pace,"5:30", and the other had our first names and how many Houston marathons this would be for us (31 for Arlen and 22 for me).

Arlen kept the pace and our group stayed together. The group had many different people, each with their own story. One woman who looked to be about my age (I am 57) told me that she had never run or done any kind of exercise until just four years ago. She dropped 75 pounds and this was going to be her 4th marathon. Her husband thinks he is married to a different woman, and is glad. Another runner, this one is young and cute, had a shirt that said "FOR PAPA" and "MD ANDERSON". Her grandfather had died of cancer and was treated very well at MD Anderson. She had collected \$5300.00 for a volunteer group who helps cancer patients there. She was so cute I wanted to give her money. Everybody had a different reason to be there. They were with us because they wanted to be sure that they could finish. With the clock on for 6 hours, they felt that they could run with us and if anything went wrong they had 30 minutes they could play with and still finish in time.

Amazingly, the weather was never an issue. My energy level was high for the whole run. No blisters, no muscle breakdowns, no cramps, no problems at all. I got emotional at the beautiful flag display on University Blvd in the City of West University, danced with the cloggers on Post Oak by the Galleria, got spectators to cheer any time there were more than a couple together (certainly at any turns - where spectators tend to gather). Both Arlen and I belly danced with the belly dancers and we each had a beer with the Hash House



Pacer Introductions

Harriers on Allen Parkway. It was fun. Our group was very appreciative. Smiles were abundant. Our group grew and shrank throughout the race. Several were able to pull ahead on Allen Parkway. There were a couple who could have pulled ahead but didn't because they were enjoying themselves. We picked up several runners on Woodway and on Allen Parkway, runners who had gone out too fast and were walking but had recovered enough to hang with us.

It was great fun, inspirational AND included a beer (God bless the Hash). If runners are not supposed to enjoy running marathons, we were complete failures. If, on the other hand, running a marathon can be fun, we were very successful.

My chip time was 5:27:40, two minutes and 20 seconds ahead of schedule. It was a good day for a lot of people.

Arlen Isham - 5:30 (12:36 per mile pace) – My 31st. Houston marathon and my 8th year to pace. My son Jeff had ran the San Antonio Marathon in a personal record of 4:10, then came down with his chronic Achilles tendon problem, could not run for 8 weeks, so decided to join me at the 5:30 pace to keep his streak going to two Houston's in a row.

Even after all these years, I discovered two loose ends this morning. My new Garmin 305 battery was run down. From now on, I need to remember to shut it off after charging. But, I had my other watch to record the mile splits. I also forgot the quick connect number belt I always use.

Lot's of people at the start with the usual questions. We are off and I seem to remember counting about 3 minutes to cross the start line in the second wave. Terry & I decided that I would be the time keeper and he would be the talker. Terry is highly qualified in this area. After two days at the expo, I was worried about losing my voice. I did start the 10 to one count downs for walking and the 10 to 1 count downs for running again. As the race progressed, eventually I would just wave and start walking. Typical to past years, I named our group for the pace time, i.e. "TEAM 530", and often late in the race, the command would be "TEAM 530, CHARGE"!

We did 5 minute runs and 1 minute walks through 15 miles. Also walked the uphill and walked the water stops. Through the half, we had gained a cushion of about 2:48 with a 2:42:12 half marathon split, with a fastest mile of 12:05 and a slowest mile of 12:35. After 15, we switched to a 4 minute

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Houston Veterans News

From Steve Holehan—My wife, Parvaneh Moayedi, (who will run her tenth consecutive HM in January) and I just returned from a running vacation to South America and Antarctica, where we ran together in both the March 10, Antarctica Marathon on King George Island and the April 5, Santiago, Chile Marathon.

This puts us at 6 of 7 continents, leaving a marathon in Africa in our future. We are both on our way within the next few months of completing over 150 marathons. We are also running the 50 states for a second time. As of this weekend we will have each run 58 marathons just in the state of Texas.

From Bill Schneider— My son Chris and I finished the marathon this year. I was excited and proud of Chris completing his first marathon (4:40:20).

In February we joined some of Chris's friends over in Austin and I completed the marathon and Chris did his first half marathon.

Bob Luchsinger—On the Houston Marathon : I have been involved in running/ racing and the administration/timing/ directing of events from 5K to the Dallas WR Marathon for almost 25 years.. My answer has always been the same.. Houston has consistently been the best. And it has been the best (IMO) for all 25 of those years.

Steve Boone—Ran his 400th marathon at Houston.

Steve Holehan and his wife, **Parvaneh Moayedi**, who is running her 10th consecutive Houston Marathon in January, and I will run over 20 marathons in 2009. We ran Antarctica in March and Santiago Chile in April. We need to run Africa in order to complete the continents.

I completed my 150th marathon in San Francisco on July 26, while Parvaneh completed her 155th race last weekend.

We've finished the 50 states once and are working on a second time around.

Ken Ruane— I just returned from California where I participated in the 2009 National Senior Games at Stanford University in Palo Alto. I qualified in Oklahoma as an out of stater in 2008 (to participate in the National Senior Games you must finish in the top 3 in your event in a state games during the prior

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Houston Veteran's News, Cont.'

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year). I got 4th in the 1500M (time - 5:37), 2nd (silver medal) in the 5k (time 20:55), and 3rd (bronze medal) in the 10K (time 44:46). I'll be 68 in September and was in the 65-69 division. It was a tough four days of competition with 1500M on Thursday 8/6 afternoon and then 5K on Saturday morning 8/8, and 10K on Sunday morning 8/9.

I know one other Houston Veteran - **Orville Kremmer** took a gold medal in the 75-79 10K division.

Tom Bednarz— Hopefully, Houston will be my 100th marathon (over 32 years). My fastest is a 3:28:02 in '82 and my PW (personal worst) is a 6:25:31 in '09 after being reduced to walking due to a calf injury. Note that my Brother-in-Law, Nagindra Prashad, is on the hook for my beverages the rest of that day if I am successful.

Henry (Bubba) Griffin— I am a 14 year Veteran, Of the Houston Marathon, Also a 13 year Veteran Of Dallas, Austin, Fort Worth, and San Antonio. I started running Marathons when I turned 50. I am now 63 and have completed 65 marathons. I have completed All the TEXAS MARATHON CHALLENGE races. I opened the SUMMIT SPORTS ARENA in 1975, I was called BUBBA the Zamboni Man. BOB ALLEN interviewed me riding on the Zamboni in 1975 or 76 at the Summit. I also drove the Zamboni at the Sam Houston Col. Back with the Aeros. Also I had Stints put in my Heart in between 2 races 1 month apart

Bill Osgood & Jack Lippincott from Bill's wife - Bill Osgood has completed 34 Houston Marathons. He is very proud of that fact, even though he is #2 in terms of most completed Houston Marathons. Jack Lippincott, a friend of many years, has completed 35 Houston Marathons, so Jack is the #1 finisher. This has been a friendly competition for many years. In fact, they have nicknames for each other: Jack is "Hertz and Bill is "Avis".

This would be a story about how the two top finishers are now battling health problems and each one's fierce determination to continue running the Houston Marathon. Jack ran the marathon last year with a newly installed pace maker for his heart. Against these odds, he ran a good race and finished within the time limit.

Now Bill, age 73, is facing a health

crisis. His sciatic nerve became pinched two months ago which has severely affected his daily running schedule. Due to severe pain, Bill is only running about 1/2 mile a day now, a drastic cutback on his regular routine. In an effort to relieve the pain, and hopefully to run the marathon in January, Bill will have back surgery on September 3rd.

The doctor has ordered Bill not to run at all for at least two weeks after the surgery. Thus will end Bill's running "streak" of 28 years without missing a day of running. He has sacrificed much to maintain his "streak" for so long. He has run when he was sick, when he was in foreign countries, and when he was so tired he didn't know if his legs would move or not. He is sacrificing his streak so that he will at least have a chance to continue running the Houston Marathon. He's the #2 veteran and proud of it!

I'm sure most of us can relate to unexpected health problems and how they affect our lives, and also how aging is another obstacle in any sporting event.

Susan Rouse, 51, won her age group in early July at the Missoula Marathon, state # 28, in 3:41:40. Three weeks later, she took 3rd at the River Cities Triathlon north of Shreveport.

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 Nov. 15 for the 2010 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 2010 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 if there is a banquet.

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.

Pace Team Stories

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run, with 40 seconds per walk. That results in 3 walks per mile with the same amount of time walking. We saw a little slow down on average pace, because people were running a little slower.

Terry continued to talk constantly and generally was back and forth and in & out, front to back of the group. Thanks Terry. I had a couple people, one person name Benjamin, who never left my side the entire race, even at the end, when it was obvious he felt fine and could have run on ahead. My son Jeff got leg problems again about 18 and dropped back, and still finished about 5:35.

At about 22, I switched the group to 3 minutes run and one minute walk. This only slowed our average pace down to about 12:48 per mile the last 10 K. In retrospect, Terry and my running pace was probably still too high that last 10 K, because we did not lose hardly any time to our cushion from the first half. Our second half marathon was 2:45:28 or a 12:38 per mile pace. If we had run a couple minutes slower, more of the group might have stayed with us the last few miles. I did look back around mile 25 and also down the home stretch, and we had about 15 people left in our group.

As usual, we would lose people and pick up people as we traveled along. It felt warm to me at times, so I drank at least one cup at each water stop and two every other stop. I

still lost 3 pounds. At one point around 23, one leg was saying, "HEY, I AM WANTING TO CRAMP UP".

Only one incident around mile 18. A lady tripped and went flat. I stopped, went back, checked her briefly and she appeared to be OK, but dazed. An officer was there quickly, so I went back to catch Terry and the group.

Terry's hot air did not keep his balloons full, so he ended the race side by side with me with only one full balloon.

Felix & Sylvia Lugo – 6:00 - This was our first year as pacers. We were very fortunate in that we received excellent suggestions and recommendations from Arlen and Terry.

We followed the suggested strategy to at "t". The strategy was to run 4 minutes and walk 2 minutes. Additionally we also walked all of the inclines, especially early on. There were a few times when we had to extend our walk for an extra 15 seconds. We walked the entire Westpark overpass.

Sylvia was an awesome partner. She kept track of the run/walk time and I tried to set the pace. Our intermediate goal was to hit the halfway mark at 2:55 and we crossed the mark at 2:56:59. We also wanted to finish in between 5:58 and 6:00 hrs. We crossed the finish line at 5:57:35.

Our group stayed intact until we hit mile 18 and the some started to fall back. I explained to them to keep moving forward and while I would like to stay and help them run in that I could not as we had to keep with our pacing duties. Everyone understood. We had about 12 or so with us until mile 25. At that time I let our group know that while our goal was to get there in 6 hours that if they felt strong they should move on ahead. Quite of few of them did. Sylvia and I stayed the course.

After we crossed the finish line, we stopped and congratulated those around us and waited a few extra minutes for those who were shortly behind us. We had a two ladies who are sisters that ran with us the who way. They were a hoot! Sylvia and I received many congratulatory hugs and kisses from our runners. We had a blast! We are hoping and God willing that we are able to do this pace group again next year.

Viator Data Master

There are 317 active veterans— 107 of them are streaking. The average age of active vets is 53. There are 370 inactive Vets.

The average number of completed Houston's (Active Vets) is 17. There are 9 active 70 + year old Vets

Look for a complete list of active veterans on the Houston Marathon website under the Veterans Tab.



Booth Posters

| | | | | | | | |
|--|---|--------------|-------------|------------|------------|-----------------|----------------------------|
| Fastest 2009 Houston Marathon times Veterans | Marathon Age Group Winners | <u>First</u> | <u>Last</u> | <u>Sex</u> | <u>Age</u> | <u>Gun time</u> | <u>Age Group Place</u> |
| | | Barbara | Stoll | F | 47 | 3:05:00 | 1 |
| My thanks to Dalton Pulsipher for results. He actually did an age graded spreadsheet for all the veterans results that was E-mailed to veterans, who have provided updated e-mail addresses. | | Caroline | Burum | F | 43 | 3:07:10 | 3 |
| | | Donna | Sterns | F | 55 | 3:23:34 | 1 |
| | | Kenneth | Ruane | M | 67 | 3:25:17 | 2 |
| | | Susan | Rouse | F | 50 | 3:27:55 | 3 |
| | | Marylyn | Patrick | F | 64 | 4:27:37 | 1 |
| | | Candy | Ludwick | F | 60 | 4:47:03 | 3 |
| | | Bill | Duer | M | 75 | 5:00:23 | 3 |

| Top 3 Male and Female veterans by Chip Time | | | | Top 3 Male and Female veterans by WavaTime | | | | | | | | | | |
|---|----------|---------|------|--|---------|---------|---------|----------|---------|---|----|---------|---------|---------|
| | Gun | Chip | Wava | | Gun | Chip | Wava | | | | | | | |
| First | Last | Sex | Age | Time | Time | Time | Time | | | | | | | |
| 1 | Thomas | King | M | 40 | 2:47:23 | 2:47:21 | 2:44:38 | Kenneth | Ruane | M | 67 | 3:25:17 | 3:25:04 | 2:40:09 |
| 2 | Richard | Peoples | M | 49 | 2:54:24 | 2:54:21 | 2:40:28 | Richard | Peoples | M | 49 | 2:54:24 | 2:54:21 | 2:40:28 |
| 3 | Bernie | Babinat | M | 44 | 2:56:35 | 2:55:56 | 2:48:45 | Larry | Tidwell | M | 52 | 3:00:14 | 3:00:13 | 2:41:55 |
| 1 | Barbara | Stoll | F | 47 | 3:05:00 | 3:04:57 | 2:50:03 | Barbara | Stoll | F | 47 | 3:05:00 | 3:04:57 | 2:50:03 |
| 2 | Caroline | Burum | F | 43 | 3:07:10 | 3:07:05 | 2:57:59 | Donna | Sterns | F | 55 | 3:23:34 | 3:23:33 | 2:53:49 |
| 3 | Marlene | Hicks | F | 43 | 3:13:16 | 3:12:58 | 3:03:47 | Caroline | Burum | F | 43 | 3:07:10 | 3:07:05 | 2:57:59 |

| Fastest Veterans based on number of Houston marathons completed. Exactly, 25 years, 20 years, 15 years, 10 years. | | | | | | | | |
|--|-----|-------------|----------|------------|-----|----------|-----------|-----------|
| Group | Sex | First | Last | # Finishes | Age | Gun Time | Chip Time | Wava Time |
| Over 30 | M | Jack | Browder | 31 | 58 | 3:41:28 | 3:40:49 | 3:08:59 |
| Over 30 | N/A | | | | | | | |
| 30 | M | Wayne | Rutledge | 30 | 51 | 4:13:26 | 4:12:59 | 3:49:33 |
| 30 | N/A | | | | | | | |
| Over 25 | M | Rudy | Alvarez | 27 | 54 | 3:22:22 | 3:22:19 | 2:58:49 |
| Over 25 | F | Maria | Camacho | 26 | 53 | 4:56:11 | 4:56:09 | 4:17:47 |
| 25 | M | Richard | Rekieta | 25 | 58 | 3:58:31 | 3:57:55 | 3:23:32 |
| 25 | N/A | | | | | | | |
| 20 | M | Larry | Teeter | 20 | 49 | 3:54:41 | 3:54:20 | 3:35:56 |
| 20 | F | Beckie | Duer | 20 | 56 | 4:55:24 | 4:51:34 | 4:09:41 |
| 15 | M | John | Yoder | 15 | 37 | 3:00:01 | 2:59:57 | 3:00:01 |
| 15 | F | Donna | Sterns | 15 | 55 | 3:23:34 | 3:23:33 | 2:53:49 |
| 10 | M | Christopher | Ciamarra | 10 | 38 | 2:59:45 | 2:59:43 | 2:59:16 |
| 10 | F | Janet | Raschke | 10 | 49 | 4:06:33 | 4:03:39 | 3:42:39 |