

Houston Legacy Runner's News

Summer 2014

*"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.

Wow, what a great new course and a great day to run.

Well, the more things change, the more they seem to change for the better, as far as our favorite marathon race is concerned. In my (not-so-humble) opinion, the new course last January worked just fine, with more long straightaways, and less hills, twists, and turns. The race doesn't go by "Big George" Bush's church anymore, but, it does go by his office! We may have lost (or confused) some of our other usual spectators by these changes, but, they will soon get a clue, and come back to watch us "do our thing." Speaking of which, our thing seems to be getting a lot more popular, or, at least half of it is. But, is it the first half or the last half that all these new half-marathoners are doing? I plan to figure that out, whenever the whole thing becomes too much for me (and, that could be pretty soon...)

Speaking of the "halfers," by the way, they will be getting their own recognition, perks, etc., from the race organizers going forward, now that a few of them have completed ten of those races. They are calling this the "Legacy" program, and, in fact, are renaming our "Veterans" deal the same way. It all sounds pretty

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Worku defends Chevron Houston Marathon title

Keflezighi and Burla runaway winner at USA Half Marathon Championships.

Two returning champions claimed their second Houston wins and a pair of first-time victors were convincing winners Sunday at the Chevron Houston Marathon and Aramco Houston Half Marathon. 25,000 runners enjoyed superb weather conditions and a brand new course in front of raucous fans in a festival atmosphere to produce some of the best races in event history.

It took Bazu Worku almost 26 miles to shake fellow Ethiopian Getachew Terfa, but over the final half-mile the defending champion pulled away to win

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**Houston Marathon Legacy Runners
January 12, 2014**



PAST & FUTURE

January, 2006

On a partly sunny 51 degree morning, the 2006 Chevron Houston Marathon set new records in the 34 th running.

David Cheruiyot passed fellow Kenyan Wesly Ngetich near the finish to win by 8 seconds in a time of 2:12:02 in a highly competitive race.

Russian **Firaya Sultanova-Zhadanova** controlled the race early and actually led the female half-marathoners. She was trying to set a new female masters record, but foot problems later in the race slowed her to a still excellent 2:32:25, just missing the record by one second.

The men's half marathon winner was **Nicodemus Malak** from Kenya who won in a new course record of 1:02:07.

The women's race was won by **Asmae Leghzaoui** of Morocco, 3 months after an operation to repair a sports hernia. Her time was 1:11:56 , at 5:29 pace

Veteran Results

Fastest overall Veteran was **John Yoder** at 2:43:51. 2nd fastest overall Veteran was **Rich Fredrich** at 2:49:11.

Fastest overall Female Veteran was **Barbara Stoll** at 3:05:26.

Fastest in the 20 + Years group was **Clent Mericle** at 2:58:02. Fastest woman in the 20 + group was **Susan Rouse** at 3:24:48.

The 20 Year group was led by **Ken Ruane** at 3:18:09. No 20 year female runner.

The 15 Year group was led by **Jeffrey Herd** at 3:11:43. The female was led by **April Murphy** at 4:28:27.

10 Year group was led by **Sam Musachia** at 3:29:13. The female was led by **Rhonda Emerson** at 4:07:45.

Veterans age group placings were:

Clent Mericle	2nd.	50-54	M
Dan Dick	2nd.	55-59	M
Roger Boak	3rd.	55-59	M
Jim Braden	2nd.	65-69	M
Bill Duer	4th.	70-74	M

Marilyn Patrick	2rd.	55 – 59	F
Phyllis Thompson	4th	60 – 64	F

Under 3:00 were:

John Yoder	34	2:43:51
Rich Fredrich	48	2:49:11
Richard Peoples	45	2:51:50
Keven Shannon	47	2:58:59
Matthew Padon	37	2:59:55

The Pace Team Champion for 2006 was **Kathryn White** who achieved her 4:15:00 goal by running 4:14:59, one second under goal. This was the 7th year of the veterans providing a pace team for the Houston Marathon.

Race Calendar

09-28 Katy Triathlon at Firethorne
 10-04 Race for the Cure 5 K
 10-12 Chicago Marathon
 10-11 Ten for Texas
 10-12 USA Space City 10-Miler
 10-19 Tri Andy's Tri 300s/10mb/3mr
 10-26 Warm Up Series Half Marathon
 10-26 Marine Corps Marathon
 11-02 New York Marathon
 11-09 Ft. Worth Marathon
 11-16 Las Vegas Marathon
 12-07 San Antonio Marathon
 11-16 Warm Up Series 25 K
 12-06 Baton Rouge Marathon
 12-07 Texas Trails 50 M / 50 K.
 12-14 Dallas Marathon
 12-14 Honolulu Marathon
 12-14 BSC College Station Marathon
 12-14 Warm Up Series 30 K

2015

01-01 Texas Marathon
 01-11 Walt Disney Marathon
 01-18 Houston Marathon
 01-29 New Orleans Marathon
 02-01 Galveston Marathon
 02-01 USA Fit Marathon
 01-31 Rocky Raccoon 100 M
 02-07 Rocky Raccoon 50 M
 02-21 Surfside Marathon
 02-15 Austin Marathon
 02-22 Cowtown Ft. Worth Mar.
 03-07 Bayou City Classic 10K
 03-14/15 Seabrook Lucky Trail Marathon
 Late March Texas Independence Relay

Upcoming Events

Rim to Rim Grand Canyon, October, 2014. Contact Arlen Isham

Volunteer at the Houston Marathon Expo Legacy & Pace Team booth.

www.runnersworld.com/
www.harra.org/

Check out the Houston Marathon Legacy website

<http://www.houstonresults.com/veterans>

INFORMATION CHANGES

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**LEGACY PACE TEAM
TO LEAD
2015 HOUSTON MARATHON
16th Year**

Who leads the Legacy Pace Team?

The groups are led by the Houston Marathon legacy veterans, both men & women with years experience running the Chevron Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Legacy veteran's personnel as well as to experience the camaraderie of a team. The Legacy 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 part of the race and then run a little faster in the middle of the race and then steady to the end. 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 past year, the Pacers finished within 1 minute 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.

Carlos Reyes
Veterans Pace Team Coordinator
713-724-7605 for information
Arlen Isham, Co-Chair

Pace Team Goal Times

- 3:00
- 3:10
- 3:20
- 3:30
- 3:40
- 3:50
- 4:00
- 4:15
- 4:30
- 4:45
- 5:00
- 5:15
- 5:30
- 5:56

Best Pace Team Performances

Kathryn White was the Pace Team Queen by hitting her 4:15:00 goal exactly at 4:15:00. Albert Rubinsky was the Pace Team King by hitting his 3:40:00 goal at 3:39:55, five seconds under. Kerry Lee and Joe Schwieterman were the best team by hitting their 3:00:00 goal at 2:59:51 & 2:59:55.

Twelve of the 26 Pacers achieved being within 2:00 under goal. Brown, Greenburg, Vasquez & Hung did a great job at seconds over their goals. An amazing eight pacers were within 9 seconds of goal time. Eleven pacers were within 15 seconds of goal time. Twelve of 14 pace goals were achieved by at least one pacer. Twenty one of 26 pacers were within about two minutes of their pace goal.

2014 Pace Team Stories

3:00 Kerry Lee - Pacing the 3:00 group is always a great experience. This was my second year to do so at the Chevron Houston Marathon and I have paced the 3:00 group elsewhere
(Continued on page 4)





2014 CHAMPIONS

Race Winners

(Continued from page 1)

the Chevron Houston Marathon in 2:07:32, the third-fastest time in race history. Terfa crossed the line 22 seconds later at 2:07:54, and unheralded Mexican Jose Antonio Uribe shattered his personal best with a 2:08:54 to place third. The top American finisher was former Georgia star Ian Burrell, who was seventh with a lifetime best 2:13:26.

With the pacemakers doing their jobs to near perfection, the lead pack of 10 came through the half-marathon at 63:15, and through the next 5K there were still 10 men within three seconds of each other. Going by the 30K mark at 1:30:04, Worku and Terfa had only Solomon Deksisa for company, and the next 5K segment was crucial as the lead pair surged and put almost a minute between them and Uribe, who had moved ahead of Deksisa.

Heading into the heart of the city on the way to the finish, Worku and Terfa fought back and forth for the lead. By the time Worku made the final turn towards home in front of the GRB Convention Center he had broken Terfa and sealed the victory and a \$40,000 payday.

Sarah Kiptoo of Kenya made the early pace in the women's Chevron Houston Marathon, taking a group of seven
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Pace Team Stories

(Continued from page 3)

on two other occasions. As you mingle in the corrals the folks who have this goal are really psyched and ready to go and very interested in what the Pacer plan is. Our plan for this year, given that the weather was nice, was to go out a little slow the first mile, mainly due to the expected crowds, and then get right on pace after that. We stuck to this plan and came into the half about 10 seconds early and maintained pace throughout the rest of the race. It was great to be able to see others accomplish their goal of crushing the 3:00 barrier. It is always a bit bittersweet for those who just missed the goal though. Even those folks this year seemed to be very pleased as many of them set PRs.

3:00 Joseph Schwieterman - It was fun running with balloons up until mile 10 when they got annoying - haha! Kerry and I were spot on for most of the race. We accomplished the most challenging part in keeping the group from not running the first miles too fast. We started off with about 50 runners and by mile 20 we had about 10 runners left in our pace group, which is still a great size for this pace. Some of the 10 felt good and went on ahead of us, most stayed with us and others fell off pace a little but still BQ'ed and finished with PR's.



It was very helpful having the pace bands in the later miles when our brains were getting less oxygen to do the math. It was definitely no walk in the park but together we had the breath and energy to rally the group and keep them going. I could have hydrated more as I felt slight spasms in the legs, but luckily being in better shape than the pace we were setting affords some mistakes. Overall it felt so great to have had a helping hand in runners break that 3 hour mark, qualify for Boston and PR.

3:20 Lilia Vazquez - The Chevron Houston Marathon 2014
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Race Winners

(Continued from page 4)

women through 10K in 33:56. She faded over the next 5K, leaving six women in contention and Meskerem Assefa and Gelete Burka with a slight edge. Five runners went past the half-marathon mark in 1:12:13 and Abebech Bekele and Biruktait Degefa looked poised to make a break.

No one could make a significant dent, though, and Bekele and Degefa held only a one second margin at 35K. Bekele eased ahead over the next 5K and had a 10-second gap over Assefa and Burka with two miles to go, and she held off a furious late challenge by Assefa to win her first marathon in 2:25:52. That was the eighth-fastest performance in race history and Assefa climbed to No. 9 with her 2:25:59. Former world indoor 1500 champion Burka couldn't summon enough speed at the end but still claimed the No. 10 all-time list spot at 2:26:03.

Heather Tanner ran a personal best 2:42:19 to claim the top U.S. spot, finishing ninth overall.

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Pace Team Stories

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seemed to go very well. I enjoyed pacing the 3:20 group with Dan Greenberg. The pace teams were well-organized. Carlos and Arlen did a great job.

I found the 3:20 pace (7:38 per mile) to be a bit tricky compared to 7:30 or 8 minute mile for instance. It required more concentration. My partner, Dan Greenberg was very well-prepared to pace the marathon. The group started strong, but dwindled as the race went on. I am aware of at least two individuals who came in at 3:20 or under with others coming in a little after us who nevertheless succeeded in achieving their goals.

I didn't expect to like the new course as much as I did. It seemed faster than the previous course.

Overall, it was a joyful experience and I would be open to pacing again in 2015. As a pacer the meaning of the race changed for me. I felt honored to have the responsibility of this particular role in making the marathon a success.

3:20 Dan Greenberg - I had a great time with Lilia and the rest of the 3:20 group. The start was a bit congested so we started a bit slow that first mile, but we were able to get things squared away by the time we turned onto Heights Blvd. It wasn't until the half marathon split that I felt we had some room to move around and really get to settle in as a pace group. Our group held together well through West U and up Post Oak to the Galleria area and kept a nice steady pace that had us just a few seconds under goal time. Once we hit Tanglewood the group started to trim down and by time we made our way into the park the group started to fracture. We still had a handful when we passed the park but Allen Parkway did many of them in. When we hit downtown we still had two runners who had stuck to our hip the entire time and we sent them ahead at mile 25 so that they could finish under 3:20. Lilia and I made our way through downtown and crossed the line at 3:20:04. I have to admit I'm a bit disappointed that we finished over our time goal, but I think we served our running group well and kept as close to a 7:38 pace throughout the

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Houston Marathon Pace Team 2014

Kerry Lee, Joseph Schwieterman, Erik Dill, Lilia Vazquez, Kevin Evans, Miquel Pena, Dottie Metcalf-Lindenburger, Albert Rubinsky, Veronica Hoge, Kara Carlin, German Collazos, Suzy Seeley, Devin Brown, Kathryn White, Rhonda Emerson, Ruben Lizaola, Julie McAllister, Stephen McNeil, Parvaneh Moayedi, Hung Nguyen, Brooke McKenzie, Chris Williams, Richard Jares, Mary Cody, Arlen Isham, Felix Lugo
Not all in the Picture

Pace Team Stories

(Continued from page 5)

marathon. I appreciate the opportunity to pace this year, I hope I can do so again.

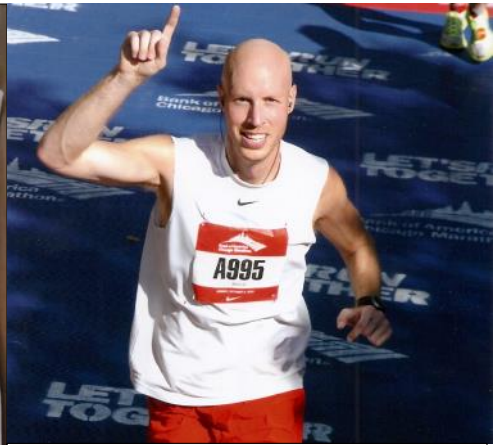
3:30 Miguel Pena - Thank you for the opportunity to pace 3:30 for the marathon. It was super fun. Although I missed the heights, the new course was fast and easy getting out of downtown and I never thought our group was that pinched. Unfortunately, I did not meet my pacing partner until I was in the corral. So, we had not discussed our pacing strategies prior to the race. I was determined to go out as consistent as possible and stick with 8:01 miles.

My partner went out a little faster so we did not spend many miles together. I called out all of the splits, water stations and tried to keep us together as much as possible. The big rookie mistake I made was not moving overall time on my Garmin to a larger field. So, after 1 hour, I lost the seconds view and had to guess at them when I came to the mile markers.

Around mile 15 I was down to what I thought was the core group. They all seemed like they were doing good at mile 21, but when we did the turn onto Allen Parkway, I looked back and was on my own. After that I became a pariah with everyone in front of me not wanting to get caught. I finished 15 seconds over 3:30, which was a little more than I wanted. But, I was able to assist some folks down the stretch not to give up with so little distance left. I can't wait to pace again.

3:40 Dottie Metcalf-Lindenburger - In A corral, I met several runners that would be joining this pacing group. They wanted to know my plan. Some 1/2 marathoners joined us, too.

Started out slow; it took 2+ minutes just to get to the starting line. The first 3-4 miles it took quite an effort to keep my pace right on because of the



**Albert Rubinsky
Pace Team King**

number of runners. By about mile 6 we were starting to find our rhythm. Spent the next 10 miles chatting with runners, getting to know them, telling running stories, cheering them up the hills and reminding them to cruise down the hills.

Near mile 18, I noticed it getting quieter, so I tried to keep spirits up and tell more stories.

At mile 21 I fell. I thought "oh no, I'm going to let my group down!" So, I quickly got back up and returned to my pace. A friend joined me at mile 22, and her fresh legs and spirit kept us going up and down the hills of Allen Parkway. At mile 25, I could tell we were going to make it, so I kept the group around me going and we brought it in a bit under 3:40.

Lots of folks came up afterwards and thanked me for helping them set a PR or make a BQ time. I really enjoyed the experience.

3:40 Albert Rubinsky - Overall, I had a very positive pacing experience. I would definitely do this again. I think the communication leading up to the race was very good. The gear we received (shirts, shoes, jacket, etc.) were definitely a bonus. During the race, I felt there was a lot of camaraderie between our team members.

I led the 3:40 pace team. In the days before the race, we found out that our team would be split between Corrals A & B in order to accommodate all of those runners. I don't disagree with this move, although it made things very confusing for the runners and the spectators. We had several people in our group ask us why we were running behind the 3:50 pack. I explained that they started in Corral A, and that we would catch and pass them slowly by maintaining our present speed.

We had a decent group through most of the race, but it definitely thinned out on the back half of the course. By the last few miles, I had lost everyone in my group which was kinda of disappointing, especially considering the fact that I finished right on goal. I did have one or two runners come up to me at the end and thank me for pacing. That made me feel very good.

3:50 Kara Carlin - The Houston marathon was an exceptional event! Pacing was a great experience both working the pace booth and running the event. The runners were appreciative and excited to have us there and with such a well-run event it was a pleasure to be a part of the race! The only thing that was not ideal was that the pacers with the same pace time were split into separate corrals. This was a bit confusing and not ideal for the runners and/or the pacers. Thank you

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Pace Team Stories

(Continued from page 6)

for allowing an 'out of town' to be a part of your event!

3:50 Veronica Hoge - Being a new pacer I was definitely nervous about how it would go. Having done the whole warm up series, I knew that as long as it was a good day, I would have no problem running that pace. However, when I found out I'd be all alone in the A corral for the 3:50 finish time it added more anxiety. When we weren't cold at the start, I worried about the weather too.

In hopes of still running with my pacing partner I stayed as far back in the A corral as I could while still positioning myself in front of the 4 hour group. Kara positioned herself at the very front of the B corral. That plan worked, and we were able to pace together which was a huge help and so much fun. Her pacing experience helped calm me down when I was running too fast in the middle miles. Meanwhile, she is from Maryland and had never run Houston before, so I insisted we bank at least a minute for the final miles on Allen Parkway. We were never more than a minute and half ahead of schedule, but we did have to slow down the last few miles to make sure we didn't finish too early. We made a great team. In my opinion nobody should have to pace alone. If we really need a 3:40-4 pace group in both A and B corrals, then there should be four pacers for those groups.

In several of my past marathons I have been in the unfortunate situation of trailing slightly behind a pace group in the last mile, so I thought it would be clever to finish 30 seconds early. That way the people who might be struggling, but could still see our balloons would have a few seconds to make their final push. So, in my little mind, my 3:49:27 finish was just three seconds off my planned time. I felt like a rock star dancing,

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THE VIATOR VET Jack Lippincott

(Continued from page 1)

classy, and actually makes a lot of sense.

Folks were always thinking that we are somehow related to those (very classy, and honorable) retired military men and women. I was always explaining that we do something much crazier than getting shot at or blown up (Boston notwithstanding...) And, we do it over, and over, and over again! That is certainly our "Legacy." But we love it, right? Actually, I think maybe calling it the "Leg-achy" program might be closer to the truth. Just sayin'...

Last thought, if you see – or know – any of the folks who volunteer at our event, be sure to thank them (over and over again), because the whole weekend – Marathon, Half-Marathon, 5K, Run-For-A-Reason, Expo, etc. - is getting to be a bigger and bigger deal, which requires more and more thousands of volunteers to bring it off smoothly. It is only proper that everyone, on all sides of this magical circus, have the same great feeling about it as we old-time runners do...

Hey, stay safe out there! (Always run early or late for the next five months, if you can...)

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 Effstrom	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
Ernest Murry	F/10
Rudy Alvarez	F/11

See Houston Marathon Website under Veterans for past Veterans Newsletters

Pace Team Stories

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hooting and hollering down the final stretch. I didn't know about the pacer team royalty aspect until later when Hung told me all about it.

We had quite a big group with us the whole time, including several people who Boston Qualified with 5+ minutes since they came in under 3:50. They thanked us profusely with high fives and hugs. These days we all know you most likely need that cushion to actually get into Boston. Most memorable was the man who hugged us and cried at the finish. His English wasn't the best but he just kept saying Boston, Boston! I gave him my pacing stick. And of course there was the German guy who told us that he looked at all the pictures of the pace groups at the expo and picked what pace to run according to who he thought was the cutest. What a charmer. We might not have been the cutest, but if you look at our pictures displayed at the expo, we were definitely the craziest looking duo. I was also surprised at how many thankful and happy people



Kathryn White
Pace Team Queen



came up to me afterwards, in the GRB and even at the beer tent, that I never even realized were running with us.

In the end I made a new friend, had a great time, and would definitely do it again. What a fantastic sensation it was to not be mind numb and nauseous coming down Allen Parkway. It was also weird to "have to" slow down just as the crowds were cheering the hardest, and even stranger to feel so good after finishing a marathon.

4:00 German Collazos - This year, I paced the four-hour group.

I was glad to have Suzy Seeley as a partner as she was great company and an excellent pacer. We started together with a good-sized group of runners. Our goal was to run at 9:09 minutes per mile. We started at Coral A and spent over four minutes before crossing the start line. We realized that we were running a little too fast in the beginning so we tried to slow down a bit, but all of our group was fine with the faster pace. After we passed the half-way point, we were over three minutes too fast, so Suzy and I discussed the pace and we knew that we would slow down in the second half. Also, we had a problem with the GPS. My GPS was telling me that my pace was 10 minutes a mile and Suzy's was totally different. That totally threw out our 9:09 pace. We kept running and our group was happy with the pace. After we passed Memorial park, Suzy got excited and kept going. I slowed down a little but still

crossed the finish line under 4 hours. I apologized to my group, but they were happy with their time.

Thank you for the opportunity to pace the group and I will be happy to do it again.

4:15 Devin Brown - This was my first year running with Kathryn, although she is a much more experienced pacer than I am. As in the past, I decided on even splits after the chaos of the first three miles. We built up about a minute lead and held it pretty steady right on through to the 23 mile mark where we decided to "cash in" some of our spare time on the two underpasses at Waugh and Montrose. At the 26 mile mark, I noticed we were about 20 seconds ahead of pace with only .2 miles to go. I dropped to the back of my group and cheered them in, making sure all of them finished ahead of the split. Kathryn and I crossed the finish line together. She finished in 4:15:00 and I finished in 4:15:01. I thought we crossed both the start and finish lines together, but I must have been a fraction of a second behind her. Nonetheless, all of my runners finished under the mark. The race was great and I felt strong throughout, chatting up the people around me and trying to keep people motivated without annoying anyone :)

4:45 Steve McNeil - This was my third year to co-pace with Julie McAllister. She is an excellent pacer, mentor, mother hen to our pace group. This year, we were hardly together at any time during the race. I

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Pace Signs at Start

Pace Team Stories

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took the front end of the group and Julie took the back end of the group. We were seconds from one another the entire race except for the last two miles.

The 4:45 average pace is 10:52. We were at 10:51 at the 10K, 10:46 at the ½, 10:46 at 30K, and I came in at 4:43:20, 10:49 pace. At around mile 23 Julie and I began splitting a little. I had a group of five that had run beside me the entire way and they were ready to surge a little ahead. I took inventory of our group as I saw that Julie had her group right beside her. I went with the front group and crossed well under 4:45. Julie had some leg issues around mile 25 and told her group to go on and they did. I waited at the finish and they were able to get under 4:45. Julie came in shortly after.

This was my eighth year to be a pace leader. This group was the most talkative group ever. We shared all our running stories with one another. I had a captive audience. As always, several people came up to me in the GRB and thanked us for pacing. They all said that keeping the balloons in sight pulled them through some tough last miles. At the expo, I had several runners from past marathons thank us for pacing and making their experience a positive one. It was my 32nd consecutive Houston finish. I look forward to pacing again next year.

5:30 Richard Jares - This year for the 2014 Chevron Houston Marathon the weather was a non-issue, ranging from 57F at the start to low 70's at the end.

We started in the new corral system which worked very well and took us approximately 26 minutes to get to the start line. The actual gun time doesn't matter since the official time is regulated by the timing chip located in the number bib. My co-pacer Mary Beth Cody ran with me for the first time to learn the run / walk technique.

Again this year the pacers marked their spacing about 50 yards apart in the 4 corrals with a 1-1/2 foot x 2 foot sign designating the various pace groups. This larger sign was dropped off at the start line. The pacers retained the ¼" dowel with red, white, and blue balloons and carried it over the entire course. This pace group marker was passed to various individuals in the pace group. As 5:30 pace leaders, we are expected to cross the finish line within +/- 2 minutes of the 5 hour 30 minute chip time.

The group was composed of some old stand-by's like Carl Lindsey and Ed Lyon, folks doing their first marathon, and ones wanting to complete at a slower pace. The newbies are naturally nervous and not sure what to expect. We



discussed how they trained, at what pace, and what our pacing strategy was. Our strategy was to do 5 and 1, i.e. run for 5 minutes, then walk for 1 minute. Sometimes we ran for 6 minutes if I saw a water station close by or because I was distracted. We planned to walk for 1 minute at the water stations and for the "Houston Hills" (over/under passes and viaducts).

In order to see how the group would do, I wrote down the name and bib numbers of those with me at the starting corral. I got this information from 22 individuals to help them get a commitment to completing this run. This Houston marathon had 8932 folks started: however, only 7048 completed within the 6 hour limit. As a side note 7812 runners from Texas started.

I used my Garmin 205 GPS to help keep us on pace. We were running 11:30 to 12:00 minutes per mile and were walking 14:00 to 15:00 minutes per mile. With that pace we had 2 minutes "in the bank" at the half way point, that would be drawn out in the last 6 miles at Memorial Park and Allen Parkway. In the last 3 miles "the bank" was depleted and we needed to run continuously without walks. We did a 5 second count down when transitioning to running or to walking.

The volunteers and crowds were enthusiastic and very helpful to the runners. Examples of signage along the way were like "Longest Parade I Have Ever Seen" and "Where are the Floats."

There was no George Bush this year, maybe his health or the new emphasis on security was the reason.

The group started breaking up and stringing out once we got to Memorial Park. This is not uncommon. As we had talked at the beginning, the newbie's first goal is to complete the race, no matter what the clock time is. They are to make it

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Pace Team Stories

(Continued from page 9)

a personal victory. We saw many runners by the road trying to work out cramping issues. There were 3 opportunities to take on beer, if you like to get your carbo's that way.

My chip time was 5:32:06 using the brand new Sketchers GoRun3 shoes. During this huge event, one is never sure how big the pace group is. Most folks in a pace group are behind the leader, but it seems to be 2 or 3 dozen in the immediate pack.

Looking at post-marathon data there were 336 persons (167 men and 169 women) that crossed the finish line +/- 2 minutes of 5:30.

As I mentioned at the beginning, here are the group results:

- 22 Committed to do the 5:30 pace
- 5 Finished +/- 2 minutes of 5:30
- 5 Had times ranging from 5:02 to 5:24. These had pushed on ahead.

- 8 Had times ranging from 5:36 to 6:00. They may have been affected by fatigue or medical issues. I am glad they persevered.
- 4 Either DNF'd (Did Not Finish) or exceeded the cut off time limit.

Many thanks to the Pacer Team sponsor – Sketchers—for their support, including on site shoe designers.

6:00 Felix Lugo - I was tasked to run the 6:00 hour finishing pace with Arlen Isham. Prior to the run he sent me our run routine that consisted of 4/2, 3/2, 2/2, and 1/1.

Arlen did a tremendous job pacing. He strategically changed the run/walk ratio throughout the marathon course. His pacing was awesome. He led the way and I took the back of the pack to keep them motivated and on track. We had a volunteer who would keep the intervals and raise and waive the balloons at each exchange and then we would do an appropriate



countdown to either walk or run. Along the way Arlen would mentioned our pace per mile and how minutes ahead of schedule we were. For a long while we were ahead by approximately 3 minutes. The front of the group came in around 5:56 and change, hence our 3 minute window.

One of our runners was amazed by the dynamics of the group and the pacers. She was surprised to learn that not only did we not train together but that we just get together and paced.

From my vantage point I could see the entire group as it moved forward, stopped, walked and moved forward again. It was an amazing sight.

Instead of a 6 hour pace group, it is my opinion that we should have a 5:55 or 5:56 as Arlen mentioned. These few minutes will release some of the stress the runners who fell back a bit encountered. If we can get them on a 5:55 pace before we lose them they will at least have a chance to finish in time, on their own.

I came in at 5:57 and change. I slowed down a bit at the end to encourage some of those who were a bit more behind to “kick it in gear” and finish strong.

Overall I would rate it as a positive experience for the pacers and the runners.

(Continued on page 11)

Race Winners

(Continued from page 5)

Meb Keflezighi broke away from the field after the eight-mile mark and won the Aramco Houston Half Marathon in 61:23, his second USA title and the second-fastest time in race history by an American. It was Keflezighi's 22nd U.S. title at all distances, and he earned \$12,000 for the win plus \$1,500 for running under 62:00.

Keflezighi ran with a large pack for the first half of the race, trading the lead with last year's top American finisher, Shadrack Biwott, and Tyler Pennel. Aaron Braun and Tim Ritchie pulled the field through 5K in 14:38, and a group of seven men led by Pennel passed 10K in 29:10. By 15K Keflezighi gapped the pack by three seconds at 43:34, and he added nine seconds to that margin over the next 5K to clock 58:12.

Braun and Josphat Boit edged past Pennel over the final kilometer to finish second and third in 61:38 and 61:41.

Serena Burla mounted the podium for the first time, winning the women's title in 1:10:48 as she ran almost unchallenged for the majority of the race. She collected \$13,500 in prize money that included \$1,500 for going under 1:11.

A pack of eight cruised through 5K under 17:03 with Burla at the front. Burla made a strong push in the next 5K to take a 15-second lead over Lauren Kleppin at 10K, and by 15K that lead had stretched to 40 seconds at 50:07. She went through 20K at 67:08 and had a 1:18 margin, which increased to 1:24 at the finish, with Kleppin second and Caitlin Comfort third at 1:12:16.

HOUSTON (February 25, 2014) - The 2014 Chevron Houston Marathon Run for a Reason charity program has raised a record \$2,600,000 to benefit 60 local charities. With more than 16,000 donations, this year marks the fourth in a row that fundraising has surpassed the \$2 million plateau.

Pace Team Stories

(Continued from page 10)

Personally, I really enjoyed seeing Arlen in action. In the event that I will one day be called upon to do what he did I will have this experience with me.

6:00 Arlen Isham - 6:00 (Actually 5:56) (13:35 per mile) -I paced with Felix Lugo, who followed at about 10 to 20 seconds throughout the race to help keep the stragglers motivated and pick up runners we were passing. For all future 6:00 pacers, the 5:56:00 goal is important. It is our job to pick up people and get them to the finish line before their 6:00:00 chip time to have an official time. As a result, we lined up near the end of the corral. We crossed the start line in corral D with a 27:08 delay. There were about 6,000 people in each corral. The D corral cleared at about 29:30. That means it took about 7.5 minutes for each corral to clear. Corral D opened at about 22 minutes. Since we started at 27 minutes, that means there were people in front of us about 5 minutes. My final chip time

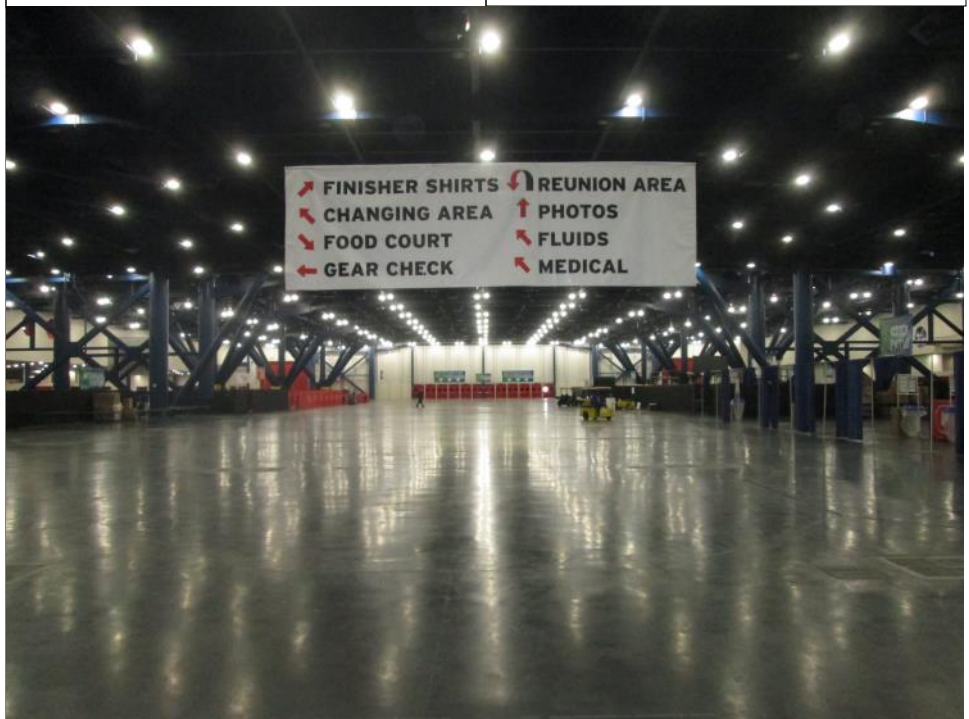
at 5:56:46 means there were about 3 minutes of runners potentially in front of us that could have slowed to join us and still break 6:00:00. That means that if people that started at 22 through about 24 minutes delay joined us at the 6:00 pace group, their chip time would potentially be over 6:00:00. Since we lost about 46 seconds, more of those runners would have failed thus being unofficial.

Logically, I should have pushed the pace a little more to reach the 5:56:00 goal.

I wore two watches, one sport watch to record the mile splits and a Garmin 305 Forerunner GPS watch. After the starting line, I noticed the watch for the splits was not running, so it got started late, thus I was not sure through the race the actual chip time.

Our race plan was 4 minutes run / 2 minutes' walk through ten miles, then switch to 3 / 2 through about 15, then switch to 2 / 2 to 20 miles, then switch to 1 / 1 the last 10 K. We actually went to the 1 / 1 at 19 miles because I personally was struggling and it felt hot. If I was struggling, then it was time to make it easier by switching

(Continued on page 12)



GRB Did you ever wonder what it looked like without the Runners?

Pace Team Stories

(Continued from page 11)

earlier. We walked the hills and walked the water stops. We passed the balloons around so other people could have the honor of leading.

After analyzing the data, it is clear we struggled more to be under 14 minutes doing the 2 minute run / 2 minute walk, than doing the 1 / 1. Part of that was because it was hot, so I was not pushing the pace personally.

Our goal for the half marathon was 2:56, but we actually were at 2:54:51 (too fast). We had a big group throughout the race, even down to near the end. Several of them thanked me after the race.

I did have two friends assisting Felix and I with the pace team. One of them had a watch that beeped at the run / walk intervals. I am grateful to them for the help. Thanks also to Felix who motivated the back of the group all day.

Special thanks

To the Veterans & Pacers who helped with the Veterans/Pace Team Booth at the Expo each year.

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.

2013 Houston Marathon				
New 35 Year Veterans				
4	Clent Mericle	M	60	35
5	Arlen Isham	M	68	35
New 30 Year Veterans				
9	Roger Boak	M	64	30
10	Robert Eury	M	65	30
11	Daniel Jason	M	66	30
12	Maria Camacho	F	57	30
New 25 Year Veterans				
16	John Ellis	M	66	25
17	Bruce Mansur	M	63	25
18	Michael Johnston	M	56	25
19	Joe Barry	M	67	25
20	Bob Williams	M	70	25
21	Gerald Meyers	M	65	25
22	Kenny Grisham	M	56	25
23	Robert Luchsinger	M	63	25
24	Tony Alvarado	M	68	25
25	Robert Hoekman	M	71	25
26	Darryl Hees	M	68	25
27	Charles Scheibe	M	58	25
28	Ernest Murry	M	62	25
29	Harry Vroulis	M	67	25
30	Phillip Smith	M	77	25
31	Carl Lindsey	M	73	25
32	James Simmons	M	62	25

Legacy Runners Updates

An e-mail was sent out to Legacy (Houston Marathon Veterans) to send back information.

Bob Hoekman - My 26th Houston Marathon in 2014 and 97th marathon overall. Did # 98 at Boston. I plan to do one more before Houston in 2015 so my #100 can be at Houston in 2015.



A. W. Chow - 10 consecutive Boston Marathons starting 2005. Walked 3 marathons, BQd on the 7th race, and then ran Boston ten times out of the following 26 marathons.

Joe Ybarra— I'm down for 20 Houston marathons, but have started every Houston marathon since 1977, through college, medical school, residency, after overnight ER shifts the night before the marathon, freezing, wet, hot, windy events.

Steve Hasson - I have attached two pictures from the 2014 Chevron Houston Marathon, which was my 20th Houston Marathon. Overall it was about my 40th Marathon. I started running the Tenneco Houston Marathon in 1991, and although I have missed a few along the way (as my kids were born), I have been able to do the last 17 in a row as a streak.



Arlen Isham— Finished my 36th consecutive Houston Marathon in January. With a right hip replacement in my future, I am running extra marathons this year to run my 100th marathon at the 2015 Houston marathon.



(Continued on page 17)

Legacy Perks

Effective with the 2015 Chevron Houston Marathon, the Board has authorized the following “Perks” for all legacy veterans

1) Legacy Veterans would receive a special runner’s bib – in order to receive bib, runner must be registered by November 1st!

2) Legacy Veterans would be allowed to register through Nov. 1 for the 2015 race, instead of being shut out when the cap is reached.

3) Legacy Veterans with thirty or more completed marathons would receive a complimentary entry to all future marathons.

4) Legacy Veterans with twenty-five completed Houston marathons at the end of the 2014 race would receive a complimentary entry to the 2015 race.

5) The top Male and Female veterans would be granted Elite status.

6) 25 year free entry will only be next year going forward and 25 year golf shirt.

Legacy Veterans will continue to order a complimentary long sleeved Legacy shirt with stripes representing their respective anniversary years, 10, 15, 20, 25, 30, 35, & 40 at registration the next year after they achieve the anniversary years.

Legacy Veterans can order their respective long sleeved shirts or golf shirts from Jack Lippincott by filling out the order form available on the Houston Marathon website or Legacy Veterans website.

Finally for the 2015 race, entrants with 5 to 9 Houston marathons are allowed early entry into the race avoiding the lottery.

Look on the Houston Marathon website to see the newly added half marathon Legacy program. Susan Sternberg will be helping with that program.

Houston Marathon Veterans - Medals

Name	Gender	Age	Chip Time	Age Group Place
Geri Wood	F	65	4:00:29	1
Peter Lawrence	M	42	2:31:56	1
Fred Ward	M	70	4:02:29	1
James Schleisman	M	80	4:32:06	1
Sally Sims	F	70	5:15:40	1
Francisco Galaviz	M	50	2:48:43	1
Donna Sterns	F	60	3:37:29	1
Jim Braden	M	78	4:32:30	1
Brenda Hilton	F	66	4:26:15	2
Bill Duer	M	80	4:59:11	2
Gunnar Sanden	M	73	4:03:51	2
Michael Defee	M	39	2:43:13	2
Barbara Stoll	F	52	3:22:49	2
Don Winkley	M	75	4:34:08	2
William Hall	M	76	4:37:41	3
Marty Timpano	F	67	5:04:40	3
Joe Melanson	M	58	3:13:16	3
Ray Boytim	M	81	5:55:20	3
Garrett Rychlik	M	46	2:56:42	3
Robert Hoekman	M	72	4:04:46	3
Rosi Benitez	F	60	4:22:38	3
Ben Harvie	M	67	3:42:56	3
Suzanne Day	F	56	3:37:27	3

Houston Marathon Race Numbers

Allow
Registered Finished

Marathon 13,000 6,946

Half Marathon 12,000 10,622

5 K 3,841

Switching is allowed, so actual numbers registered vs. started change.

Top Individual Age Times

Among Female Vets This Year

Age	Gender	Name	Time	# Vets This Age	Number Finishes
32	F	Katherine Hallaway	4:39:08	1	11
33	F	Amanda Duran	5:12:10	1	10
35	F	Robyn Wolverton	4:25:01	1	10
36	F	Adrienne Pauly	4:20:24	1	10
38	F	Maribel Aguilar	3:37:53	1	11
39	F	Keli Williams	4:15:43	2	11
40	F	Karen Boman	4:01:50	1	10
41	F	Malinda Hernandez	4:54:21	2	13
42	F	Rochelle Ray	3:26:13	4	11
43	F	Holly Stewart	3:19:22	5	17
44	F	Lisa Gonzalez	3:47:45	2	11
45	F	Arburn Cain	4:12:40	2	12
46	F	Lisa Korsten	3:35:24	8	12
47	F	Vicki Melnick	3:22:35	7	10
48	F	Marlene Hicks	3:27:21	8	17
49	F	Annie Hadow	3:51:38	5	17
50	F	Robin Proctor	3:49:03	7	17
51	F	Beate Blakset	4:11:15	7	11
52	F	Barbara Stoll	3:22:49	4	17
53	F	Kimberlie Budzik	5:15:04	1	12
54	F	Leslie Coleman	3:54:25	8	12
55	F	Susan Rouse	3:44:13	6	29
56	F	Suzanne Day	3:37:27	6	11
57	F	Margaret Halsey	3:53:57	7	16
58	F	Maria Camacho	4:49:41	4	31
59	F	Yong Collins	4:09:25	2	15
60	F	Donna Sterns	3:37:29	5	19
61	F	Leslie Hale	4:27:00	4	24
62	F	Helen Drab	5:27:07	5	10
63	F	Elaine Bobigian	5:05:13	2	18
64	F	Cathy Harris	5:17:53	1	11
65	F	Geri Wood	4:00:29	2	11
66	F	Brenda Hilton	4:26:15	1	11
67	F	Marty Timpano	5:04:40	1	10
69	F	Marylyn Patrick	5:29:54	1	29
70	F	Sally Sims	5:15:40	1	13

2014 Houston Top 20 Veteran Men & Women's Times

	Name	Gender	Age	GunTime	ChipTime
1	Peter Lawrence	M	42	2:31:56	2:31:56
2	Michael Defee	M	39	2:43:15	2:43:13
3	Jose Oviedo	M	37	2:47:11	2:47:08
4	John Yoder	M	42	2:47:51	2:47:51
5	Francisco Galaviz	M	50	2:48:47	2:48:43
6	Claudio Rodriguez	M	34	2:52:24	2:52:16
7	Stephen Baumgartner	M	40	2:54:22	2:54:13
8	Garrett Rychlik	M	46	2:56:54	2:56:42
9	Tom Stilwell	M	44	2:58:11	2:58:02
10	Matthew Padon	M	45	2:58:32	2:58:27
11	Brian King	M	34	2:59:19	2:59:15
12	Jose Reyes	M	47	2:59:41	2:59:26
13	Joe Killeen	M	54	3:00:00	2:59:49
14	Joe Schwieterman	M	28	3:00:13	2:59:55
15	Richard Peoples	M	54	3:04:27	3:04:27
16	Christopher Ciamarra	M	43	3:05:07	3:05:07
17	John Spiller	M	47	3:05:32	3:05:07
18	Alexander Valdez	M	44	3:05:55	3:05:50
19	Cesar Pena	M	34	3:08:31	3:08:14
20	Robert Hahn	M	32	3:09:30	3:09:16

1	Holly Stewart	F	43	3:19:57	3:19:22
2	Vicki Melnick	F	47	3:23:45	3:22:35
3	Barbara Stoll	F	52	3:24:34	3:22:49
4	Rochelle Ray	F	42	3:28:07	3:26:13
5	Marlene Hicks	F	48	3:27:48	3:27:21
6	Carlye Graydon	F	43	3:32:08	3:31:30
7	Lisa Korsten	F	46	3:36:13	3:35:24
8	Nancy Winchester	F	46	3:38:37	3:36:39
9	Suzanne Day	F	56	3:37:35	3:37:27
10	Donna Sterns	F	60	3:37:29	3:37:29
11	Maribel Aguilar	F	38	3:39:37	3:37:53
12	Denise Sadberry	F	47	3:42:01	3:39:52
13	Candice Trimm	F	43	3:43:31	3:40:38
14	Barbara Santi	F	42	3:43:45	3:41:05
15	Elva Lafuente	F	48	3:47:35	3:41:37
16	Caryn Honig	F	48	3:45:09	3:42:14
17	Sue Wheeler	F	52	3:47:56	3:42:54
18	Susan Rouse	F	55	3:44:57	3:44:13
19	Laurie King	F	48	3:48:21	3:45:36
20	Lisa Gonzalez	F	44	3:49:41	3:47:45

Viator Data Master Dalton Pulsipher

There are 534 active veterans, 156 of them are streaking. The average age of active vets is 53.9.

There are 901 inactive Vets.

The average number of completed Houston Marathons for Active Vets is 15.5.

126 veteran women and 408 veteran men finished the 2014 Chevron Houston Marathon.

There are 21 active 70+ year old Vets. They are listed below:

Name	# Finishes	Age
Armando Ramos	20	70
Bill Duer	27	80
Boris Balic	32	78
Carl Lindsey	26	74
Charlie Viers	33	72
Dan Shuff	18	78
Don Winkley	17	75
Fred Ward	16	70
Gunnar Sanden	23	74
James M Leonard	11	76
James Schleisman	15	80
James Stubbs	24	73
Jim Braden	18	78
Jim Peiffer	12	70
John Fredrickson	22	75
Larry Lindeen	22	73
Louis Waddell	34	74
Ray Boytim	35	81
Robert Hoekman	26	72
Sally Sims	13	70
William Hall	16	76

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

Also all past Veterans Newsletters.

Age	Gender	Name	Time	# Vets	Num
				This Age	Finishes
27	M	Timothy Feges	5:14:49	1	10
28	M	Joe Schwieterman	2:59:55	1	10
29	M	Peter Vu	5:58:47	1	10
30	M	Brett Davis	5:06:03	1	15
31	M	Chris St Jean	3:53:11	1	11
32	M	Robert Hahn	3:09:16	2	14
33	M	Jonathan Tydlacka	3:26:01	2	18
34	M	Claudio Rodriguez	2:52:16	3	10
36	M	Jonathan Phillips	3:22:14	3	10
37	M	Jose Oviedo	2:47:08	3	11
39	M	Michael Defee	2:43:13	2	11
40	M	Steve Baumgartner	2:54:13	4	14
41	M	Pete Jacobs	3:52:49	2	11
42	M	Peter Lawrence	2:31:56	9	16
43	M	Chris Ciamarra	3:05:07	7	14
44	M	Tom Stilwell	2:58:02	8	10
45	M	Matthew Padon	2:58:27	12	21
46	M	Garrett Rychlik	2:56:42	14	14
47	M	Jose Reyes	2:59:26	18	10
48	M	Francisco Garza	3:15:29	10	12
49	M	Bernie Babinat	3:19:43	15	16
50	M	Francisco Galaviz	2:48:43	16	11
51	M	Jacob Tonge	3:11:36	17	11
52	M	Agapito Gaytan	3:14:36	22	13
53	M	Peter Schipperijn	3:22:49	16	15
54	M	Joe Killeen	2:59:49	18	13
55	M	Tom Sherwood	3:28:59	16	14
56	M	Rich Fredrich	3:14:29	19	24
57	M	Mark Elkins	3:42:44	17	12
58	M	Joe Melanson	3:13:16	16	15
59	M	Alfred Knies	3:50:03	16	10
60	M	David Stockton	3:53:52	15	19
61	M	Doug Earle	3:38:42	17	20
62	M	Darrell Sterns	3:37:26	15	12
63	M	David Park	3:42:10	11	10
64	M	Andrew Chow	4:08:12	10	14
65	M	Roger Boak	3:46:53	11	31
66	M	Rudolph Rendon	4:24:16	3	30
67	M	Ben Harvie	3:42:56	8	11
68	M	Manuel Gonzalez	4:25:13	3	30
69	M	Phillip Hodges	5:05:36	5	13
70	M	Fred Ward	4:02:29	2	16
72	M	Robert Hoekman	4:04:46	2	26
73	M	Gunnar Sanden	4:03:51	3	23
74	M	Carl Lindsey	5:31:52	2	26
75	M	Don Winkley	4:34:08	2	17
76	M	William Hall	4:37:41	1	16
77	M	Boris Balic	5:43:48	1	32
78	M	Jim Braden	4:32:30	2	18
80	M	James Schleisman	4:32:06	2	15
81	M	Ray Boytim	5:55:20	1	35

**Fastest 2014
Houston Marathon
Times Veterans**

**My thanks to :
Dalton Pulsipher
for results.**

Top Men's Individual Times by Age in the right

**Fastest Veterans based on
number of Houston marathons completed.
Exactly 40 years, 35 years, over 30 years, 30
years, over 25 years, 25 years, 20 years, 15
years, 10 years.**

Years Finished	Gender	Name	# Finishes	Age	ChipTime
Exactly 40, 35, 30, 25, 20, 15, 10					ChipTime was used for all of these rankings
40	M	Jack Lippincott	40	67	5:18:59
	F				
35	M	Ray Boytim	35	81	5:55:20
35	F				
Over 30	M	Roger Boak	31	65	3:46:53
Over 30	F	Maria Camacho	31	58	4:49:41
30	M	Tony Allison	30	58	4:06:02
30	F				
Over 25	M	James Tuscany	27	60	3:57:41
Over 25	F	Susan Rouse	29	55	3:44:13
25	M	Larry Teeter	25	54	4:02:20
25	F				
20	M	John Yoder	20	42	2:47:51
20	F	Suzy Seeley	20	54	3:57:02
15	M	Eric Stotzer	15	46	3:09:59
15	F	Yong Collins	15	59	4:09:25
10	M	Claudio Rodriguez	10	34	2:52:16
10	F	Vicki Melnick	10	47	3:22:35

(Continued from page 13)

James Thurmond - Sometimes I wonder if I have any marathons left in my legs. One at a time and I will see if I can make it to 26!



Parvaneh Moayed, - I completed the Badwater Ultra Marathon in 2013 and I am one of the athletes featured in an AT&T U-verse documentary about the event. I will be going back to take the challenge again in July 21, 2014

Dual Guinness World Record Holder.



In addition to having completed a marathon in all 50 states and all 7 continents I am the leading North

American women by completing total career marathons and ultras of close to 600 races.

Paul Cooley— Please see the attached photos from my 25th Houston marathon. I have been living in Sedona, AZ for the past year, but intend to return to Houston for number 26. I now have run 59 marathons/ultras, the last two after Houston this year, in Sedona and Cottonwood (about 20 miles from Sedona). I am running the Solstice Run in Flagstaff on October 11th, it starts at 8000 feet and goes up from there. It is about 11 miles total. I did it last year, it is tough running in the Arizona Mountains for a former Texas flatlander.



Richard Jares—I am at 128 marathon length runs. Maybe they can call it the lunacy or OCD program.

Max Brand — I have done 33 marathons overall and 13 in Houston and will be doing marathon #34 this summer in Tromso, Norway in the Midnight Sun Marathon. My first and probably only marathon in the arctic circle.

Bob McDowell— This was my 28th Houston Marathon and 41st overall marathon



Ray Boytim 35 Houston Marathons, 221 total marathons completed and a recent photo attached.



Brenda & Tom Sanzone —This year marked my 25th Houston Marathon,. It has long been a goal of mine. However, the real story is that Brenda came out of marathon-retirement after ten years and trained hard in order to run in my 25th Houston. While we didn't run the race together, it was great to reunite with her after we both finished. Brenda, a veteran herself,

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chalked up her 17th Houston Marathon finish. It's been some time ago, but Brenda used to be the president of the Bay Area Running Club, and we have remained members of the club for close to 30 years.

I'm thrilled I made it to #25. As Dr. Seuss says, "Don't cry that it's over. Smile that it happened." I'm smiling.



Louis Waddell - I am (hopefully) attaching a action an photo from the 2014 marathon, a very satisfying one as in 2012 I was injured and could not run and in 2013 ran but missed the cutoff by about 3 minutes and the on the book finish this year gives me the opportunity to try for number 35 at age 75.



Jack Lippincott— I had a 28-minute improvement this time over my previous year's finish (5:54); I'm back down to 5:18. At this rate, I will be breaking 4 hours again in a couple more years! Can't wait to be setting age-group records, when I hit my seventies. Really, the new course was a pleasant surprise; you know how we old folks hate change; but, sometimes it just serves to refresh our outlook. Now hoping they revise the course every year - maybe that will keep the improvements coming...



Dalton Pulsipher -

This year's Houston Marathon was my 24th marathon (20th Houston) against an ultra count of 28. I've been at it a while but slowed down in recent years with a hip problem. Of course, the pain showed up in the left calf so it took a few years to trace it to an unbalanced hip. I am currently training for the Silver Rush 50 miler in Colorado and Mountain Lakes 100 in Oregon. The Colorado race goes between 9,000 and 12,000 feet so it will be a new challenge for me. Good luck to everyone in next year's race!



Susan Rouse— I have run a marathon in all 50 states, competed in four Ironman triathlons, and several international runs including the Comrades marathon in South Africa. Together with my boyfriend, Dan Jordan, I enjoy running, hiking, camping, travel, listening to live music, and reading. I have two sons, Brian and Nathan, and two grandsons, Keagen and Kaden. I'm very grateful to be running my 30th Houston marathon in 2015. Running and racing over the long haul of life has brought me indescribable joy!

