

Houston Veteran's News

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

Fall 2008

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Another Record

THE VIATOR VET

Hey, gang. You know what? Be very grateful that – if you had to get hooked on a marathon – you got hooked on our own Houston race. Let me tell you; I recently entered a 26.2-miler in a great Texas “sister city” up the road a piece. Not naming any names; but, this was a first time event that allowed over 30,000 entries in both the half and full marathon. What a nightmare! Parking for the expo was basically non-existent, necessitating a mile or more walk each way. Race parking was in a far-distant venue, using slow, late shuttles to make the trip up to the start (which was also many miles from the finish – it kinda reminded me of Boston...) The shuttle buses then dropped us off at least a half-mile from the starting line. Bag check was in 30 or 40 different trucks – some showing up shortly before race time – which were using an oddball alpha-based check-in system. So of course there were giant lines at the end of the race to wait in for picking up those bags, as well. The start required a few dozen corrals to put everyone in; and, some of them were at least a quarter-mile from the actual starting line.

The list goes on; but, suffice it to say that the Houston Marathon has this deal beat “fifteen ways to Sunday...” And, our favorite event continues to seek

(Continued on page 7)

On a race day morning, the 2008 Chevron Houston Marathon set new records in the 36th running.

The combined marathon and half marathon race 17,490 registrants.

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

The marathon started 5,968 and 5,519 finished. The Half marathon started 8,299 and 8,227 finished.

The numbers two and three are significant for the marathon.

Two is for Ethiopian Dire Tune’s second straight win and second time to set a course record. Three is for Kenya’s David Cheruiyot’s third win in four years.

Tune was not challenged as she won in 2:24:39 to set a course and race record. Cheruiyot won in 2:12:31 sprinting past Ethiopia’s Kasime Adilo in the last quarter mile.

John Hill, 40, Kingwood won the Men’s master with a time of 2:40:46.

Tatiana Titova, 42, won the women’s master race in 2:44:58.

James Carney won the half marathon in the third fastest time in the Houston race history with a 1:02:21.

Kate O’Neill, second place finisher in 2007 won the women’s race in 1:11:57.

Sean Wade, (1:07:43) and Colleen De Reuck (1:14:55) were masters winners.

Houston Marathon Veterans January 13, 2008



PAST & FUTURE

January, 2000

HOT, HOT, HOT



This symbol represent the hot sun beating down on all of us on January 16. Maybe we thought last year was hot, but this year was worse.

Men's winner was Stephen Ndungu at 2:11:28 about 4 minutes faster than his winning time last year and his third victory in a row. Also with her third victory was Women's winner, Tatiana Pozdniakova at 2:32:25, one minute faster than last year.

The last official Runner was 4646 at about 5:33:00. 6,783 men and women started the race. The heat caused several hundred to finish over 5:30 with some people still coming in at 7:00.

The Marathon had Pacers for the second time in history and even the experienced pacers struggled with the hot and humid conditions.

Fastest 2000 Houston Marathon time

20 + Years group was **Clent Mericle** at an impressive 2:54:05, not unexpected for a young guy in an old guys (persons) group.

20 Year group was lead by **Jack Healing** at 3:20:42.

15 Year group was lead by **Richard Campbell** at 3:20:30

10 Year group was lead by **John R. McKenna, Jr.** at 3:16:51.

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

Race Calendar

- 10-23 Houston Mar. Early Sign/ 5K
- 10-26 Cinco Ranch Tri 400s/19mb/3mr
- 10- 4 Race for the Cure 5 K
- 10-11 Huntsville 1/2 Marathon
- 10-12 Chicago Marathon
- 10-12 Tri Andy's Tri 300s/10mb/3mr
- 10-18 10 Miles for Texas
- 10-18 Palo Duro Canyon 50 Miler/ 50 K
- 11-08 Rocky Raccoon 50 K/25 K
- 11-09 Ironstar Tri 1.2ms/59mb/13 mr
- 10-26 Warm Up Series Half Marathon
- 10-26 Marine Corps Marathon
- 11- 2 New York Marathon
- 11-16 San Antonio Marathon
- 11- 9 Warm Up Series 25 K
- 12- 6 SunMart 50 K / 50 M
- 12-14 Warm Up Series 30 K
- 12-14 Honolulu Marathon
- 12-14 Dallas Marathon
- 01-01 Texas Marathon 2009
- 01-18 Houston Marathon 2009
- 02-01 New Orleans Marathon 2009
- 02-14 Surfside Marathon 2009
- 02-15 Austin Marathon 2009
- 02-28 Cowtown Ft. Worth Mar. 2009
- 02-28 Conoco 10K
- 03-07 Texas Independence Relay
- 03-14 Bayou City 10K
- 05-16 Beach to Bay Relay

Upcoming Events

Isham's Middle Fork Salmon River raft trip adventure:

June 20 to 26, 2009

100 miles— Rapids are typically up to four, which can be exciting.

Group of 23. The trip rafts would include about 5 guides, both row rafts, paddle rafts, and inflatable kayaks.

You buy your own airplane ticket to Boise, Id. to match up with the trip group. An area of magnitude for everything appears to be about \$2,500 for the whole trip including air.

Contact Arlen @ 713-560-0187.

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

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

Pacers Needed

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

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

INFORMATION CHANGES

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

**VETERANS PACE TEAM TO
LEAD
2009 HOUSTON MARATHON
10th Year**

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

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

**Are we going to go out right
on pace?**

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

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

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

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

This year we will again be carrying red, white, and blue balloons. You can pass the balloons around to give the honor of helping leading your group to other people some of the time.

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

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

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

As I noticed from other Pace teams around the nation and at Houston in 2007, the Pacers finished within 2 to 4 minutes of their predicted time. That means if you lose your group, you stay at your pace and pick up people later in the race.

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

**Arlen Isham
Veterans Pace Team Coordinator
713-560-0187 for information
Carlos Reyes, Co-Chair**

Pace Team Goal Times

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

Pace Team Stories

Comments from participants
regarding pacers –

1. I had a great time in Houston. My pace leader was an amazing lady named Kathryn - she was wonderful! I would love to e-mail her - is there a way?

She led the 4:15 pace group. Thanks!!

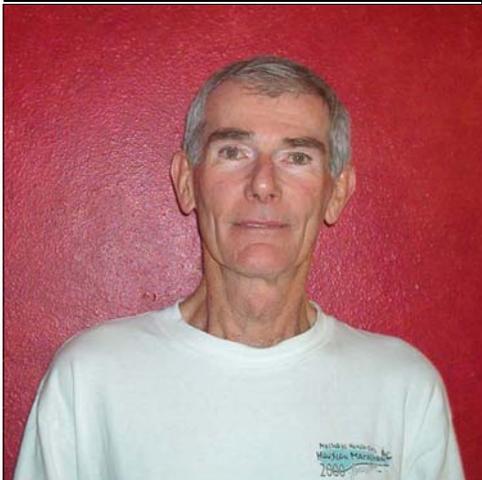
2. I ran with Monica in the 4:30 group & have to say she is terrific! Great motivator, lots of enthusiasm, really fun group to have run with. Unfortunately I drank some milk at our hotel the morning of the race that was spoiled and it came back to haunt me at around mile 12. I had another attack of nausea when we passed the fresh compost/cow manure on the side of the highway around mile 15 so at that point I threw in the towel & walked on in. Please tell Monica thanks for a great run! She'll remember me, I had LSU painted on my legs & arms...

3. In 2006 I got a wild hair and decided to try to run a marathon. I had only been running a little and never more than 3 miles. I had just started running 2 years before that at the age of 50. I joined a training group and trained for 6 months. My goal was just to finish in less than 6 hours and be alive to talk about it! I ran the 2007 Houston marathon and finished in 5:00:21. At the time I was very happy with what I had accomplished. The next day I told myself I could do better. Last summer I decided to join the same training group and start training again. My goal for this year was to finish in 4:30. Everyone told me that was very aggressive. I got with the 4:30 pace group and I finished in 4:29:22!!!

The reason I am writing to you is because I wanted to thank the lady that paced the 4:30 group. If it was not for her I would not have finished in my goal time. She was the greatest and when I felt like giving up, her encouragement pulled me thru. I did not get her name and I would love to send her an e-mail and thank her. Thanks...

(Continued on page 4)

Ken Ruane



Will Hrachovy



Pace Team Stories

(Continued from page 3)

2008 Houston Marathon Pacer Stories

Kathryn White – 4:15 - I attempted to get over to the picture, but was not successful navigating through the crowds with a baby stroller, so opted to go up to the second floor to take advantage of the restrooms. Jerry and I met each other and walked to the starting line together. The wave start was excellent in terms of getting on pace pretty quickly. The first mile we were only 10 seconds slow. By mile 6, we had settled into the correct pace of 9:44, but we were about a minute or so faster in total time. Jerry took the run/walk approach, while I took the run all the way approach. We lost some of the time through the water stops, and I was right about at the goal time at half. Jerry was little ahead. The group around me seemed to be fairly large and intent on staying right with me. I could tell a few were starting to struggle a bit before half, because they wanted me to tell more stories.

You would have to be insanely tired to want me to tell another goofy story. I decided it was time for the day's trivia question; "Of whom is the only statue outside of the Nike headquarters"? Why does everyone immediately say "Michael Jordan"? For heavens sake, we are participating in a running event. Unfortunately, one of the girls that started with us tripped over a reflector on the road and tweaked her hamstring. She tried to keep up, but although very cheerful, had to stop at an aid station for a pain reliever. I wished her luck as we moved on. I lost some members of the group when we went north on Wesleyan into wind and a few more on Richmond; however, still maintained a sizeable group at the turn onto Memorial and started to pick up more. Pace was relatively consistent through out. I picked up a few seconds per mile in areas where there was no wind and on downhills after half way to give a little cushion going into the hills.

One very intent female, "Daril or Dara"

(Continued on page 5)

Born: 9/3/41
Where: Cleveland, Ohio
Age at 2008 Houston Mar.: 66
Married: Separated

Children: 3
Occupation: Retired Engineer
Started Running: 1972
Reason: Inspired by Shorter Olympic Marathon win, started running to get in shape.
Where: Cleveland, Ohio
Houston Marathons: 22
First Houston Marathon: 1981
Best Marathon: 1990 2:59:51

Total Marathons and Ultras: 49

Training Mileage: Off Season 30-35 miles/week
In Season: 45 miles/week
Favorite Place to Run: LCM High School Track

Favorite running Drink: Accelerade
Favorite running Food: Clif Bars

Other Stuff: Golf is my other sport - I play 5 or 6 times per week and have an 11 handicap.

Born: 11/27/1948
Where: La Grange, Texas
Age at 2008 Houston Marathon: 59
Married: Yes
To Whom: Julie Rutledge (my running partner...met running)
How Many Years: 17 years
Children: None
Occupation: Commercial Real Estate Broker
Started Running: 1980
Reason: Weight loss & bonding with friends
Where: Memorial Park
Houston Marathons: 23 consecutive
First Houston Marathon: 1986
Best Marathon: Houston 1991-3:21:58
Other Runs: Eeyore 5K - 1984 - My 1st official Race

Kananaskis 100 Mile Relay (Calgary, CA)
Hood to Coast Relay (197mi) (Portland, OR).
Mt. Rainer to Pacific Relay (153 mi) (Seattle, WA)
Reach the Beach Relay (200 mi) (New Hampshire)

Total Marathons and Ultras: 24 Marathons (Houston and Boston)
Training Mileage: Off-Season 25 miles/week
In-Season 35 miles/week

Favorite place to run now: Nottingham area
Favorite Running Drink: Water and Propel
Favorite Running Food: Pasta & Chocolate Chip Cookies

Other Weird Stuff: Since 1980, I have logged approximately 52,000 miles which equates to running AROUND THE WORLD...TWICE

Nike Air Pegasus the only running shoe I have ever worn.

23 year marathon tradition - Pancakes at IHOP always the Friday before the marathon!!!

Bob McDowell



Born: 9/28/50
 Where: Houston
 Age at 2008 Houston Mar.: 57
 Married: Yes
 Too whom: Marilyn
 How Many Years: 30 yrs.
 Children: 2 – Austin, 22, a TCU graduate & Katie, 18, a freshman at University of Texas
 Occupation: President/owner – W M Dewey & Son, Inc., oil field trucking and pipe storage company

Started Running: 1970s; marathon training - 1985

Reason: a college friend ran the 1984 Houston Marathon & gave me the idea. No eye-hand coordination required.

Where: Houston
 Houston Marathons: 22
 First Houston Marathon: 1986
 Best Marathon: 1997 Houston – 3:21
 Other Runs: New York (2), Boston (2), Austin (2), Chicago, Marine Corps, San Antonio, Ft. Worth

Total Marathons and Ultras: 32
 Training Mileage: Off Season - 15 mi/wk
 In Season - 30 mi/wk

Favorite Place to Run: Memorial Park/Lady Bird Johnson Lake (Towne Lake), Austin

Favorite running Drink: Spark Energy drink
 Favorite running Food: Pasta - pre run; GU/Cliff Shots during run

Other Stuff: Trained with Houston Fit since 1994, assistant coach for Advanced Training Program (ATP) for last 2 years. Plan to run the Athens, Greece marathon on November 9, 2008. I've enjoyed being a pacer for Houston marathon for several years.

Pace Team Stories

(Continued from page 4)

started and stayed right with me until Mile 25, when she went ahead. I was worried about Allen Parkway, as it seems that I usually lose a lot of runners at this point. However, I had a handful of other runners that made it through and finished ahead. I made it a point the last mile to encourage all those that were walking to start running to get to the finish line; a handful I was actually able to persuade. At 26 miles, I was about 10 seconds under pace, but my arm waving to encourage the crowd cost me a few seconds and I came in a little over 4:15. I hate it when that happens, but fortunately my job was done by then. Several of runners even waited at the finish line to thank me. It made it all worth it to me.

Bret Harvat – 3:00 - Life's big milestones; graduation, marriage, perhaps the birth of a child, and for the gifted distance runner their first sub 3 hour marathon. Sliding under the 3 hour mark might not be the same as holding

your baby for the first time, but for the marathoner it's still pretty cool.

The goal was simple; help as many as possible hit the finish before the hour digit on the race clock strikes 3. My partner in this quest was my good friend and training partner of a dozen years, Will Henderson. Will and I have run thousands of miles together, I was really looking forward to a great race and great experience.

THE EASY PART

By mile two we were right on schedule and already had a large following. The first half was awesome, cool temps, tail wind, and fresh legs, this was easy. We hit the half way mark at 1:29:20 right on schedule with a few seconds in the bank...just incase. At that point everyone was feeling great and spirits were up. We were getting a ton of positive support from our group. This was going to be the best marathon ever...

(Continued on page 6)



Houston Marathon Pace Team 2007

Not all in the picture - William Henderson, Brett Hervat, Peter Prescott, Jay Hendrickson, Tom Radosevich, Kristen Foxley, Kent Muhlbauer, Carlos Reyes, Therese Novak, Mark Strug, Peter Birckhead, Ken Ashby, Kathryn White, Jerry Paisley, Monica Kervandjian, Bob Williams, Stephen McNeil, Robert Hoekman, Don Ruggles, Richard Jares, Richard Evans, Clifford Click, Jr., Terry Fanning

Pace Team Stories

(Continued from page 5)

THE HEAD WIND

The second half started with a right turn into the head wind. What were easy effortless miles now required quite a bit of work. The good news is our group was growing in size as we pulled in individual runners ahead of us, running over the Westpark bridge we had a group of at least 30 or so. The spectators were very loud as they were excited to see such a large group together. Things were still positive. As we made the right at mile 18 to head for home, the stiff wind and miles started to take its toll on our group which was getting smaller with each mile. At mile 21 about 6 runners in our pack ran off the front feeling good enough to pick up the pace for the last five. The rest of us were struggling to hold the required pace and our large group was becoming just a handful.

THE STRIKE

At mile 23 my legs, which were on their third marathon in 8 weeks gave me their "2 mile notice" that they had enough and were quitting. I was already making withdraws on the few seconds we had banked in the first half. Is it possible to run sub 7 minute miles on legs that don't work any more? As we passed mile 25 it was all I could do to stay with Will and the rest of our group...1 person. At the final right turn with a half mile to go our group of three became two as my legs were cramping badly and I could no longer keep contact. For the first time since the cannon sounded, I was on my own. I stumbled forward towards the line in a race with the hour digit. Somehow I was able to make it with a mere 14 seconds to spare, 2:59:46 cannon time.

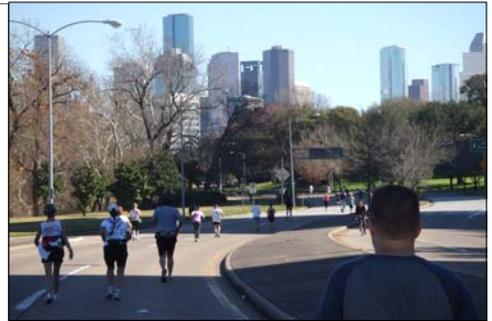
I had hoped to finish in a large group of very excited first time sub 3ers. I had also hoped to finish feeling good and pain free, but the marathon is a cruel, unforgiving beast... I guess none of us would have it any other way.

Richard Evans -5:30 - I filled in at the 5:30 spot today. What a glorious day for running! And for once the longer the

day went the better it got which was good new for us back of the pack pacers. My group went across the start line about three minutes behind the white wave gun time and we started a routine of five minutes run, one minute walk with the first mile. We didn't catch up to the gun time until about mile ten and when the half marathoners made their turn the crowd finally thinned so that we could see the open road ahead. What a glorious day for running! Did I say that already? My pace group was about 10 strong at the halfway point. By twenty miles the group seemed to change members and thin a bit but I tried to keep the pace which by then was a few minutes ahead. Making a concerted effort to get back to true pace the last four miles, my finish did manage to come about one and a half minutes before the goal time. The run five minutes walk one minute kept our legs fresh and several people who saw me toward the end of the marathon and in the convention center after the finish thanked me for being their pacer. That's all I needed to hear. What a glorious day for running!

Bob Williams - 4:45 - Arlen, it was a real pleasure to be able to serve as a co-pacer again this year. Steve McNeil and I have run numerous races together over the years and it was great to be able to share the task of keeping our group moving to our intended target of 4:45.

We easily found our appropriate position before the race started and fielded a lot of questions about our pace and our strategy for the day. Some were happy to join our group and others went off looking for other pacers or other opportunities, including one poor guy who couldn't comprehend why we would be running such a slow pace until he finally realized he was looking for the 3:45, not 4:45 group. We started with a fairly large group, by my rough estimate, of 30 or more. Steve and I had pre-planned to get to a point slightly under our race pace before starting a modified version of the 9 min. run/1 min. walk routine. We were able to get to about a minute under by mile 4 and stuck to the 9/1 plan throughout the rest of the race, with a little extra walking in the last 2 miles. After taking a personal comfort stop on Allen Parkway, as I caught back



Home Stretch 1-1/2 Miles to go.

up to the group, I was still surprised to see 20-25 runners hanging on to Steve. As usual, by the end, we lost some, but gained others along the way who were drifting back to us. We did add a little extra encouragement over the last couple of miles, but we manage to have a good number of "satisfied customers" at the end. True to our pledge of getting as close to 4:45 as possible, Steve and I both chip timed in at 4:44:51.

Steven McNeil - 4:45 - There was a point in time not too far back where my PR's were no longer attainable and I felt I had nothing left to accomplish in the "Running World." I am eternally thankful for the opportunity to give something back to the running community through your Pacing program. I live vicariously through our pace group and enjoy their accomplishments as much as I did my Pr's.

My co-pacer, Bob Williams, and I have run many, many races together. There are few people that I feel as comfortable running with as I do with Bob. Bob and I have run nine (9) 100 mile trail runs together and were able to "hold court"

(Continued on page 8)

Pick your top 50 Things to do for your life list. Write them down and start to do them. We can only go around once and the clock is running.

Bob Williams



Born: Oct. 29, 1942
 Where: Mexia, TX.
 Age at 2009 Houston Mar.: 66
 Married: Yes
 To who: Judy
 How Many Years: 42
 Children: One
 Occupation: College Administrator

Started Running: 1976
 Reason: Health, fitness, job related
 Where: Humble / Kingwood, TX.

First Marathon:
 Houston Marathons: 23
 First Houston Marathon: 1983
 Best Marathon: 3:00:10

Other Runs: Boston, Western States 100 (twice), Leadville 100

Total Marathons and Ultras: 163
 Training Mileage:
 Off Season: 55—65
 In Season: 65—80

Favorite Place to Run: Dirt Trails, Huntsville State Park.

Favorite running Drink:: Gatorade / water

Favorite running Food: Gu

Hobbies:

Other Stuff : Broke 100,000 miles logged barrier in mid-Sept. 2008. (Miles logged 1978 to 2008, November is 100,496 miles)

Information Booth at EXPO

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

Contact Jack Lippincott.

THE VIATOR VET Jack Lippincott

(Continued from page 1)

ways to improve. There are more and easier methods of switching from the half to the full, and vice versa, (of course we all know which event we have to complete...) There is a special late entry procedure for any of us Veterans whose slowing brain cells caused us to miss the earlier-and-earlier entry deadline. Also, new this year, is a "Team Challenge," which Vets ought to look into, since the scoring method takes into account placing in our age groups (and a lot of us are in those "upper-reaches" age groups, with fewer total entrants...) Arlen's Army of pace-team leaders has it more together than ever this time around, with additional tools and perks. Only those of us who have ever taken part in this realize how much more fun it can be to do our thing while helping others to do it as well...

Good luck with your training, everyone; and, remember to be wary and chary, where the trail gets hairy!



Houston Marathon Veterans Booth
Marathon Expo

Veteran's Profiles

Which Newsletter Date

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

Pace Team Stories

(Continued from page 6)

and tell stories of our races and experiences, at least those who would listen.

We held to our promise (to our group) that we would "get" on pace around mile 4 and we did. We held to our next promise to build up about a minute buffer which we did by mile 8 or so. At that point it was easy to hold the group together. Around mile 4 our pacing strategy evolved to walking one (1) minute every mile. The group was very enthusiastic and responded to all of our recommendations. They were courteous to fellow runners by moving aside during our walks and they encouraged their fellow runners every opportunity. The group commiserated with one another when things became more difficult as the miles went by. It was interesting to watch what were complete strangers hours earlier putting their arms around one another pushing them to levels of athleticism they did not believe they were capable of. We adopted a "no man or woman left behind" strategy and actually walked at an unplanned time when a couple of our runners were struggling. In fact, the two who were having difficulty at mile 23 surged ahead at mile 25 and finished far ahead of the group. We threw in two unplanned walks at the underpasses on Allen Parkway and that ate up our buffer. At the finish line we clocked in 4:44:53 (7 seconds under our 4:45 target) according to my watch.

Carlos Reyes – 3:40 - Positioned at the start about 6:35 a.m. Shortly afterwards large numbers of anxious runners were inquiring about water station strategy, hydrations, clock or chip, etc. By the pledge things had pretty much settled down and we were anticipating the gun. It took our group slightly over 1 minute to cross the start line. The first 3 to 5 miles were pretty bunched up but despite that the group was able to erase out deficit by around mile 6. From then on it was very steady and enthusiastic until one of the ladies in our group tripped on a road nickel between mile 15 and 16 and went down hard.

Brian Jenison



Born: Belmond, Iowa Hospital.... I wanted to be close to my mother.
Where: Belmond, Iowa
Age at 2008 Houston mar.: 49
Married: No
To who:
How Many Years:
Children: None
Occupation: Physical Education teacher, HISD

Started Running: 1984
Reason: Exercise and lose fat
Where: University of Northern Iowa, Cedar Falls, Iowa

Houston Marathons: 22
First Houston Marathon: 1987
Best Marathon: 3:21:00
Other Runs:

Total Marathons and Ultras: 53
Training Mileage: Off Season 25
In Season 30

Favorite Place to Run: Memorial park

Favorite running Drink: Coca Cola
Favorite running Food: Potato/Egg Breakfast tacos

Other Stuff: 10 Ironman finishes, 14 Alcatraz to San Francisco swims



Crowded with People wanting Pace Team Information.

When we rejoined the group at about 17 the group was still very full of energy and we were still hitting our target 8:23 pace within seconds at each marker. At mile 24 we were exactly at 8:23 pace per mile clock time by call out.

I became discouragingly aware of the fact that I had expended far too much energy dropping back and surging forward policing my group and encouraged the still quite large group to go forward without me. Managed to maintain to the finish for 3:43:49. The majority of the group managed to finish at our ahead of their goals and were very appreciative for the 24 miles of encouragement I was able to provide.

Altogether another very pleasant pacing experience.

Jay Hendrickson 3:10 - We had a good crowd in the 3:10 pace group. Peter took the lead (with a plan to run even splits) and I held up the rear of the group (with a plan to start out a bit slower). The slower group caught up with Peter's group at around the 9 mile mark. We hit the half way point in very good shape. Unfortunately, that's about the time my cold (which had started on Thursday night) took its toll. As my coughing and labored breathing began, I had to slow down dramatically and I waved those following me on. The good news is that Peter took 'em home right on time! You never know what challenges a marathon might bring but I sensed those in the group were grateful to have experienced runners to pace them.

(Continued on page 9)

Pace Team Stories

(Continued from page 8)

Theresa Novak -3:50 - Thank you for allowing me to be a part of the pacer program. I finished faster than my pacing time, but I had a group who was happy with the pace we were running. I lost Mark, my pacing partner about mile 3. I'm not sure what happened, but a good thing was that there were two 3:50 groups. The weather was great. The wind was a factor in carrying the balloons, I almost lost them twice. My running group was helpful and those miles passed quickly. We started at a 8:45 pace and at mile 6 or 7 we picked up the pace without being conscious of it. Our group maintained at an 8:30 pace most of the race. Allen Parkway always seems longer than it should be and I lost a couple of people. I met some of the runners afterward. The comments on the pacer program were great. Thanks again for the opportunity to be a pacer.

Kent Muhlbauer 3:30 - Fairly easy getting to the 3:30 start position, but lots of questions from nervous paces. Put my balloons aside and used a more aerodynamic yellow pace sign--sorry to break tradition. Technology gets in the way--my GPS (or rather "operator error using my GPS") prevented me from getting a start time or the first couple of miles splits. Oh well. I decide to try a Galloway-like approach: we walk 20 steps through each water station. Galloway says 30-60 sec per mile at our pace and we're only doing 15 sec every 1.5 miles, but I think it adds some discipline and the group seems to like it. Big group through about mile 19. Crowds were great--waved the pace sign and they came alive for us! Thanks Roger Boak for joining my group for most of the race and helping me with pacing (even though he was taunting with false surges once!). Major drop off in the group pack after about mile 20. We're spread out over a mile instead of the phalanx we once were. I ended up helping a few guys hit it harder towards the end rather than coming in alone, so I was a bit quick this time. Finish line crowd and announcer loved that I 'appeared' to be hitting my time right on, but alas, that was clock time so I was too fast by chip time (~45 seconds fast). No

matter--lots of happy folks streamed in the next minute or so--man hugs were obligatory as many hit their Boston qualifying times--two gals with new PR's. Great run!

Peter Birckhead - 4:00 - I had the 4 hour pace group and started at the way back of the red group. Our group decided, with my recommendation, to go with gun time and to run fast enough to get 2 min ahead in the first half marathon and then use the time if we needed during the second half. By doing so we actually had more of a cushion because everyone is measured by chip time and it took us almost 2 min to get to the start line. We ran the first couple of miles in 11 and 12 min do to crowds and then picked it up to 8:45 and 8:50 for a while getting to the half at 1:58 on the gun, just where we wanted to me.

During the second half we stayed on pace with 9:06 to 9:09 miles the whole way. I finished with 2 or my original 20+ runners in a chip time of 3:58.

Thanks for allowing me to participate as many of the runners I started with were appreciative.

Bob Hoekman - 5:00 - Don Ruggles and I paced 5:00 and had a fun day with our flock. Our plan was to build a pad of about 2 1/2 minutes by the half marathon and we actually had a 3 minute pad at that point. We held that until mile 19 when we started slowly taking the time out of "our bank". As we neared the finish a lot of our group decided to go for gun time 5:00 and nobody really wanted to slow down any more so we ended up finishing at 4:58:44.



Finish in Sight

The weather was great. We had a wonderful group of people with us who were most appreciative. I'm always impressed how my groups seek us out in the Brown afterwards bringing friends and family to introduce and to thank us again. That makes it all worthwhile! Assuming my health holds up, I look forward to #21 next year. PS Don is fun to pace with even if he is crazy enough to run a 100K the week before we pace.

Richard Jares - 5:15 - This was my first time to set the Houston Marathon running pace for someone other than myself. When Arlen Isham, Houston Marathon Pacer Team Coordinator, asked me to volunteer to be a pacer; I asked for the 4:30 (10:18 min/mi) pacer group. This was the running pace that I was used to doing. However he said that he really needed someone to handle the 5:15 marathon running pace. So..... off to the races.

The weather Sunday was ideal for the Houston Marathon, a cool and breezy 42 degrees. It warmed up into the 60's and the low humidity breeze stayed all day. Since my group was going to be in back of the pack and I was the only 5:15 pacing leader; I lined up in the white corral for a 7:10 am second wave start. The red corral was the first wave and started at 7:00 am after the national anthem.

Several folks that met me at the Expo (Houston Marathon Veterans booth) were patiently waiting for me between the 5:00 and the 5:30 running pace groups. I was trying to stay out of the brisk wind as long as possible.

Once the second wave got to the starting line timing mats, I utilized the 5 min. run and 1 min. walk technique with additional walking through the water stops and any hills (i.e., viaducts, overpasses and underpasses). I used my Garmin Forerunner 205 GPS to try to find the right mix of run and walk speeds. I found that running at 11:00 min/mi and walking at 13:30 min/mi was a good balance. At the first mile marker, the group had a 12:00 chip time. This

(Continued on page 10)

Pace Team Stories

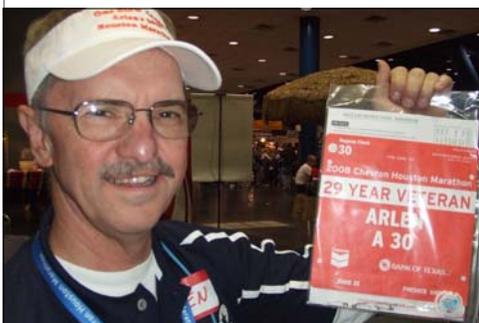
(Continued from page 9)

was further reinforced by the folks calling out the second wave gun time at various mile markers. The group stayed very consistently at 11:50 min/mi (second wave gun time). I slowed the running pace down so that we were not more than 5 minutes ahead of our 20 mile target time. This would allow for those running out of energy in the last 6 miles and a possibly slower running pace. I gave 10 second count downs when it was time to shift gears to running or walking.

I asked James Scheffer (Bib 6383), a first time marathoner, to help me carry the balloon stick and to help with keeping track of the time (when to run and when to walk). James was a big help to me because I would lose track of time while talking to various runners. I found out that while setting the running pace, that there are a few administrative things to carry out. Quite a few runners asked running questions that ranged from our run/walk running pace strategy, to what to do after the marathon, to personal experiences, and to how do you become a pacer.

At the half way point, we were 5 minutes ahead of pace schedule (by chip). Everyone around me said that they were feeling good about the pace. In fact, several times I was asking the group to slow down.

One of the high points for me was to shake hands with George Bush (the



First Year for Special Veterans Bibs

elder) around Mile 19. It seemed surprising that he would be out there for 4 or more hours to cheer the back of the pack onward. He was surrounded by stern looking men in black overcoats. Although I did not see her some told me that Barbara Bush was sitting in a chair farther from the road.

As we came through the Memorial Park area (Miles 20 thru 22), I encouraged those that felt better to leave the group and increase their pace. Some did and some eased off the pace. At this point we were about 4 to 5 minutes ahead of the chip time schedule.

During the race, I never understood how many of the marathon runners might be trying the 5:15 pace. I thought from those around me that the number was 40 or 50. However based on the number of finishers that came in plus or minus 5 minutes of our target pace time there were an amazing 314 souls pounding the pavement to victory. Eight were from my Galveston County.

I crossed the finish line at 5:12:58. I gave the balloon stick to a young girl in the George R Brown (GRB) Convention Center. In the GRB several marathon runners with their medals around their necks thanked me for helping them.

With all said and done, I really enjoyed helping others (>300) achieve their running goals. I am ready to lead another Houston Marathon running pace next year.

Mark Strug - 3:50 - had a wonder experience being a pacer for the first time as I ran my 11th Houston Marathon. The weather was perfect, many spectators were out cheering us on and the runners in my group were all appreciative of the Pace Teams. Our 3:50 group got off to a good start and the other 3:50 pacer went ahead after 2 miles to run a faster marathon so to be sure those trying to qualify for Boston would achieve their goal. I held back and ran with around 8 runners. Like all runners, the first two miles were a little slower than our 3:50 goal, but by mile 4 we were back on pace, and I kept my group on a 3:50 pace until we were on

(Continued on page 11)

Tony Alvarado



| | |
|-----------------------------|--|
| Born: | Oct. 2, 1944 |
| Where: | Pleasanton, TX |
| Age at 2009 Houston Mar.: | 64 |
| Married: | Yes |
| To who: | Hilda |
| How Many Years: | 41 |
| Children: | Two, Lisa and Tony III |
| Occupation: | Retired Army Helicopter pilot and retired registrar from Killeen ISD |
| Started Running: | June 21, 1981 |
| Reason: | Train for a marathon and stop smoking. |
| Where: | Ft. Hood, TX. |
| First Marathon: | 1982 |
| Houston Marathons: | 20 |
| First Houston Marathon: | 1982 |
| Best Marathon: | Houston, 3:13:08 |
| Other Runs: | 14 White Rocks, and 13 Cowtown marathons. Also ran Camp Casey Korea, Boston, Chicago, Denver, Steamboat Springs, and Athens. |
| Total Marathons and Ultras: | 65 |
| Training Mileage: | |
| | Off Season: 20-25 |
| | In Season: 35-40 |
| Favorite Place to Run: | Salado, TX. |
| Favorite running Drink:: | Gatorade |
| Favorite running Food: | Any breakfast after Sat. or Sunday runs. |

Other Stuff : I was an army type that could run 3-4 miles at 8:00 pace, but there had to be water at the finish, or I was finished. I did Corpus Christi, San Antonio, Dallas, Houston, Cowtown, And Abilene in my first year after getting hooked on a 7 mile run.

Harry Vroulis



Born: 4-23-45
Where: Athens, Greece
Age at 2008 Houston Mar.: 63
Married: Divorced after 15 years
To who: NA
How Many Years: NA
Children: None
Occupation: Photographer,
Musician (Composer, performer)

Started Running: 1973
Reason: Wanted to run a marathon and
because I was overweight as a teenager
Where: Lamar High School track, barefoot
on Leros Greek island beach.
First Marathon: 1980
Houston Marathons: 24
First Houston Marathon: 1980
Best Marathon: 3:23
Total Marathons and Ultras:

Other Runs: 5k (18:05),
10 k (39:00), 10 M (63:00),
1/2 M (1:23), lots of Heart & Sole 5k and
Bayou City 10 K

Training Mileage:
Off Season: 30 Miles
In Season: 50 Miles

Favorite Place to Run: School tracks,
parks & streets.
Favorite running Drink:: Water & orange
juice.
Favorite running Food: Potatoes
(dehydrated), salads, and pasta.

Other Stuff : Riding mountain bike in
Greece on steep mountains. I love to ride
my Harley Davidson in the off season.
Regret dropping out of 3 Houston
marathons because I thought my time was
to slow.

Pace Team Stories

(Continued from page 10)

mile 22. I started feeling the effects of running the Texas Marathon, just 12 days ago. I told the runners in my group that they were encouraged to go ahead and try to make their 3:50 time goal. Half of the group went off while 4 of the runners stayed back with me and I helped motivate them as they ran through 'the wall' and we all finished the marathon in around 3 hours and 56 minutes.

Peter Prescott – 3:10 - Pacing certainly is different from racing! Knowing that I wasn't going to push myself killed my normal pre-race jitters and made for a pleasant start. My large group of Boston-qualifier wannabes hit the first mile in 7:13 and quickly settled into that pace. It took them two more miles to get around to getting my vitals (i.e., name and PR). Arlen had put both of those informational tidbits on a bib he told me to wear on my back during the race. I didn't do it because running around wearing my PR seemed a little bit cocky. Guess I should have known that he knew what he was doing when he printed it!

We hit the halfway point at 1:34:33 without much eventful to report. After braving the north wind on Wesleyan and then again on Post Oak we made it to the turn from Post Oak onto San Felipe. At that point, we passed one of the sound system setups and the woman operating it started singing the Weather Girls' song "It's Raining Men" into her mike! The group was still quite large and mostly made up of under 35 year-old men. The crowd got a good laugh out of it. Things started to fall apart some after we made the turn onto Woodway. By the finish I had eight or so people stretched out between 3:09 and 3:10 and a few more a bit faster than that. It was hard work moving back and forth among them urging them not to slow down, but well worth it when so many made their goal! I got a number of handshakes and (surprisingly) hugs from happy Boston qualifiers! All in all, a much more enjoyable experience than when I raced Houston in 2005.

Thanks again for letting me be a pacer. Hopefully things will work out and I can do it again next year!

Ken Ashby - 4:00 - Four hours was the dividing time between the two marathon corrals. We assembled at the corral boundary before the start and decided that Peter, the other leader, would lead the first-wave group with a 4:00 GUN time goal, for those who wanted a finish-line picture showing 3:59 on the clock. I would lead the second-wave group with a 4:00 CHIP time goal, for those who wanted only sub-4 official results. We explained to everyone that the first group would start at the back of their wave, lose 2-4 minutes on the start and first mile, and then run 9:00 per mile. The second group would start ten minutes later on the front row, and run 9:09 per mile. Most of the paces had red bibs, but about half opted for each group.

The new wave start this year did not work well, because of the hundreds of extremely slow runners who wrongly seeded themselves in the first wave. For over two miles we ran freely. Then, from the half-marathon merge to the 8.9-mile split, we had to weave around group after group of walkers and joggers wearing green bibs. The ten-minute wave delay put us behind those we would have passed long before the merge without a wave delay. I'd strongly suggest to race management that they restrict the first half-marathon wave to those who can provide a previous qualifying time, as the novices have no realistic idea of "projected time".

We ran evenly for 22 miles, but had gradually slipped almost a minute behind schedule. About six runners remained in the group. I knew we needed to pick up about 15 seconds per mile to 8:55. Coming up the last hill before Allen Parkway, I realized that my diminished training due to injuries (stress fracture and plantar fasciitis) had rendered me unable to hold that pace. The 23rd mile was only 9:05, despite my best effort. I handed the balloons to a young fellow in an Aggies shirt, and instructed the group to pick it up a little bit. Slowing down, I ran alone to finish just under

(Continued on page 12)

Pace Team Stories

(Continued from page 11)

4:05, my slowest of 20 Houston's. An excited member of the group waited to tell me they had run 8:30 for the last three miles and broke 4:00 with over a minute to spare.

Clifford Click, Jr. - 6:00 -
Congratulations on your 30th! Sorry about the confusion with the wave start. Probably my mistake starting with the first wave kept me "alive" at course closure? Although I had a tough day personally, A lot of runners around me asked if they were "on pace?" from about 10 miles to about 20. I realized that most of them had started with the "2nd Wave" and thus were about 10 minutes faster than I, so answered appropriately, depending on where I was. Either I was on pace (only to about the 1/2), and they were ahead; or eventually that I wasn't, but they still were! All in all, I had a good time! The recognition and new added benefits of being a Houston Marathon "Vet" and Pacer were really neat! Your little name tags for the back of our shirts with the # of Houston's brought me an unending stream of accolades-by-name!

Monica Kervandjian - 4:30 Pacer -
This year was quite an experience for me running the Houston Marathon. Usually I am trying to figure out if I am ready to PR, what the weather will be like, how fast should I go out, and how much time should I bank for what I call the mountains on Allen Parkway. Well not this year, I was a little excited but also scared considering that people were not only counting on me and that I was the only pacer. I am probably the most inexperienced pacer on the team with marathons and years of experience and usually that would not be an issue but I have to say I was a little scared. So the big day came and instead of my race day face I was there to be what a few of my runners called me "the cruise director". So the race started and I had a group of about 150 people there, some familiar faces and many that I had never seen. Everyone seemed extremely happy for most of the first 16 miles, and then you

(Continued on page 13)

Veterans HARRA Iron Foot Winners - Fall 2007

**Deb Clifford
Dusty Cook
Daniel Dick
Richard Fredrich
Jack Lippincott
Bruce Mansur
Susan Middleton
Kevin Regis
Alfonso Torres**

Veterans HARRA Iron Foot Winners - Spring 2008

**Roger Boak
Richard Fredrich
Annie Hadow
Jack Lippincott
Jo Ann Luco
John Phillips
Thomas Radosevich
Kevin Regis
Rich Vega
Richard Verm**



Veteran's Profiles

Veterans Committee

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

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

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

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

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

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

Special thanks

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

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.

Pace Team Stories

(Continued from page 12)

could tell people were getting tired and not as much communication. I tried to ask the group how they were doing, tell them about the upcoming hills, how to cut the tangents, and overall give them some words of encouragement. I was very good up until around mile 23.5 and then all the talking really caught up with me and I felt a little pain. I continued to say words of encouragement every few minutes, but at that point no one wanted to talk. So we kept going and once we hit downtown, I told the group that if they have it to pick it up and the rest could stay with me, and we would come in right under our goal. As we came across the finish line I had lost most of the group as they went ahead, but still had the ones that just had enough to make there time right behind me. After I finished I realized that this was the first time that I could actually walk normal due to the reduction in my speed and that I did not care about me, and I cared about all my runners and hoped that I helped them achieve their goals. I always try to run with pace groups when I run marathons, some are good, some are not, but I now have a true appreciation for them. It was a great and rewarding experience.

Houston Veterans News

Houston's **Jack Lippincott**, 61 ran the marathon for the 34th time, a record, in 4:29:54.

Houston's **Margaret Montgomery**, 67, ran her 25th, as did **Maria Camacho**, 52. The two ladies are tied for the women's record for most Houston marathon runs.

Brett Hervat ran 4:13:00 at the 2007 Sunmart 50K.

Larry Lindeen, 67, won his age group with a 6:08:27 at the 50 K.

Suzy Seeley, 48, won her age group with a 4:55:47 at the 50 K.

John Yoder ran the 50 mile at Sunmart in 7:27:54.

Ken Ruane placed second in the men's 50 + Fall 2007 Runner of the season top 10.

Steve Boone will be running his 400th marathon at Houston this next year. He's completed a marathon in all 50 states three times and is nearing his 4th completion (he needs 4 more states). He ran his first (1988), 100th (1997), 200th (2002), 300th (2006), and now 400th (2009) marathons all at Houston.

(Continued on page 15)

J P Reed



Born: 11-20-56
Where: Freeport, TX.
Age at 2008 Houston Mar.: 51
Married: Yes
To who: Dianne
How Many Years: 22
Children: No
Occupation: Credit & Collections Man.

Started Running: 1983
Reason: Invited by a friend from high school.
Where: Memorial Park

First Marathon: 1986
Houston Marathons: 23
First Houston Marathon: 1986
Best Marathon: 3:15:59 in 1991

Other Runs: Competing in triathlons since 1984. Completed 202 triathlons, including 8 Ironman's including one Hawaii, as well as many multi sport events.

Total Marathons and Ultras: 26 marathons & 13 Ultras.

Training Mileage:
Off Season: 20 to 30 miles / Week
In Season: 40 Miles / Week

Favorite Place to Run: Anywhere outside

Favorite running Drink: Water & Gaterade
Favorite running Food: GU & Hammer Gel

Other Stuff : Enjoy touring on my motorcycle.



Veteran Volunteers at Booth

Houston Marathon Information

Average Chevron Houston Marathon Times

The 5,594 runners who finished this month's Chevron Houston Marathon did so in an average finishing time of four hours, 28 minutes and 41 seconds (4:28:41).

Exactly 3,500 males completed the marathon in an average time of 4:21:31 while the 2,094 females did so in an average of 4:40:38.

The traditional 5-year age groups that produced the fastest average times were 20-24 for the women (4:33:09) while it was the 577 men who produced an average finishing time of 4:15:54.

Below is the complete age group breakdown:

Women

12-14 -- 5:28:33 (3 finishers)
15-19 -- 4:33:16 (24)
20-24 -- 4:33:09 (131)
25-29 -- 4:36:35 (319)
30-34 -- 4:40:40 (380)
35-39 -- 4:38:58 (373)
40-44 -- 4:38:53 (378)
45-49 -- 4:44:49 (267)
50-54 -- 4:46:21 (144)
55-59 -- 4:59:52 (53)
60-64 -- 4:47:10 (12)
65-69 -- 5:21:41 (8)
70-74 -- 6:00:27 (1)

Men

12-14 -- 4:54:10 (2 finishers)
15-19 -- 4:32:07 (43)
20-24 -- 4:18:20 (140)
25-29 -- 4:17:48 (317)
30-34 -- 4:18:18 (411)
35-39 -- 4:18:28 (611)
40-44 -- 4:15:54 (577)
45-49 -- 4:17:43 (580)
50-54 -- 4:25:58 (413)
55-59 -- 4:35:28 (237)
60-64 -- 4:47:52 (109)
65-69 -- 4:45:54 (41)
70-74 -- 5:06:16 (13)
75-79 -- 4:41:36 (5)

Just over 11 percent -- 11.5%, to be exact - of the finishers ran times that would qualify them for April's Boston Marathon (assuming that their current age remains the same in three months).

643 finishers posted a qualifying time for Boston including 391 men (11.1%) and 252 women (12%).

Women

12-14 -- 0 qualifiers, 3 finishers, 0.0%
15-19 -- 3 qualifiers, 24 finishers, 12.5%
20-24 -- 14 qualifiers, 131 finishers, 10.7%
25-29 -- 33 qualifiers, 319 finishers, 10.3%
30-34 -- 37 qualifiers, 380 finishers, 9.7%
35-39 -- 40 qualifiers, 373 finishers, 10.7%
40-44 -- 46 qualifiers, 378 finishers, 12.2%
45-49 -- 51 qualifiers, 267 finishers, 19.1%
50-54 -- 20 qualifiers, 144 finishers, 13.9%
55-59 -- 3 qualifiers, 53 finishers, 5.7%
60-64 -- 4 qualifiers, 12 finishers, 33.3%
65-69 -- 1 qualifier, 8 finishers, 12.5%
70-74 -- 0 qualifiers, 1 finisher, 0.0%

Men

12-14 -- 0 qualifiers, 2 finishers, 0.0%
15-19 -- 1 qualifier, 43 finishers, 2.3%
20-24 -- 8 qualifiers, 140 finishers, 5.7%
25-29 -- 28 qualifiers, 317 finishers, 8.8%
30-34 -- 35 qualifiers, 411 finishers, 8.5%
35-39 -- 48 qualifiers, 611 finishers, 7.9%
40-44 -- 62 qualifiers, 577 finishers, 10.7%
45-49 -- 100 qualifiers, 580 finishers, 17.2%
50-54 -- 50 qualifiers, 413 finishers, 12.1%
55-59 -- 27 qualifiers, 237 finishers, 11.4%
60-64 -- 15 qualifiers, 109 finishers, 13.8%
65-69 -- 11 qualifiers, 41 finishers, 26.8%
70-74 -- 3 qualifiers, 13 finishers, 23.1%
75-79 -- 3 qualifiers, 5 finishers, 60%

The average time of 4:28:41 was faster than the 4:41:33 average time experienced by all of last year's US-based marathons, according to marathonguide.com.

The men's and women's average times of 4:21:31 and 4:40:38 also eclipse those from 2007 of 4:29:52 and 4:59:28, respectively.

62.5% of Houston's finishers were men, which is two percentage points higher than the American average from a year ago.

The average age of a 2008 Chevron Houston Marathon finisher was 40 years of age while men averaged 41.6 years of age and women averaged 37.3 years of age. All of these ages are just slightly higher than U.S. averages from 2007, according to the same marathonguide.com report.

Veterans Perks

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

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

2) Veterans would be allowed to register through December 19, 2007 for the 2008 race, instead of being shut out when the cap is reached.

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

4) Veterans with twenty-five completed marathons would receive a complimentary entry to the 2008 race.

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

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

6) Veterans 25 years and up will receive a complimentary Banquet ticket.

7) 25 year free entry will only be next year going forward, recognition at banquet, 2 banquet tickets and 25 year golf shirt.

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

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

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

Houston Veterans News –Continued

(Continued from page 13)

Kathryn White is planning to run my 100th in May 2009.

Colleen Gilbert completed her 10 th Houston Marathon making her a veteran. Her Father, John Gilligan, has completed 10 Houston Marathons, and is also a veteran. I believe this makes them the first father-daughter pair to be veterans.

Joe Ybarra finally qualified for Boston, again, not since I was in my early 20's. Ironically, when I was 49 last Houston Marathon, I was disappointed that I ran a 3:34 (missing the mark by 4 minutes). I ran the LA Marathon in 3:30 March 2, but the limit occurred Feb 27th, so I have to wait till 2009. It turns out that since I would have been 50 in April 2008, my 3:34 time would have qualified me.

Its been a great year, and I expect to run the Houston Marathon in 3:10 or better, I've lost 40 lbs, and my 5 k, 10 K and Half Marathon times are personal bests.

I still love running with a passion, and Houston will be my 32nd overall marathon.

Clifford Click, Jr.'s status from his wife Jane. I should add a line or two on Clif's medical progress. As you know, he finished last year's marathon short 5 minutes of being counted as his 29th. It was a terrible blow for him, but when he had an aortic valve transplant in April, the doctors were amazed that he even finished the course since his valve was working only at 30% capacity. The doctors were jubilant that he would regain his time and perhaps take 2 hours off his last marathon time. Unfortunately, as you know, his esophagus was punctured during that surgery and he spent the next two months in ICU care. Having survived a 10% chance of recovering from the second surgery which followed 10 days later, he has been on a feeding tube since April and

a fistula bag at his neck to catch anything swallowed.

He came home June 10, weighing 117 lbs, weak as a kitten and all skin and bones. His recovery has been slow but fairly steady, and he is looking forward to the next big surgery in January, when his damaged esophagus will be removed and his stomach pulled up and attached, which will allow him to eat small meals again. I tell you all of this because as many of you know, running was his life and his passion, and he has had to painfully readjust his thinking and his priorities. Hopefully, if all goes well in January, he will live to run again.

Editors Note: Clifford has been a pacer for our team. Without being a runner, he might not have survived this.

Arlen Isham finished his 30th consecutive Houston Marathon while pacing his two sons, Matt & Jeff to their first marathon finish and his daughter, Andrea to her first half marathon finish.

Ray Boytim ran his 30th Houston marathon in a row and his 200th overall at the age of 75.



Veterans / Pacer Booth

Dalton Pulsipher Viator Data Master

Earlier this year I contacted Arlen to get a copy of one of the Veteran's newsletter's. In the note I mentioned that I could help with the veteran statistics if needed. Arlen then put me in touch with Jack and we got to talking. I was interested in keeping up with the data electronically and possibly making a website to make the results searchable by everyone with a web connection. Jack let me know that would be tough since he only had some old results booklets for finish verification from the old years. About two months later Jack and I met in a parking lot to transfer results booklets. The plan was for me to scan them all and then run OCR software to get them in an electronic format. The scanning wound up taking several weeks and then it took another several weeks for me to comb through the docs and correct errors in the OCR translation. Many of the old books had smudged text and had to virtually be typed up by hand.

Once I had the complete set of results in electronic format I then spent a couple of weeks writing a generic utility to move the data into a well-designed SQL database. From here, we would be able to make any query we wanted on the results. I ran a query to identify veterans and we quickly found several corrections to make on Jack's sheet. Several veterans needed finishes added to their totals, we found more than 100 people who were veterans that had not yet applied, and were finally able to look at WAVA-related numbers for all races back to the beginning. I have begun dressing up a website, www.marathonveterans.com, which will be released a couple of weeks before the marathon. It will allow the veterans group to communicate more easily and also have a results search page that can be used by anyone to look through the database.

Editor's Note: There is a serious **WOW** factor here for what Dalton has done for Jack.

Fastest 2008 Houston Marathon times Veterans

New
Houston
Marathon
Warehouse
Space



My thanks to Dalton Pulsipher for results. He actually did an age graded spreadsheet for all the veterans results.

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

Marathon Age Group Winners

Men

| | | | |
|-------|-----------------|-------|---------|
| 65-69 | Ken Ruane | 1st. | 3:19:23 |
| 50-54 | Rich Fredrich | 1st. | 2:54:18 |
| 45-49 | Kevin Regis | 2nd. | 2:51:42 |
| 75-79 | Dan Allensworth | 3rd.. | 4:40:10 |
| 70-74 | Bill Duer | 3rd. | 4:20:36 |
| 65-69 | Larry Lindeen | 3rd. | 3:54:35 |
| 45-49 | Richard Peoples | 3rd. | 2:52:08 |

Women

| | | | |
|-------|----------------|------|---------|
| 50-54 | Carole Uttecht | 2nd. | 3:26:34 |
|-------|----------------|------|---------|

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

The average number of completed Houston's (Active Vets) is 17.

There are 9 active 70 + year old Vets

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

Fastest Veterans based on number of Houston marathons completed. Exactly 25 years, 20 years, 15 years, 10 years.

| | | | | | |
|------------------------------|-----------------|------------|---------|------------------|---------|
| Fastest overall male: | John Yoder: | Chip time: | 2:51:22 | Age graded time: | 2:51:28 |
| 2nd Fastest overall male: | Kevin Regis | Chip time: | 2:51:47 | Age graded time: | 2:39:17 |
| 3rd. Fastest overall male: | Richard Peoples | Chip time: | 2:52:08 | Age graded time: | 2:39:37 |
| Fastest overall female: | Caroline Burum | Chip time: | 3:13:10 | Age graded time: | 3:05:18 |
| 2nd Fastest overall female: | Kristen Foxley | Chip time: | 3:21:31 | Age graded time: | 3:14:48 |
| 3rd. Fastest overall female: | Suzy Seeley | Chip time: | 3:25:20 | Age graded time: | 3:07:04 |
| <u>Age Graded</u> | | | | | |
| Fastest overall male: | Ken Ruane | Chip time: | 3:19:23 | Age graded time: | 2:37:19 |
| 2nd fastest overall male: | Rich Fredrich | Chip time: | 2:54:20 | Age graded time: | 2:39:10 |
| Fastest overall female: | Carole Uttecht | Chip time: | 3:26:30 | Age graded time: | 3:01:29 |
| 2nd fastest overall female: | Caroline Burum | Chip time: | 3:13:16 | Age graded time: | 3:05:18 |
| Fastest over 25 year male: | Clent Mericle | Chip time: | 3:12:20 | Age graded time: | 2:49:58 |
| Fastest over 25 year female | None | Chip time: | | Age graded time: | |
| Fastest 25 year male: | Jesse Smalls | Chip time: | 3:53:28 | Age graded time: | 3:14:42 |
| Fastest 25 year female: | Maria Camacho | Chip time: | 4:31:57 | Age graded time: | 3:58:57 |
| Fastest 20 year male | Ken Ashby | Chip time: | 4:04:45 | Age graded time: | 4:43:16 |
| Fastest 20 year female: | Carolyn Tovar | Chip time: | 3:39:21 | Age graded time: | 3:23:36 |
| Fastest 15 year male: | Matthew Padon | Chip time: | 3:01:48 | Age graded time: | 3:00:10 |
| Fastest 15 year female: | Carole Uttecht | Chip time: | 3:26:30 | Age graded time: | 3:01:29 |
| Fastest 10 year male: | Joe Melanson | Chip time: | 2:58:17 | Age graded time: | 2:40:11 |
| Fastest 10 year female: | Caroline Burum | Chip time: | 3:13:10 | Age graded time: | 3:05:18 |

George Guidry, Jr.



Born: 1944
 Where: Orange, TX.
 Age at 2008 Houston Mar.: 64
 Married: Yes
 To who: Linda
 How Many Years: 44
 Children: 2 & 6 Grandchildren
 Occupation: Retired Process Operator

I started running when I was 37 years old. I guess you could say my motivation was to lose some weight. About a year later, after a few short races around the Orange area, a friend asked me why not a marathon? Of course I said why not.

I registered for the 1983 Houston Marathon, but I wasn't able to get off the day before to pick up my packet. I had to work the 4 to 12 shift that Saturday. About 4 am. Sunday, I headed to Houston. Lined up and ran anyway, with a time of 3:42. I didn't run in 1984.

In 1985, I started a streak that lasted until 2006. In 2007, the marathon was full when I tried to register. Well, that broke my streak, so I started another streak last year.

During my streak, my best time was 3:38. I train about 20 miles a week and I've always weighed about 200 pounds.

My weird story is that I started running to lose weight. Well I weighted 200 pounds when I stared many years ago, and I still weigh 200 pounds today.

John Phillips



Born: 1-25-50
 Where: Jackson Mississippi
 Age at 2008 Houston Mar.: 58
 Married: Yes
 To who: Kim
 How Many Years: 25
 Children: 3

Occupation: Self employed contractor
 Started Running: 1986
 Reason: I READ ABOUT A MARATHON IN HOUSTON TO BE HELD THE NEXT DAY AND THOUGHT I WOULD TRY IT. NO ONE TOLD ME YOU SHOULD TRAIN FIRST.

Where: Houston
 Houston arathons: 23
 First Houston Marathon: 1986
 Best Marathon: Austin - 3:15:00
 Other Runs: Dome Run 10K—39:35,
 Walden Half Marathon 1:24

Total Marathons and Ultras: 71
 Training Mileage: Off Season 20
 In Season 40

Favorite Place to Run: Anywhere when it is dark.

Favorite running rink: Powerade
 Favorite running Food: Donuts

Other Stuff:
 Anything weird or unusual or very special:

MY FIRST MARATHON I NEVER RAN A STEP BEFORE. MY TIME WAS 4:03. THE NEXT YEAR I TRAINED FOR 2 WEEKS PRIOR AND DID A 3:42. THE THIRD YEAR I TRAINED FOR 6 WEEKS AND DID 4:00, SO I FIGURED I OVER TRAINED.

Lee Miksch



Born: 2/02/1936
 Born: At home in Fayette County, TX.
 Age at 2008 Houston Mar.: 72
 Married: Yes
 To who: Patricia Havrda
 How Many Years: 50 + years
 Children: 5 (1 Son and 4 Daughters)
 Occupation: President & Gen. Sales Mgr. of Millwork Mfg. Plant

Started Running: 1986
 Reason: To stay fit and healthy
 Where: Memorial Park in Houston
 Houston Marathons: 23
 First Houston Marathon: 1987
 Best Marathon:

The Woodlands in 1990 (3:46)
 Other Runs: Sunmart Texas Trails + 4 (100 mile Ultras)
 Total Marathons and Ultras: 81
 Training Mileage:
 Off Season: 40 miles per month
 In Season: 60 miles per month
 Favorite Place to Run: Trails
 Favorite running Drink: Water
 Favorite running Food: Cliff Shots

Other Stuff: Anything weird or unusual or very special.

I ran my first 100 mile Ultra with my daughter Jennifer in Woodstock Vermont, and she and I did several other 100 milers together. Jennifer & I ran the first Sunmart Trails 50 miler in Huntsville, with Jennifer winning 1st place in the Women's division. She also made the cover of Ultra Running that year. Since then, I have done every Sunmart Texas Trails Ultra (in latter years, doing the 50K instead of the 50 miler). I've always enjoyed running with my daughter and miss that since she moved to Michigan.