

Houston Veteran's News

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

Fall 2004

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

THE VIATOR VET

Well all right, marathon dudes & dudettes; we had better begin preparing for the next time around – HP Houston '05! I know that some of you are already putting in the big miles, in spite of summer conditions, because you have a fall marathon on your race calendar. That's OK! We don't give IQ tests as a condition of being in the Veterans' group. It's a good thing, too. I have a feeling that our membership would be cut in half (and you would need to get someone else to do this column, for sure...)

But let's focus on the positive. We positively need to be in shape for Houston, because we're on the agenda as Pace-Team Leaders once again. Those of us who have done it before know what a fulfilling and FUN experience it is. If you have never taken part, consider giving it a try this year. You can contact our Pacer King, Arlen Isham, to see what it's all about...

Word is that the marathon, and each of our related events, is headed for record numbers of entrants, again. With online signup, it may already be too late to get a low number. But, all early entries (before the Expo) will get one of those "special" numbers, similar to last year, that have your first name in BIG letters, the better for spectators to urge you on. That encouragement is especially helpful in the last few miles. So, do not wait until the last minute to decide. You KNOW you are going to do it, right? The race number is just another reason to get entered early, in addition to the cheaper price. It is also very important to make the commitment (and, I'm pretty sure we all need to be committed...) Hope to see a lot of you at the Kickoff Party in early September! Pick a perfect pace, you pavement pounders.

Best Weather 32st Houston Marathon

Houston Marathon 2004 Summary

We actually started 12,069 out of our 14,103 registrants, which is a big percentage increase over last year's 11,870 registered runners, which produced under 9,000 actual starters. It was reported that there were almost 11,900 finishers this year.

Per Tom McBrayer, the marathon had 6,373 entrants and 5,384 finishers (3,548 men & 1,836 women). Interestingly, the half-marathon numbers were: 5,904 entrants and 5,207 finishers - (2,549 men & 2,658 women). The 5K was similar: 1,821 entrants and 1,493 finishers (661 men & 832 women). Both "companion races" had more women than men...

The top men's finisher was Marek Jaroszewski of Poland with a winning time of 2:18:51. The top woman's finisher was Margarita Tapia of Mexico with a winning time of 2:28:36.

In other results, Gennady Temnikov of Maryland won the marathon's master class with a time of 2:24:40.

Mary Chute from CT. took the women's master's trophy with a time of 2:53:52.

In the half-marathon event, Gilbert Koech, from Kenya crossed the finish line first with a time of 1:03:08. Colleen De Reuck from Boulder, CO. took first in the women with a time of 1:10:55. Half marathon masters winner was William Moore at 1:09:43.

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

Houston Marathon Veterans January 18, 2004



PAST & FUTURE

January, 1996

24th annual. - In anticipation of the Summer Olympics in Atlanta, a deep and talented field of runners lines up in 100% humidity in hopes of posting times fast enough to qualify for their country's Olympic squad. Yet everything must go right to succeed. "If" Great Britain's Steve Brace doesn't have to stop to tie his shoe at 20 miles, and "if" Ethiopia's Turbo Tumo doesn't discover soon enough that the lead vehicle has taken him off course near the finish, results might be different. But "ifs" don't count and Tumo backtracks to pick up the trail 30 yards behind Brace, driving by the past Berlin Marathon winner in the last 50 meters to win the race by a second (2:10:34).

Russia's Leonid Shvetsov and New Zealand's Sean Wade, who qualify for their country's Olympic Trials, bring to four the number of finishers under 2:11.

For the second straight year, Tatyana Pozdnyakova of The Ukraine was the first female across the finish line with her time of 2:31:03. However, two months later, she was disqualified and Mexico's Adriana Fernandez (2:31:59) wound up the women's winner.

Our condolences to Marilyn Patrick and family for the sudden and unexpected death of Bob Patrick recently.

Race Calendar

9-13 Houston Marathon Early Sign
 9-15 Tour de Bayou, start, 1 st. week
 9-19 Tri Andy's Tri 300s/10mb/3mr
 10-03 USA 10 Miler
 10-02 Race for the Cure 5 K
 10-16 Palo Duro 50 m, 50 k
 10-17 Koala/Lukes 20 K
 10-10 Chicago Marathon
 10-24 Iron Star Tri, 1.2 s/56 b/13.1 r
 10-23 Rocky Raccoon Trail Series
 10-31 Marine Corps Mar.
 11-07 New York City Mar.
 11-13 Rocky Trails 50 mile
 11-13 San Antonio Mar.
 11-14 KRTS 25 K
 11-27 HARRA Kids Run
 12-05 Houstonian Lite 30 K
 12-11 SunMart 50 K / 50 M
 12-12 Dallas White Rock Mar.
 12-12 Honolulu Mar.
 01-16 Houston Marathon 2005
 01-5/6 Rocky Raccoon, 100 m/ 50 m
 02-25/27 Bear 48 Hr./24 Hr., 12 Hr.

Upcoming Events

www.adventureteam.com/
www.adventuresports.com/
www.outwardboundwest.com/
www.balancebaradventure.com/
www.parks.state.co.us/
www.colorado.com/
adventureracingconcepts.com
www.subaruprimalquest.com/race2004_teams/
www.raidthenorth.com/
www.gravityplay.com/
www.csmevents.com/

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

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

Isham's Website

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

Pacers Needed

We need Veterans Pacers for the Houston Marathon.

**Contact Arlen Isham
713-455-4858**

INFORMATION CHANGES

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

VETERANS PACE TEAM TO LEAD 2005 HOUSTON MARATHON

Who leads the Veteran's Pace Team?

The groups are led by the Houston Marathon Veterans, both men & women with at least 10 years experience running the HP Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Veteran's personnel as well as to experience the camaraderie of a team. The Veteran's team leaders make sure everyone runs at the right pace and has a good time. They'll be each team's personal coach, cheerleader, and guru for the day. Some chant, some sing, and some may struggle just like you. But all of them are experienced marathoners, who are running Houston to help the members of the team achieve their goal time.

Are we going to go out right on pace?

More or less. Some pacers go out a little slower the first half of the race and try to do "negative splits". Others go out just a little faster so as to have some "cushion", just in case people have to slow down at the end. Either way, the idea is to run EVEN. That's what pacing is all about.

Will we stop at water stations? Will there be walking breaks?

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

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

You can read about it on the website. We have our own area. In addition, they

have put up the past Pacer comments for every year since 1999. See our Pacer history. Look it up on the website.

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

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

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

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

As I noticed from other Pace teams around the nation and at Houston in 2004, 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 at 9:00 a.m. to introduce the Pace Team.

Arlen Isham
Veterans Pace Team Coordinator
713-455-4858 for information



Jack Lippincott on the way to a 3:38 marathon

Veterans Stories

Phil Smith - I ran part of the way with the person pacing the 5:30 group for Cliff Bar. Her name is Robin (don't remember her last name). She was from Columbus, Ohio. She said that they had 120 people signed up for the 5:30 group. She did a very good job. She caught up with me while going into downtown. She said that all of her paces had either dropped back or gone on ahead of her. She had another Cliff Bar pacer with her. They had carried their balloons the whole way. I finished a few seconds behind her at 5:30'29". So she was right on the mark.

Bob McDowell - I unofficially paced two friends, one of whom was doing his first marathon in 20 years. We aimed for a 4:15 goal & my chip time was 4:15:54. I'll plan to help pace next year. I'm hoping I have at least 2 more marathons in me to make it 20 Houston marathons!

Wes Monteith - Just a note on the pacing Arlen, I predicted a 4:20 and ran 4:19:42 clock time. I am still interested in pacing. Also saw the 4:15 group go by me at about 23 miles, and they were a tight group with a great young lady encouraging them forward right on the mark. Congrats to all who finished and good job on the last runner standing.

(Phyllis Thompson) First marathon

Two months before the 2004 HP Houston Marathon January 18 my twenty-five year old son David Nimmons told me he would be running the marathon with me. "Really?" I responded with amused astonishment. "Yes," David assured me, "I just started training." Really? David had not run in at least two years. His high school soccer days were in the past. His mountain climbing days were in the past. As a family we had climbed the 46 highest peaks in the Adirondacks, New York. His years on the UT-Texas water ski team (slalom, trick, and jump) were also in the past. Now he was pretty much a non-training workaholic.

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Lee Norris



Lee

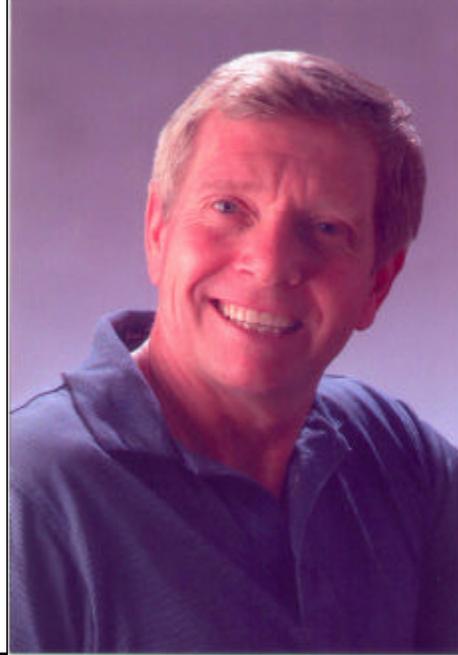
Norris is an engineer and pipeline consultant with a running problem. He has been training at lunchtime in Houston for almost 30 years, in spite of killer summertime temperatures. Surviving this abuse has made him tough enough to finish twenty-two Houston Marathons. But, that's not all...

Norris was born in Velasco, Texas, and started running in 1975, in San Francisco. He did it as exercise - to keep from getting fat - and to take in the gorgeous scenery. So, starting out he was already into "hill work." Do we detect a pattern here? He did his first marathon - the '79 Houston - in 3:13 (!! We should all do more hills.

Lee's typical training is 30 miles per week, going up to 50-60 before an event. And, his events go way up, beyond the marathon. He's done the Arkansas Traveler and Heartland (Kansas) 100 milers, and the Sunmart 50 miler. He has PR's of 8:13 in the 50, and 32:13 in the 100. This guy doesn't know when to quit! And guess what - his shoes don't, either. Norris claims that with judicious repair, including cushioned insoles, old tire parts, and superglue, he can get 2,000 miles on a pair of running shoes!

When not training, our man enjoys reading, and driving his Miata (surely only at the posted speed limits?) Lee has a wife, Linda, and a grown daughter, Sarah. Oh; and six cats! Norris is one cool, running cat. And, if you think you're tough, he's got some big shoes to fill. Oh, but you CAN'T - because he never quits wearing them

Daniel Jason



Daniel Jason is a full-time fantasy author and part-time runner who lives in Houston, but drives all over the country signing copies of his best-sellers, which include "Loch Ness Monsters in Atlantis," and "The Ultimate Dragon." Believe me, if you try to keep pace with this guy, your tail will be draggin'...

Mr. Jason is CEO of 5 Star Stories, Inc. He also speaks at and facilitates school functions, team building workshops, and other events. A Viet Nam veteran, he left a successful career in accounting to follow his dream of writing and publishing fantasy novels. Somehow, he still finds the time for training and competing.

Daniel began running in 1984, to see if he could complete a marathon. He has a personal best of 3:07 from the 1987 Houston race, and has finished our event 21 times in a row, so far. He has run a total of 50 marathons, including Austin, The Woodlands, Marine Corps, and Boston. His typical off-season mileage is 10 to 15 per week, rising to 25-30 when training for a long race.

Jason has grown children, Jeremy and Renee, who are currently pursuing their own dreams as actors in Los Angeles. The writer's best friend (and co-author!) is his golden retriever "Casanova." They run together every other day at North Shore Park, enjoy watching Sci-Fi movies, and think about how to present things from the animals' point of view in their upcoming novel. Look for it, and the authors, in your local bookstore soon!

Veterans Continued

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David had run four to six miles with me sometimes in the Houston marathon, coming in either at 16 miles to leave at 20 miles or in at 20 miles to the end. I remembered that about four years ago he had come in at 16 miles and felt so strong that he ran all the way to the end. It had been a hot race. When we got home he crashed into bed for several hours before we could go out to celebrate my birthday. My birthday is January 14, and for some perverse reason I celebrated my 40th birthday by running the Houston Marathon in 1983 and I have been running the Houston marathon and some others ever since.

"Really?" I said and left it at that. I did not rush to the computer and register him. Why waste \$70? During the last two weeks before the marathon I emailed daily messages about race preparation and attitude and form during the race. Meanwhile David had ran some training runs on a treadmill at 3 and 5 miles and done a long run of 12 miles one month before the race, all at a 9:30 or better pace, proclaimed himself ready, and drove in from Austin. I registered him and picked up our race packets.

Sunday morning January 18, we lined up in the mass of runners wearing our "C'mon Phyllis - Mom" and "C'mon David - Son" shirts, both secretly wondering how it would turn out and both equally determined to finish. For the past three years I had been on the Houston Marathon Veterans Pacing Team, pacing runners to a 4:45 finish. I had no illusions about untrained runners. Not pacing this year, I felt the best course for both David and me was a 5:15 finish running 5 minutes and walking 1 minute consistently from the beginning of the race.

The gun fired. Nothing happened. We were tightly packed into the width of Crawford. Four minutes later we barely jogged across the starting line, hearing the whine of the chips as they crossed the electronic pads. "Run your race,

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Margaret Montgomery



Margaret Montgomery is next to the top of our marathon's Female Veteran list – with 21 total finishes - and would be AT the top if not for a broken foot and ankle just a few days before the “ice bowl” race back in 1997. At least she picked a good one to skip! Her friends called periodically during that race to give her updates on how everyone was doing. So, she felt like she was running it vicariously, anyway.

Professor Montgomery is retired after 30 years as a College English teacher, but is definitely not the “rocking-chair-retiree” type. She oversees a homeless project called Crossroads at Park Place, does a lot of reading, and of course jogs and trains regularly. Her running career began back in 1979, because she was almost 39, and did NOT want to look like a 40-year-old. Guess what? She still doesn't! While time has stood still for HER, she has done anything BUT stand still over the years. Besides all of her Houstons, which began in 1983, she has completed many other marathons, including New York, Chicago, Traverse City, Grandma's, and others around Texas. She also enjoys local runs like the Bayou City, Rodeo, Summer Kick Off, Lunar Rendezvous, and Bellaire Trolley. Her training mileage varies from 30 to 45 per week, depending on whether she is training for Houston. Her best marathon time is 4:15.

Margaret has a husband, Bob, and two grown sons, Monte and Lance, who must be very proud of their “run-around Mom...”

Veterans Continued

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Mom,” David assured me. “I don't want to rush you or to slow you down. I'll do whatever you do.” At six feet David has a longer stride than I do, being only 5'5”, but he paced himself to me as the crowd spread out and we could finally change from walk to jog. We met and ran briefly with two of my jogging buddies, Barbara and Ken, but we were alone together after mile 6.

David is a competitor. He was tempted by the thought of a 5-hour finish. So was I. In our 5-1 mode we were still averaging an 11:30 pace. I was sure that in the long run, and the marathon is the long run, this was going to be a stretch, but we continued. David maintained a cheerful but resolute attitude. “I'm feeling great,” he kept assuring me. “You run your race, Mom. I'm with you.” I found that calculating when to run and when to walk kept me fully preoccupied and I didn't dwell on the distance ahead. We waved at friends at mile 5, in Rice village, to daughter Cynthia on Wesleyan mile 14, the Galleria area mile 16, and finally at mile 18.5 we are headed back east toward the finish. David was still looking like he was running pain free, assuring me he was strong. I was holding on to our pace, knowing that there was no way I could go faster. The walk breaks still came with encouraging regularity. The sky stayed overcast, the temperature in low 50's, the breeze good, which was a help for me as I suffer in the heat and I suspected David would too.

“I hope there is a door at the wall,” David joked with me. He seemed fine, and I was in awe of his stamina, untrained as he was. The belly dancers at 610 and mile 20 came and went. We seemed to have no trouble. The soles of my feet had been burning since mile 10 and now my stomach really hurt, but other than that, I was really fine. I had been feeding us GU and hard candies regularly since mile 5.

We headed up the hill leading from Memorial to Shepherd, picked up daughter/sister Cynthia, and turned the corner

onto Allen Parkway. I could see that David was limping when we walked, holding his right leg at a strange angle. I realized he was really hurting. I said nothing. (Later he confirmed that it had hurt him to walk since mile 18 and he was always worried he wouldn't be able to start to run again. His legs had been screaming with fatigue.) We kept up the 5-1 mode and continued to hold the pace. We skipped water at miles 24 and 25 and right after mile 25 we did our last walk. Then we headed down that long home stretch across town. “Try to enjoy the cheering,” I encouraged David. “I always forget to do that.” The music blared. People screamed. The three of us forged on, picking up the pace as Cynthia encouraged us and the crowd. “Do you want to sprint ahead?” I asked David. “Mom, I want to finish with you. I want us to finish together.”

Cynthia veered off the course to the right and David and I turned to the left toward the finish clock. We clasped hands and held them high as we raced to the finish, filled with elation at our personal triumph. The crowd realized we were a mother-son team and screamed their enthusiasm. We stepped on the mat together. The clock read 5:02:38. Chip time would be under 5 hours at 4:58:18 and an 11:32 pace. We had of course been a little bit faster pace to accommodate the walks. Time at half was 2:28:34.

We were home. I wanted to cry from joy and fatigue. David was a bit shaky too. Only after we limped into the George R. Brown Convention Center did I realize how much David had pushed himself, how close to the edge he had been. I was awed by his ability to draw on inner reserves, by his determination to strive, by his refusal to yield. The race over, he could barely move his legs, he wolfed down two oranges, two bananas, and several liquid yogurts before we stumbled around the Center to get our awards. Then at the food court he ate a full breakfast. We finally limped outside, and Cynthia got the car and picked us up. “That,” said David, “was the most incredibly difficult thing that I have ever

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Veterans Continued

(Continued from page 5)

done. I have so much more respect for your doing these marathons now. Happy birthday, Mom."

Lonnie Brauner - Nothing special except I ran with my daughter in law, while she ran her 2nd half marathon.

Randy Keith - For me it was a big deal, I set my goal to qualify for Boston this year and made it with a 3:29:22 just under the 3:30:59 or better I needed. So, I'm confirmed and off to Boston this April.

Daniel Jason - This was my 21st straight HP Houston marathon

Kerry Staats - My 13th Houston was my 100th marathon. Our local running club president called the race and they had the newspaper interview me. I did everything right for the race but I kind of forgot to sign up. I was a bit surprised to not find my name on the lists and paid a hefty price. Next year I will not waste time and sign up in September.

As for the race, it seems to be getting to be more of an event. I hope that it is not getting too complicated and expensive that the loss of a major sponsor would end the race (That just happened in Pittsburgh). I wonder how long the folks running around 6 hours in the marathon or the half marathoners I passed in the end will continue to run in the years to come? Hopefully the veterans group will continue to grow and a large core of runners will always be there to race.

Jan. 11, 2004, 8:37PM

RUNS IN THE FAMILY

Father, son go to great lengths, pains to run in marathon

By NEIL HOHLFELD
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The last time Mike Padon ran in a marathon was 1998. He was nearing his mid-50s at the time and decided that after running competitively for more

than 20 years, it might be time to turn full attention to his golf game.

He had back surgery in 1992, and the aches and pains of training were beginning to be too much to ignore. A golf cart looked awfully inviting.

But around this time last year, Padon, who first ran in the Houston Marathon in 1977, got an idea into his head that wouldn't go away. His son, Matthew, who will run in his 11th Houston Marathon on Sunday, wouldn't allow it to fade.

If Padon got back into shape and entered the 2004 HP Houston Marathon, he and Matthew would be the only father-and-son team in the veterans division, open to contestants who have run 10 or more times in Houston.

"My dad has always been active in the running community, and last year he went with me to pick up my number before the race," Matthew Padon said. "He saw all of his old friends, and one of them told him about the father-and-son idea.

"I could see that it intrigued him. I kind of kept pestering him. I asked him about it in February and March and April, and I guess he realized that I wasn't going to stop pestering him about it."

So Mike Padon, 59, and Matthew, 35, will run the marathon this weekend, and Mike is glad his son didn't let up on him.

"I'd forgotten how much fun this is, getting ready for a race," Mike Padon said. "Matthew and I don't train together because he's a hell of a lot faster than I am now, but he calls me frequently to ask what new aches and pains I've got. There are plenty of them, but I'm healing."

This will not be the first time the Padons have run in a marathon together. Their most memorable event was the 1996 Boston Marathon, the 100th anniversary of the granddaddy of all races.

"I'd been away from running competitively for a few years after my back surgery, but I told Matthew that if he qualified for Boston, I would too and we could make a big family deal of it,"

Mike Padon said. "Well, he qualified for Boston at the Houston Marathon in 1995, so I was under the gun to qualify."

Mike Padon ran in the Houston and Dallas marathons in 1996 and missed by about 15 minutes of posting a qualifying time for Boston. The Padons went to the Avenue of the Giants through Redwood National Forest in California. Again, Mike failed to qualify.

So, how did Mike Padon qualify for the 1996 Boston Marathon? Simple. He picked up the phone.

"I called John Hancock (sponsor of the Boston Marathon) and got an exemption," Mike Padon said. "They're one of the companies our group (The Longmont Group) represents. I knew I had the ace in the hole, but I tried everything to avoid calling in the chit. But I did, we both ran and brought the whole family and had a wonderful time."

Though Matthew Padon remembers traveling around the state as a youngster to watch his dad run in marathons, he did not have much interest in the sport until he was a senior at the University of Texas. The bug bit him mainly because he was out of shape.

"I wish I could say I was a collegiate all-American, but that would be true only at frat house parties," Matthew said. "I started running to get into shape. My dad never pushed me to get into running. I played basketball and tennis in high school (Strake Jesuit) but I didn't run in a marathon until I was 24."

Said Mike Padon: "It's true I never pushed him to run, but sometimes the apple doesn't fall far from the tree, I guess. He came about it on his own free will, and at times that's the better way to do things."

When Matthew ran his first Houston Marathon in 1994, his father was not entered. But he said he would join his son for the final six miles to lend support.

"Like many runners in their first marathon, I ran way too fast in the beginning and I was hurting by the 20-

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Last Runner Standing

From the editorial section of the Houston Chronicle.

The Last Runner Standing was also mentioned by name on television during the race coverage by the Rice track coach (can't remember his name) who does the color commentary. He talked about the veterans coming back out to mile 26 to cheer in the last runners....it made a good human interest story for them and good press for us. I agree that we need to promote this to the vets, but also to the H.P. Marathon as well. We had quite a few non-vets out there who just wanted a convenient place to watch for and encourage their slower friends. If the weather had been better I know we would have had more folks, because a number of my friends who didn't show have told me so. I wonder if a tent would have helped ?

It does seem now that we could have been a little closer to the finish line. A lot of the runners thought we WERE the finish line, so I think next year we won't use the END sign.



The Last Runner Standing Cheering Area
Mile 26



Houston Marathon Veterans Booth
Marathon Expo

From Runners World - The Houston Marathon Veterans group was at the finish providing "last runner-standing" support. These folks stay until the last runner came in. The race's goal is to "take care of the runners first", and they certainly do that.

I just read an article about the Marathon Veterans and their plans behind the Last Runner Standing cheering section... and truer words could never have been spoken. I ran/walked with painful and debilitating calf cramps from mile 16 in - I had to give up all of my hopes of the great marathon I would have... and it is so true when you run hurt it becomes and entirely different race.

But being too stubborn to quit.. I knew if I could get to that cheering section I'd get the energy needed to finish. I saw lots of Houston Fit coaches there and can't tell you how much it helped!

I made it in with a minute to spare and got my medal! Even though I'd already decided this marathon was a personal quest to finish when my body was ready to give out (especially when the tail car passed me and the cop driving told me if I was behind him I wouldn't get a medal and needed to pick up my pace)... your energy pushed me through that last little bit-- you told me I had three minutes left to get around the corner, gave me hope, and filled my legs with the strength needed to finish.

If anything, I hope this post lets you know that your plans behind the Last Runner Standing were invaluable. Your group, by far, was the best motivator in the entire Houston Marathon

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mile mark," Matthew said. "Well, he jumps in and after a little while, some of the spectators he knows are yelling, 'Mike, you look great for 20 miles.'

"At first, he tried to point to me and explain he was just finishing up with me. But then, he just decided to let them think what they wanted to think. We still laugh about it. He says that this year, those people will get the real picture of what he looks like after 20 miles."

The real picture will come at the end of the race, after father and son have crossed the finish line and raised what they hope will be a significant sum of money for the Alzheimer's Association, Houston and Southeast Texas Chapter.

In a letter sent to friends who might contribute money to their cause, Mike Padon lists the top 10 reasons he's running in the race after being away for six years. Among them: "You like to find new places that hurt on your body," "Your golf game was getting really bad and needed a rest," and "You have made up your mind that slow is OK."

Matthew Padon has another reason. This could be the last time he can talk his father into running the marathon, so he wants to make it an event to remember.

"We don't run side by side, but when I'm out there training, I know he's out there, too, and that's a great feeling," Matthew said. "One morning really early, I was leaving Memorial Park and I saw only one person on the trail. It was my dad.

"I waited for him, and he says, 'My hip hurts and my ankle hurts.' But I could tell he was feeling great just to be out here again, getting ready for a race."

Our thanks to Bill Dwyer who paced the 6:00 group at the 2004 Houston Marathon.

Bob Koester



One of Bob Koester's goals in life is to run 25 Houston Marathons in a row. He had already completed a streak of 20, but then missed one a couple of years ago. So, he simply started over again, and plans to toe the line at the race until he is 87 years old! Now, that is our kind of Veteran...

Koester is a metallurgist with ExxonMobil, and is such a company man, that he plans to retire to Magnolia, Texas, before long. Magnolia... Mobil...Pegasus... remember? Nah! Nobody is old enough to remember THAT stuff (except maybe a few ancient Vets).

Bob was born in Red Bud, Illinois, but began his running career in Lancaster, Ohio, in 1970, to stay in shape for tennis. The "tennis fever" left him long ago, but that running bug just will not go away. This guy typically puts in 25 miles of running and 21 miles of biking each week. His first marathon was in Athens, Ohio, and he has a marathon PR of 3:37. But, he has now fallen in with the "ultra" crowd. Maybe he fell on his "Koester?" Sorry... Now the man does lots of 50K's (his best is a 5:41) and 50-milers (11:46). It must have something to do with his Lutheran work ethic... So, the marathon is just a stroll in the park for him these days. He especially enjoys doing workouts in Huntsville and Inks Lake State Parks, and any long-distance run that is on trails.

Pat is Bob's wife of 40 years – now there is a streak for you! They share gardening activities, and have a son, two daughters, and four grandchildren so far. Grandpa still likes to tool around in his Corvette, travel internationally, and make trips to Colorado. Our Mr. Koester is certainly Rocky-Mountain-

Fastest 2004 Houston Marathon times Veterans

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

Fastest overall Veteran was **Clent Mericle** at 2:48:05. 2nd fastest overall Veteran was **Rich Fredrich** at 2:48:34

Fastest overall Female Veteran was **Diana Keinz** at 3:18:17.

Fastest in the 20 + Years group was **Clent Mericle** at 2:48:05 In second place in the 20 + year group was **Rudy Alvarez** at 3:22:28. Fastest women in the 20 + group was **Maria Camacho** at 4:11:39.

The 20 Year group was lead by **Dan Dick** at 3:24:35. No 20 year female runner.

The 15 Year group was lead by **Rich Fredrich** at 2:48:34. The female was lead by **Maureen Higgins** at 4:10:05.

10 Year group was lead by **German Collazos** at 3:33:57. The female was lead by **Suzy Seeley** at 3:21:05.

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

Missed from the 2003 results. **Carolyn Tovar** was 3rd. in the 40-44 age group and the top 15 year lady veteran with her 3:21:50.

Marathon Official Comments

HOUSTON MARATHON is an annual event deserving of everyone's cooperation.

With all eyes focused on the upcoming Super Bowl, it would be easy to forget that for years one of this city's sports success stories has been the Houston Marathon, which attracted more than 14,000 runners last Sunday from around the country and raised more than \$600,000 for various local charities.

The run has brought Houston national and international attention because its course is considered among the top five in the country. A study, financed by the Houston Sports Authority, of last year's marathon found that the run had a direct economic impact of \$11.3 million, a total impact in recycled dollars of \$20.2 million, created 320 full- and part-time jobs that generated \$8.8 in personal earnings and resulted in \$1.4 million in local and state tax revenues. Those are significant numbers for our city.

Still the marathon needs greater consideration and cooperation from the Houston Police Department and Metro, which reluctantly agreed, after lengthy negotiations, to shut down the light rail train for six hours Sunday to allow the runners to reach the George R. Brown Convention Center where the run finishes. Surely the problems can be worked out for the benefit of the marathon, which has grown by leaps and bounds.

The city, Metro and businesses have done everything imaginable to promote and support the coming Super Bowl, and that's good. But the Houston Marathon has been here for years, has proved to be a credit to the city in terms of economics, philanthropy and positive publicity. It deserves strong support.

Everything about the 32nd Houston Marathon seemed perfect Sunday. A record 14,103 runners participated, and more than \$600,000 - also a record - was raised for various local charities. Marathon officials were thrilled with the event, but a quiet frustration clouded part of their joy. Despite all of the continued success, the marathon fights to gain the support of its own city officials.

New marathons are sprouting up across the country and thriving in part because of monetary support from their respective cities. Houston's event, on the other hand, annually fights for help. The organizers say they are not only in need of money but also more

consideration from groups like Metro and the Houston Police Department. For example, it took "lengthy" talks with Metro to get the light rail shut down for six hours Sunday. Now the course, considered one of the top five in the United States, is in danger of being redesigned.

Stopping the light rail "is going to be our single biggest challenge going forward," marathon manager Steven Karpas said. "Our race finishes going west to east, and Metro runs north-south. Ultimately, we have to wind up down at the George R. Brown Convention Center, and the only way for that to happen is for Metro not to run the train on one Sunday in January for six hours. The train was stopped this year after lengthy negotiations.

The Harris County-Houston Sports Authority has watched the marathon grow considerably the past few years. Participation has increased drastically in the last four marathons. Since just last year, more than 2,000 new runners - mostly from out of state - signed up for either the marathon, half-marathon or 5K. Oliver Luck, CEO of the Houston Sports Authority, knew the marathon committee was struggling to get the attention of various city officials. So during the past year, Luck helped the committee by financing an economic impact study. The findings uncovered that the marathon brings in \$11.3 million in new, direct economic impact. When that money is recycled back into the community, it results in a total economic impact of \$20.2 million.

Karpas was thrilled to have the numbers, and he paraded them all over the city last year. He took them to City Council, the mayor's office, the Downtown Business District, the Hotel and Motel Association of Greater Houston, and the Greater Houston Convention and Visitors Bureau. The only response he got was from Jordy Tollett, president of the Convention and Visitors Bureau. Tollett allocated funds to help promote the event out of state. The help was appreciated. "The combined effort from the marathon office and the Greater Houston Convention and Visitors Bureau helped, for one, to help sell out the new host hotel, the Hilton, and was a definite factor in the record number of race participants," Karpas said.

But the marathon needs more help to continue moving forward, according to Karpas. He said the marathon currently has \$1.5 million in operating costs, which includes renting the George R. Brown and paying the police department to help block off and monitor the streets. The marathon's bill from the police department is higher than

any other major marathon's police bill, Karpas said.

Houston also has new competition from other marathons. The Disney World Marathon in Orlando, Fla., and Rock 'N' Roll Phoenix Marathon were held a week before Houston's this year. Each attracted more than 20,000 runners. Phoenix was in its first year and attracted almost 30,000 participants. Karpas said that marathon was so successful because of support from the city's convention and visitors bureau, which gave the marathon \$500,000 to help with promotions. In return, the marathon is estimated to have had more than a \$40 million direct economic impact on the city.

Phoenix's inaugural success further made Karpas understand the impact Houston's marathon could have on the city. "If Phoenix can do it, there's no reason why Houston can't do it," Karpas said. "We have all the facilities necessary to make that happen. We have world-class hotels. We have a world-class convention center. We have world-class restaurants. We are centrally located. We have excellent January weather. We have a flat, fast course ranked as one of the top five in the country. "With a partnership - with a real partnership - between the city and our organization, we feel that we can get to the Phoenix-type numbers, which would make both parties extremely happy.

"At the end of the day, it's a win-win situation. They benefit from a marketing showcase. We benefit because we raise more money for charity."

The HP Houston Marathon and Metro have resolved the issue about the race course crossing the Metro Rail line, at the least until more lines are added.

Metro will turn back the train at Main Street Square from 7 a.m. to 1 p.m. on race day. For its part, the marathon is **changing its route through downtown from Lamar to Rusk, which is north of the Main Street Square Station.**

Marathon runners entering downtown on Allen Parkway, which turns into Lamar once it passes under Interstate 45 will now turn left on Smith, then continue to Rusk, where they will turn right. The finish will be on Rusk, on the north end of the George R. Brown Convention Center.

"It will be just like Boston, where runners can see the finish line in the distance", Marathon managing director Steve Karpas said."

ACTIVE VETERANS

Official Finishers of Ten or More Houston Marathons

ACTIVE VETERANS (ENTERED IN 2004)

	NAME	CITY	AGE	TOTAL	1st
FS1/P/S	Lippincott, Jack	Houston	57	30	1975
PK99/S	Osgood, Bill S.	Sugar Land	68	29	1976
S	Gillespie, Thomas E.	Houston	66	28	1977
WR/GBF/P	Mericle, Clint	Corpus Christi	50	28	1973
S	McMahan, Rick	Alvin	50	27	1978
MN175/S	Boytim, Ray	Spring	71	26	1979
S	Browder, Jack	Houston	53	26	1979
PK00-01/S	Isham, Arlen R.	Houston	59	26	1979
P	Viers, Charlie E.	Natchitoches LA	62	26	1977
P/S	Click, Clifford N.	Tucson, AZ	69	25	1980
P	Rutledge, Wayne	Spring	46	25	1977
P	Balic, Boris	Houston	67	24	1980
HW1/P	Ellis, John L.	Houston	57	24	1979
P	Brauner, Lonnie Jr.	The Woodlands	57	23	1980
P	Healy, Jim S.	Houston	70	23	1979
	Kelley, Stan C.	Alpine	64	23	1980
S	Meyers, Gerald B.	Cypress	56	23	1982
P/S	Smith, Phillip	Houston	68	23	1982
	Alvarez, Rudy	Houston	49	22	1982
PK03	Boak, Roger	Houston	55	22	1981
P	Koester, Robert D.	Cypress	63	22	1982
S	McNeil, Stephen L.	Kingwood	46	22	1983
P	Norris, Lee	Bellaire	56	22	1979
TFV/P/S	Thompson, Phyllis	Houston	61	22	1983
HW2	Camacho, Maria	Katy	48	21	1983
S	Eury, Robert M.	Houston	55	21	1984
	Gonzalez, Manuel A.	La Porte	58	21	1983
S	Jason, Daniel N.	Houston	57	21	1984
S	Mansur, Bruce	Dripping Springs	54	21	1984
	Montgomery, Margaret	Houston	62	21	1983
HW2	Smalls, Jesse	Katy	57	21	1983
	Stephens, David	Seabrook	50	21	1982
P	Allison, Tony W.	The Woodlands	48	20	1983
	Dick, Dan	Galveston	55	20	1982
	Fletcher, Robert F.	Fredericksburg	71	20	1976
	Groustage, Evan	Kingwood	54	20	1982
S	Guidry, George Jr.	Orange	59	20	1985
	Hees, Darryl	Kingwood	59	20	1981
	Huerta, Joe	Austin	56	20	1979
	Luchsinger, Bob	Dallas	54	20	1984
	Patterson, Ron	Seabrook	50	20	1984
	Rekieta, Richard	Houston	53	20	1984
	Rendon, Rudolph	Spring	56	20	1983
	Renz, Mical C.	Houston	60	20	1983
	Roberts, John R.	Humble	64	20	1984
	Roche, Paul J.	Fulshear	55	20	1983
GDH	Vroulis, Harry	Houston	58	20	1980
S	Aguirre, Richard	Bedford	50	19	1986
P/S	Goodger, Michael D.	The Woodlands	61	19	1986
Sib1	Herd, Kenneth G.	Schenectady NY	44	19	1984
HW3/S	Hrachovy, Will	Houston	55	19	1986
	Mashburn, Layne	Kingwood	59	19	1984
	McClung, John	Houston	43	19	1985
S	Oskand, Don	Austin	47	19	1986
HW4/S	Patrick, Marilyn	Plano	59	19	1986
S	Phillips, John R.	Houston	53	19	1986
S	Reed, J.P.	Houston	47	19	1986
P/S	Rouse, Susan	Conroe	45	19	1986

LEGEND

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

There are 268 Active Veterans — 92 of them are streaking
There are 245 Inactive Vets. Average age of active Vets is 52

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

To add your name to this list,
send your dates of finish, approximate times, and age to:

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

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

	NAME	CITY	AGE	TOTAL	1ST
S	Southwell, Larry E.	Waco	55	19	1986
S	Thrasher, Ted	Lafayette, LA	53	19	1986
S	Topolski, Leonard P.Jr	Pearland	42	19	1986
	Barry, Joe P.	Houston	57	18	1984
	Black, John H. Jr.	Cypress	56	18	1982
	Brannen, Harvey S.	Missouri City	60	18	1983
S	Butler, Arthur	Missouri City	58	18	1987
HW5/S	Duer, Bill	Mena AR	70	18	1987
S	Grisham, Kenny	Friendswood	47	18	1987
S	Jenison, Brian	Houston	44	18	1987
P	McDowell, Robert T.	Houston	53	18	1986
	McPhillips, Larry	Port Arthur	52	18	1986
S	Miksch, Lee	Houston	67	18	1987
	Padilla, Don	Deer Park	54	18	1982
	Riddle, Gerald	Bellaire	48	18	1986
P	Stevens, Fred	Houston	62	18	1979
	Tuscany, James D.	Houston	50	18	1984
S	Baker, Phil	Houston	64	17	1988
P/S	Boone, Steve	Humble	54	17	1988
	Carlson, Jim	Houston	56	17	1978
	Charles, Leonard	Houston	66	17	1985
S	Cioli, Steve	Friendswood	52	17	1988

CONTINUED

ACTIVE VETERANS

	NAME	CITY	AGE	TOTAL	1ST		NAME	CITY	AGE	TOTAL	1ST
	Evans, David	Humble	55	17	1983		Greenwell, Charlie	Orange	52	14	1983
	Evans, Richard N. II	Beaumont	47	17	1984		Griffiths, Donald W.	Missouri City	53	14	1990
	Fanning, Terence	Houston	52	17	1986	Sib3/S	Grounds, John S., III	Houston	41	14	1991
	Fizer, Don	Houston	61	17	1984	S	Hale, Leslie	Houston	51	14	1991
	Gomez, Lupe	Pasadena	50	17	1978		Halle, Richard W.	Houston	56	14	1986
	Gulknacht, Pierre E.	Houston	56	17	1978		Hedges-Rankin, Melissa	Houston	40	14	1988
	Lemuth, Richard F.	Houston	55	17	1987		Heumann, Glenn	Houston	49	14	1984
	Moore, Charles H.	Houston	49	17	1981	S	Hughes, Robert G.	Katy	54	14	1991
S	Randolph, Burke	Sugar Land	55	17	1988	S	Keith, Randall D.	Houston	45	14	1988
	Teater, Larry	Houston	44	17	1987		Lin, Chin	League City	65	14	1991
	Tovar, Carolyn	Farmer's Branch	42	17	1986		Luna, Jesse H.	Deer Park	58	14	1987
	Van Paasschen, James	Houston	53	17	1985	S	McDonald, Jerry	Las Vegas NV	49	14	1991
	Wacasey, J.R.	Houston	44	17	1982	S	McKenna, John R. Jr.	Galveston	47	14	1991
S	Wilson, Gene	Houston	50	17	1988	Sib2	Murry, Jay B.	Little Rock AR	51	14	1981
	Adams, Alex A.	Houston	52	16	1985	S	Pang, Harry F.	Houston	54	14	1991
	Alvarado, Tony Jr.	Harker Heights	59	16	1982		Pierce, Joe	Houston	47	14	1988
	Ashby, Ken	Dallas	51	16	1987	P/S	Ralph, Paul	Houston	59	14	1989
	Bielinski, Peter	Houston	55	16	1983	S	Reyes, Carlos J.	Pearland	40	14	1991
	Foster, Bill	Bacliff	46	16	1984		Ruggles, Don	Missouri City	59	14	1991
S	Gonde, Kan	Houston	45	16	1989		Schneider, William	Katy	51	14	1988
	Hay, Michael T.	Pasadena	62	16	1984		Sokol, Ron	Houston	49	14	1990
P/S	Hoekman, Robert E.	Houston	62	16	1989		Wardlow, Tommy G.	Richmond	47	14	1986
	Johnston, Michael	Houston	47	16	1986	00F	Allensworth, Dan	Galveston	74	13	1990
S	Lindsey, Carl	Houston	64	16	1989	P	Baldauf, James A.	Houston	52	13	1988
	McCormick, Michael	Katy	46	16	1983		Dwyer, William M.	Spring	46	13	1987
	McMahon, Chris	Cleveland	49	16	1988		Farias, Yolanda E.	Houston	50	13	1982
HW6/P	Monteith, Wesley	Pasadena	52	16	1988		Felts, Gregg	Houston	48	13	1991
	Pehr, Chuck	Houston	57	16	1988	GD/S	Fredrickson, John P.	Rosenberg	65	13	1991
	Rutz, Raymond	Houston	54	16	1988		Gao, Chuan	San Francisco CA	37	13	1992
HW7	Sanzone, Brenda	Houston	51	16	1987	S	Garcia, Victoria	Corpus Christi	45	13	1991
HW7	Sanzone, Thomas V.	Houston	57	16	1987	Sib1	Grant, Michael	Houston	51	13	1992
	Scheibe, Charles Q.	Houston	49	16	1979		Herd, Jeffrey	Rowley, MA	44	13	1984
	Valdez, Ray R.	Houston	46	16	1986	S	Holden, James T.	Houston	48	13	1986
P/S	Williams, Bob	Humble	61	16	1989	S	Kirkpatrick, Bob	Houston	42	13	1992
S	Bach, Andrew R.	Sugar Land	51	15	1990	S	Lindberg, Joseph Rex	Pasadena	42	13	1992
	Barnhill, Robert W.	Houston	56	15	1986		Mendoza, Alberto	Houston	36	13	1991
	Beach, Andy	Garland	46	15	1988		Mulvihill, Gary S.	Houston	49	13	1984
	Briceno, Maurice	Houston	56	15	1985		Murphy, April	Houston	44	13	1988
	Braach, Kenneth	Bryan	51	15	1986		Pequeno, Jesus	Guadalupe Mexico	36	13	1990
S	Cooley, Paul	Bellaire	53	15	1990	S	Prashad, Nagindra	Houston	65	13	1990
S	Darke, Michael	Houston	35	15	1990	S	Rohena, Ralph	Houston	51	13	1992
HW5	Duer, Beckie	Mena AR	51	15	1987	S	Sellers, Joe	Houston	40	13	1992
	Fredrich, Rich	Katy	46	15	1989	MN100	Staats, Kerry	Lexington Pk MD	38	13	1991
S	Gibson, Malcolm D.	Houston	55	15	1990	S	Steets, Thomas W.	Bellaire	52	13	1992
S	Harvey, David E.	Houston	50	15	1990		Sterns, Donna	Sugar Land	50	13	1979
	Higgins, Maureen E.	Leeds AL	49	15	1989		Vern, Richard W.	Houston	50	13	1989
	Holloway, Gloria "Tyger"	Houston	49	15	1985		Bock, John G.	Houston	57	12	1991
	Kleuser, Thomas M.	Fr. Worth	53	15	1989		Boughton, Phil	Kingwood	52	12	1989
	Kuo, Ying-Ming	Houston	62	15	1988		Castillo, Augustine J.	Houston	54	12	1989
	Miller, Jeffrey P.	Houston	52	15	1988		Contreras, Macey	Houston	47	12	1988
	Schmidt, Carol	Houston	44	15	1989		Fanning, James Mark	Kingwood	44	12	1990
S	Simmons, James D. Jr.	Houston	53	15	1990	S	Holcomb, Michael	Missouri City	49	12	1993
	Stubbs, James C.	Missouri City	63	15	1987	S	Jones, Clara	Houston	53	12	1993
	Thomsen, Anna	Houston	48	15	1985	S	Kelley, Dale	Houston	42	12	1992
S	Thurmond, James	Missouri City	57	15	1981	S	Lara, Gabriel	Houston	61	12	1993
	Barron, Lee	Houston	56	14	1991	S	Leik, Francis	Lansing MI	65	12	1993
	Beatty, Daryl	Lake Jackson	50	14	1990		Lindeen, Larry W.	Houston	63	12	1992
S	Buescher, Jay W.	Port Neches	47	14	1991	S	Mangum, Dennis L.	Pasadena	55	12	1988
	Campbell, Craig	Houston	55	14	1986	HW6	McKinley, Jim M.	Austin	35	12	1993
S	Colico, John	Col. Springs CO	44	14	1991		Monteith, Gina	Pasadena	46	12	1992
	Decell, Steven E.	Houston	41	14	1989		Rodriguez, Richard R.	Houston	48	12	1990
	Dillingham, Lindy	Houston	52	14	1989		Roldan, Kathy	Houston	38	12	1990
	Duwall, Michael D.	Houston	50	14	1986	S	Schneider, Andreas	Kingwood	39	12	1993
	Duzan, Robert	Pasadena	61	14	1983		Shepard, Frederick E.	Houston	44	12	1991
	Earle, Doug	Sugar Land	51	14	1986	S	Smith, Rollie	Houston	48	12	1993
HW1/P	Ellis, Esther	Houston	59	14	1984	S	Wesson, Lawrence	Galveston	47	12	1987
GDH/S	Eris, Zoi	Houston	48	14	1991		Anderson, Darryl	Houston	39	11	1994
							Baker, Jerry	Houston	43	11	1991

ACTIVE VETERANS

	NAME	CITY	AGE	TOTAL	1ST		NAME	CITY	AGE	TOTAL	1ST
	Berrospe, Jesse	Houston	50	11	1991	S	White, Kathryn	Tulsa, OK	36	11	1994
HW&S	Birash, Brian	Houston	49	11	1994		Yee, Douglas	Austin	36	11	1992
HW&S	Birash, Irene	Houston	46	11	1994	S	Collazos, German	Houston	45	10	1995
	Braden, Jim	The Woodlands	68	11	1985		Edwards, Win	Katy	50	10	1990
	Cain, Lloyd (Chester)	Livingston	51	11	1986		Fisherman, Sharron	Houston	57	10	1989
	Castillo, Augustine J.	Houston	54	11	1989		Gilligan, John W.	Cypress	68	10	1991
	Cook, Dusty S.	Pasadena	49	11	1987		Hasson, Steven	Houston	37	10	1991
S	Espinesa, Eddie	Houston	41	11	1994		Honig, Caryn	Bellaire	38	10	1990
P	Halpin, Dennis	Houston	50	11	1989		Johnson, Ken	Huntsville	62	10	1989
S	Keinz, Diana	Houston	42	11	1979		Kyckelbaum, Bruce	Houston	58	10	1988
	Kesterson, Ronald	Houston	49	11	1994	OV/FS1	Lippincott, John Jr.	Houston	80	10	1978
	Kneeshaw, Lou	Houston	47	11	1989		Ludwick, Candy	Pearland	55	10	1990
	Loveless, Suzanne	Friendswood	50	11	1990	S	Luna, Michael	Houston	43	10	1995
	Lundgren, Greg	Columbus	46	11	1993		Macrander, Michael	Katy	50	10	1994
	Maney, Derold	Kingwood	55	11	1990		Marsh, Gary	Pearland	50	10	1993
	Mathias, Billy	Houston	37	11	1989	S	Maase, Dennis D.	The Woodlands	54	10	1995
	Nash, Jeff	Houston	42	11	1993	S	Miller, Jonathan	Pearland	41	10	1995
FS2/S	Padon, Matthew B.	Houston	35	11	1994		Moore, James	Houston	54	10	1994
FS2/S	Padon, Mike	Houston	59	11	1977		Newcaster, John	Houston	55	10	1994
HW4/PK02	Patrick, Bob	Plano	60	11	1993	YV/S	Pulsipher, Dallan	Houston	26	10	1995
	Petronella, Bernard C.	Houston	52	11	1988		Rohmfeld, Sharon Kaye	La Porte	52	10	1982
S	Rech, Tom	Houston	40	11	1994	S	Seeley, Suzy	Spring	44	10	1995
S	Reed, Ken	Houston	53	11	1994	S	Taylor, James W.	Houston	60	10	1995
	Simon, Doug	Houston	51	11	1992	S	Theys, Phillippe P.	Houston	54	10	1995
	Turner, Tim	Katy	44	11	1985	S	Ward, Fred	Houston	60	10	1995
	Watkins, Ronnie Wade	Cypress	48	11	1993		Williamson, David	Houston	51	10	1990
	Webb, Allen	Houston	54	11	1991						

before this year's race.

Tom Steets continued his special service to the runners, who finished after the Houston Marathon cutoff at the 2004 marathon.

Tom comes back out the to the finish line and personally cheers and runs in with the runners who finish after the cutoff. He carries a "Boom Box" playing Rocky music. If that is not enough, he buys red roses and hands a rose to each lady finishing over the cut off time.

His words follow. As they approached, since I was the only person anywhere near that spot, I yelled and cheered for them as loud as I could telling them, "you're looking good and you're almost there!" They started to smile and then, I implemented my new plan to try to further inspire them. I looked them in the eye and asked them if they were ready to celebrate? They nodded their heads and I then went into action. I reached down and picked up my "boom box" and as I raised it up to show them, I moved the volume switch to max and hit the play button. Out blares "Rocky" in all its glory!. I began at first to walk along with them along the fence line, as they began to pick up the pace. They then began to really turn on their smiles and started to do a combination run/dance to the music! I ran with them to the finish and then walked back to the corner to do it again for the next late arrivals. It was very rewarding to add a little pleasure to the marathoners' great accomplishments and to see their smiles.

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

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

Special thanks

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

Contact Jack Lippincott at:

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

713-935-9202 - Hm. Phone

To help this year for the expo.

Veterans HARRA Iron Foot Winners - Fall 2003

**Paul Cooley
Dan Dick
Richard Fredrich
Robert Hoekman
Larry Lindeen
Jack Lippincott
John Phillips
Tom Radosevich
Paul Roche**

Veterans HARRA Iron Foot Winners - Spring 2004

**Larry Lindeen
Jack Lippincott
Jo Ann Luco
Gail Sabanosh
Fred Steves**