

Houston Veterans' News

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

Fall 2011

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

"Running with the big dogs" will be the theme of next year's Chevron Houston Marathon. Well, we will not exactly be running with them; but, it is going to be even better. We get to watch the Olympic Trials races for both men and women on Saturday; then, do our own thing on Sunday. That will be a weekend to remember! Some of you, like me, go back a long ways with our race. You might remember that we already had a Trials event, back in 1992. It was the women's event; and, they ran with us - on the same day - but with a head start. So, of course, I was not able to see any of it, live.

This time around, the criterium-type special route they are going to use on Saturday will allow us to see the hot-shot runners pass by many times. We get to watch both races develop; so, I plan to find a comfortable spot, and try to learn some strategy from these very accomplished men and women.

Once again, I urge you to consider joining Arlen's pace team. It is not just because you get a free entry, plus assorted other perks and goodies. You will absolutely have great fun, using your experience to help out a bunch of less-experienced marathoners. Most of the folks that have done this re-up every year; but, openings do occur. Contact Arlen if you want the details.

Speaking of perks; the marathon has surely done a wonderful job taking care of us - the 10-Year Veteran group - in the last couple of years. Most importantly, we get VIP treatment as regards the lottery. Basically, we can

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**Houston Marathon Veterans
January 30, 2011**

Bekana Daba wins 2011 Chevron Houston Marathon in Course Record Time

HOUSTON (Jan. 30, 2011) – On a Sunday morning under the threat of inclement weather, **Bekana Daba** and **Mamitu Daska** continued the Ethiopian dominance at the **Chevron Houston Marathon** with victories in 2 hours, 7 minutes, 4 seconds and 2:26:33 respectively. Daba's time, in his second marathon, was a personal, course and state record, while Daska became the third fastest woman all-time at the event.

In the men's race at the 39th edition, Daba, Kenyan **Wilfred Murgor** and American training partners **Brett Gotcher** and **Nick Arciniaga** were the contenders and the group hit the halfway point in 1:04:17.

As the drizzle turned to light rain around 80 minutes into the race, Daba, 22, began to pull away from the

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PAST & FUTURE

January, 2003

Under near-perfect weather conditions, a record field of 11,878 participants lined up to compete Sunday in the 31st hp Houston marathon and its companion races, the ep 13.1 miler and 24 hour fitness 4 miler.

5,861 started the marathon with # 4712, the last official finisher at 6:05:01. There were still more on the course after 4712.

New Zealand native Sean Wade, 36, who attended Rice University and now calls Houston home, sprinted ahead of second-place finisher Lambros Zaragas, 27, at Mile 25, crossing the finish line in a time of 2:24:43.

The top woman's finisher was Albina Gallyamova, 38, a Russian native who now lives in Las Cruces, N.M., with a winning time of 2:42:37. Wade, a former Olympian and seasoned veteran of Houston marathons, has previously finished second, third, fourth, and fifth in the race.

Joe Flores, 43, of Houston won the marathon's master class with a time of 2:41:10.

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

The Marathon had Pacers provided by the veterans group.

Fastest overall Veteran was **Rich Fredrich** at 2:46:02

Fastest overall Female Veteran was **Carole Uttecht** at 3:17.

Fastest in the 20 + Years group was **Clent Mericle** at 2:57:45. In Second place in the 20 + year group was **Rudy Alvarez** at 3:26:52.

The 20 Year group was lead by **Robert Fletcher** at 3:34:58. The female was lead by **Maria Camacho** at 4:04:56

The 15 Year group was lead by **Ken Goode** at 3:15:38. The female was lead by **Marcy Kurtz** at 3:47:03.

10 Year group was lead by **Matthew Padon** at 2:58:19. The female was lead by Diana Keinz at 3:18:42

Veterans age group placings were:

Rich Fredrich	2 nd.	45 - 49	M
Ken Ruane	1 st.	60 - 64	M
Robert Fletcher	1 st.	70 - 74	M
Fred Price	1 st.	75 - 79	M
Walt Washburn	1 st.	80 +	M
Carole Uttecht	2 nd.	45 - 49	F
Marilyn Patrick	1 st.	55 - 59	F
Phyllis Thompson	2 nd.	60 - 64	F

Race Calendar

09-11 HARRA XC 4 X 2-Mile
10-01 Race for the Cure 5 K
10-09 USA Space City 10-Miler
10-09 Chicago Marathon
10-15 Palo Duro Canyon 50 Miler/ 50 K
10-16 Tri Andy's Tri 300s/10mb/3mr
10-23 Warm Up Series Half Marathon
10-30 Marine Corps Marathon
11-05 Rocky Raccoon 50 K/25 K
11-06 New York Marathon
11-06 Oilman Tri 1.2ms/59mb/13 mr
11-13 Warm Up Series metric marathon
11-13 San Antonio Marathon
11-13 Ft. Worth Marathon
12-04 Dallas Marathon
12-11 Warm Up Series 30 K
12-11 Honolulu Marathon
01-01 Texas Marathon 2012
01-08 Walt Disney Marathon 2012
01-14 Men & Womens Olympic Trials
01-15 Houston Marathon 2012
01-29 USA Fit Marathon
02-04 Rocky Raccoon 50 M / 100 M
02/05 Galveston Marathon 2012
02-?? Surfside Marathon 2012
02-19 Austin Marathon 2012
02-26 Cowtown Ft. Worth Mar. 2011
02-?? Conoco 10K
03-04 New Orleans Marathon 2011
03-3/4 Texas Independence Relay
03-?? Bayou City 10K
04/01 70.3 Memorial Herman Tri.

Pacers Needed

We will need 2 Veterans Pacers at each time for the 2012 Houston Marathon. Entry's Refunded.

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

Upcoming Events

Veterans, why not get a team together to do the Texas Independence Relay on March 3 and 4? Several of you already are on teams, but a couple veterans teams to compete with each other would be great.

Olympic Marathon Trials.
Houston2012.com

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

Check out the new Houston Marathon Veterans Website

**[http://
www.marathonveterans.com/](http://www.marathonveterans.com/)**

INFORMATION CHANGES

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**VETERANS PACE TEAM TO
LEAD
2012 HOUSTON MARATHON
12th 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 Chevron Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Veteran's personnel as well as to experience the camaraderie of a team. The Veteran's team leaders make sure everyone runs at the right pace and has a good time. They'll be each team's personal coach, cheerleader, and guru for the day. Some chant, some sing, and some may struggle just like you. But all of them are experienced marathoners, who are running Houston to help the members of the team achieve their goal time.

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

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

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

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

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

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

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

I am extending the challenge early to be the closest to your goal and not go over. In addition, we hope our team will be more successful in being at least about 2 minutes around your goal, even if you go over.

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

As I noticed from other Pace teams around the nation and at Houston in past year, the Pacers finished within 1 to 2 minutes of their predicted time. That means if you lose your group, you stay at your pace and pick up people later in the race.

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

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

Pace Team Goal Times

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

Pace Team Stories

Pace Team Leader Winners

Winner of Pace Team Queen for 2011 is Ashley Edwards at 4:15. She finished at two seconds under her pace goal.

Winner of Pace Team King for 2011 was John Yoder at 3:00. His time was actually eleven seconds over the 3:00 goal, but the unusual conditions, where only two pacers out of ten under the 4:00 achieved their goal, merited allowing a winner who was slightly over pace goal. We have done that previously twice before, once in 1999 and once in 2002.

Best team for 2011 is **Team 5:30 , Arlen Isham & Pony Peterson** at 8 seconds and 19 seconds under the 5:30 goal respectively.

**2011 Houston Marathon
Pacer Stories**

3:00 – John Yoder - With this year being my 3rd year to be the 3:00 pacer I wasn't too nervous. In hindsight, maybe I should have been, or maybe at least should have been more focused on the task at hand. I finished in 3:00:11. I know the goal is to be as close to the goal time as possible, but the idea is to be as close as possible UNDER the time and not OVER the time. Not sure what went wrong and why it turned out as it did but I'm very disappointed in my performance and job as a pacer this year. I had a little trouble going through downtown trying to pick up signal with my Garmin and trying to find my proper pace. (I have no idea how difficult being a pacer must have been before the invention of the Garmin!) The group of 20-30 that was with me through most all of the first half of the race had dwindled to about 6 at mile 20 and then in the final mile or so had disappeared. Now to be honest, there were 3 who were in my group that had run ahead and did finish under 3 hours but I tried to maintain my proper pace and let them go ahead. In hindsight, I should have run a little faster

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field and between the 25K and 30K he strung together three sub-4:40 miles to seal the win. He continued to push the pace through mile 23 and went unchallenged to the tape to shatter countryman Teshome Gelana's 2010 course record by 33 seconds and also ran the fastest marathon time of the year. Daba, who ran the second half of the race in a fast 1:02:46, was also the third straight Ethiopian men's race champion and the third straight to set a course record.

"I could have run faster with better competition and less rain, but I'm happy," said Daba, who earned \$35,000.

Arciniaga, 27, from Flagstaff, Ariz. was runner-up in an 18-second personal record of 2:11:30.

Most of the women's race was lead by either Daska, **Ashu Kasim** or **Gebre Belainesh** of Ethiopia – who reached the halfway mark in 1:12:16 – before it became a duel between Daska and Kasim around 17 miles. At 25 miles, Daska, 27, made a break with a 5:17 mile that Kasim couldn't follow and Daska hit the finish line alone to become the fifth straight women's race champion from Ethiopia.

Kasim slowed, but kept her number two position in the line (2:27:47), while American **Stephanie Rothstein**, 27, from Flagstaff, Ariz. finished third in 2:29:35, a more than 10-minute personal record.

Three-time race champion **David Cheruiyot**, 40, of Kenya won the Masters marathon in 2:24:07, while **Shelia Casey**, 41, from Park Ridge, N.J. took the women's 40 and over crown in 2:51:44.

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Pace Team Stories

(Continued from page 3)

and finished with them. With the weather like it was, I'm surprised that 3 were even able to make it the whole way and finish under 3:00. I certainly would have lost the bet if I were to predict how many would finish under 3. I didn't think I'd have a single person. I started just like I wanted 5-10 seconds slower for the first 2 miles, and then gradually built up to a max of 48 seconds in the time bank at mile 18 as I knew the last 6 miles would take their toll, but I let it slip away too quickly and it was too late to realize my mistake when I hit mile 26.0. I know we're not supposed to sprint to the finish to make up time but I probably should have so I could have come under 3:00.

At about mile 6 our group looked over to the side of the road only to see an older woman standing there proudly displaying the 3:00 pace sign that I had left back at the start. We were all amazed that she bothered to carry that heavy thing for over 3 miles to that point. My only thought was, "Guess I will get a brand new sign next year."

I did have a great time pacing and enjoyed seeing others who ran with me in prior years out on the course. This year the roads seemed so much more crowded than previous years. It wasn't until the turn off at mile 9 did space become available to run without slower runners clogging the roads. I turn 40 this year and am torn between racing Houston next year or coming back to redeem myself as the 3:00 pacer. Decisions.... Decisions...

3:10

Will	Henderson
Jeff	Eisele

3:15 Jay Hendrickson - Although the conditions were tough (63-64 degrees and humidity from 88% to 100%), it could have been a *lot* worse...I don't know of *any* weather report that did not forecast thunderstorms.

The 3:15 pace group experiment went quite well. There must have been 20 folks at the start. So many of the guys were



Men's 1/2 Marathon Championship Saturday race leaders

quite excited that we had a pace team for 3:15.

I started feeling some tightness in my right hammy about 3 weeks ago and it never did go away. Told the pace team that I'd get them as far as I could but didn't know when the hammy would "blow." I also let everyone know that the heat and humidity would make the pace challenging to say the least.

We started out slow and conservative for the first 7 miles before picking the pace up. I spent this time talking a bit about the negative split strategy and the tactics we'd use once we'd completely warmed up and got past the last of the gentle hills on Studemont/Montrose.

After about mile 7, we dropped our pace to just a few seconds under goal pace. We hit the half almost exactly as planned (just under 1:38). Somewhere around mile 18, my hammy began to bark and I knew I couldn't hold pace much longer. I let the guys know what was happening and that, rather than slowly slowing down, I'd keep everyone at pace for as long as I could.

Decided to treat mile 20 as my finish for pacing. As we hit mile 20, I let the ~8-10 folks left in the group know that they were exactly on pace to finish at 3:15. At that point, I stopped, stuck the pacing stick and balloons in the ground, and stopped to stretch out the hamstring muscle. It took a few miles of stretching, walking, & jogging but I did manage to hobble in under 3:30. Not the result we wanted but sometimes these things happen.

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Houston will host the 2012 U.S. Men's and Women's Olympic Trials Marathon on January 14.

Jeff Eggleston, 26, Flagstaff, Ariz. and **Colleen DeReuck**, 46, Boulder, Colo. won the **10th Aramco Houston Half Marathon** in 1:08:26 and 1:16:19 respectively. DeReuck also won the 2004 race.

The marathon started 7,341 and 6,848 finished.

The Half marathon started 9,492 and 9,309 finished.

The 5 K started 2,994 and 2,960 finished.

Pace Team Stories

(Continued from page 4)

3:20 Arthur Lopez - Starting a week before the Houston Marathon, the marathon Gods just kept giving me signs that Sunday wasn't going to be a good day for me. It started with my family having to back out from going to Houston, so after 13 years this would be my first solo Marathon. Then mid week one of my kids gets sick with the other following a couple of days later. The significance of this is that I have a set routine I follow the week leading up to a marathon. Call me superstitious but I was getting pretty stressed that I only managed to get in 2 runs (14 miles) compared to my usual 42 miles. Then my Garmin 305 decided to die, but I still had my 201 as a backup, more on this later. I was scheduled to work the pacer booth at 9AM Sat., so that means a 5:30AM departure from Round Rock, Texas Saturday morning. Well 2 miles from home my Check Engine lights comes on AND my ABS light, more stress. My truck does make it there with no problems so maybe things are looking

brighter, plus no incidents from that point until the start of the marathon. Back to my Garmin 201, I did check to make sure it was working properly and was still holding a charge, well at least I thought I did. Once in the starting chute I turn on my Garmin and everything looked fine until I noticed that after 2-3 minutes it wasn't picking up any type of signal, so quietly I was stressing and wondering how in the world I was going to keep a steady pace without a watch. I spend the next 5-10 minutes trying to remember how to reset my watch, finally I hit the correct combinations and get a signal, all the while wondering, "What the H___ is going on". Not a good way to start a marathon, felt a little drained just from the stress. Ok so I refocus and am ready to get the show on the road.

Mile 1 a little slow but not too bad considering the congestion at the start, but by mile 1 1/2, without any warning and on a scale of 1-10, I was at a 9 and needing

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Houston Marathon Pace Team 2011

Not all in the picture - Peter Birkhead, Terry Fanning, William Henderson, Jay Hendrickson, Bob Hoekman, Arlen Isham, Richard Jares, Stephen McNeil, Steve Murray, Tom Radosevich, Carlos Reyes, Kathryn White, Michelle Wolpert, John Yoder, Arthur Lopez, Jeff Eisele, James Player, Roger Boak, Charles Keenen, Mandy Jellerichs, German Collazos, Ashley Edwards, Rhonda Emerson, Alfonso Torres, Pony Peterson, Chris Rampacek, Wes Monteith

Pace Team Stories

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to make a pit stop. Of all days and after 35 marathons this was only the second time I have ever needed to stop for a bathroom break. It looked like my two little kids passed their stomach bug to me just in time for the marathon. My plan was to stop at the next porta-johns, but before I saw any I hear a conversation right behind me talking about last year's marathon and how the pacer at mile 16 had to make a pit stop and shortly after that the group fell apart, talk about pressure. Ok so I decided to just hold it as long as I could which was to about mile 9-10 I think. I saw a Jack N the Box up ahead, I told the group I was going make a quick pit stop and asked a guy that was running next to me if he could hold the balloons until I caught back up. My only other instructions were to stay together as a group. In keeping with my string of bad luck, the Jack in the Box was closed, I was kind of surprised to see how far the group had left me behind in such short amount of time. I tried to pick it up to catch the group but at this point the faster I would run the more I would cramp up. Took another mile to mile and a half to find any porta-johns, all the while I could see the balloons pulling further and further away. Made another attempt to catch the group but with the back and forth pace, having to stop yet again for the port-johns and the stress of letting the group down, I was pretty much done all before the half way mark. Luckily my stomach issues improved by mile 15 but by that point I had developed two large blisters, one on the bottom of each foot. I did make a quick stop, close to the half way point, at one of the medical tents to put some Vaseline on one of the blisters. Not a very good moral booster to be sitting on the curb watching what seems like hundreds of runners pass you by. I think I stopped at 3 - 4 more tents to reapply the Vaseline, looking back I am not sure if that actually helped or made things worse. I was seriously thinking that after 11 years of racing that this might be my first DNF but since I didn't have any obvious way to get back to the start (thank God) I just kept going.

One of the things I remember most is how guilty I felt for letting the group down so

To prepare for the 2012 Olympic Men's & Women's marathon trials, the marathon committee tested a projected race course, elite fluids plan, traffic control, etc. for the Saturday USA 1/2 marathon championship



One Elite Fluids Setup Saturday race

early in the marathon and how I felt like I stuck out like a sore thumb with the pacer's shirt on, more shame. Just as soon as I would convince myself that it happens the guilt would roll back in. I think I speak for a lot of marathoners/runners that even without having a plan A, B, C, that is what ends up happening in a race, so my plan Z was to at least make it in under 4 hours, more stress. So, on a personal note I did make it in under 4 hours 3:57 or 3:58 something, I still haven't had the nerve to look at results. I did end up setting a PR for the slowest marathon, knock on wood. Oh and if that wasn't enough my Garmin 201 froze up again after mile 10 and actually didn't end up recording any of my splits. What a learning experience this marathon was!!!!

3:30 Roger Boak - After a horrible crash & burn (I have excuses) I was rationalizing to someone that I had gotten my group to 18 miles on pace and if that was good enough for Haile Gebrselassie, that should have been good enough for them. Then the aforementioned someone said that I was supposed to be a "pacer" not a "rabbit."

Fortunately my co-pacer stayed on track and got to the finish line on time. Thanks, James.

3:30 James Player - I have to say it was an honor and privilege to come out to Houston and run with such an elite veteran squad of pacers. I was humbled to just be on the roster with all that

experience. Thank you so much for a wonderful time and experience.

Here's a short recap of my Houston Marathon 2011 3:30 Pacer Experience and some things I learned:

1. **Expo:** The check-in process was the smoothest I've ever seen. It's nice they have it for 2 days allowing locals to pick up early instead of everyone at 5:30 on Saturday. There are tons of vendors with cheap shoes and merchandise. There were lots of sponsors with FREE giveaways. Plus running great Ryan Hall was there signing autographs.
2. **Booth:** Talking with people before the race was great. It's so exciting seeing people run their first marathon or go for a PR.
3. **Parking** in Lot B was perfect. It's

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Medal Racks

Pace Team Stories

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FREE and close to the convention center, start, & finish!

4. Drop bag early. It's a mob scene if you wait until the last 30 minutes. Go around the water station to avoid the Half Marathoners drop bag area.

5. Go to the corrals early. There's only 1 way in and 1 way out. It's quite the bottleneck. These aren't little fences you can jump either. It's like a WWE cage match.

6. Go to the correct corrals (note the colors). (Marathon is Red = wave 1; Blue = wave 2) (Half is Green = wave 1; Black = wave 2). Yes I made a big booboo and went all the way to the front of the half marathon corral before realizing I was in the wrong place. I couldn't get out before the cannon went off. I finally made it over to the marathon starting line and I was the last person to start in the red wave. It took me 3 miles at a 6:58 pace to catch up to Roger Boak (the other 3:30 pacer).

7. Enjoy the spectacle of thousands of runners filling both sides of Elysian overpass as far as you can see. What an awesome sight to behold. I love it!

8. Enjoy talking with the runners. Where are they from? What marathons have they done? What's their PR? Talk to the next person. Then get them talking with each other. It's was 3 people's birthdays. I met people from all over the world. England, Mexico, Panama, and even Texas. ;-)

9. Share the sign, but watch the pace. It allows them to feel special and have some responsibility for the group. But there's something about it that causes people to pick up the pace. I had to reel a couple back in.

10. Enjoy the spectators. Houston was surprisingly well attended by fans. Even in the rain. They lined the streets just about everywhere. I don't recall a quarter mile going by without a large group of people. They were great. I slapped hands to get them cheering for my 3:30 group.

11. Take pictures. Getting people to smile through pain is important. I love capturing the moments throughout the race. Afterwards I'll look them up on the

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THE VIATOR VET Jack Lippincott

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enter without having to "take our chances" in that big gamble. Of course, we deserve it!

But, I hope we all remember to show our appreciation whenever we see a race official, sponsor, or volunteer.

Yes, we have supported the race for many years with our entries; but remember, without those folks, there would not be any race to support...

Good luck with your training; and, I'll see you on the roads, you road warriors!

Veteran's Profiles Which Newsletter Date

Clyde Villemez	09/98
Gene Askew	09/98
Jack Lippincott	12/99
Bill Osgood	12/99
Tom Gillespie	03/00
Clent Mericle	03/00
Bill Van Pelt	03/00
Arlen Isham	11/00
Louis Waddell	11/00
Jack Browder	05/01
Russell Effstrom	05/01
Charlie Viers	05/01
Ray Boytim	03/02
Clifford Click	03/02
Wayne Rutledge	03/02
Lonnie Brauner	11/02
Bob Ellis	11/02
John Ellis	11/02
Boris Balic	S /03
Roger Boak	S /03
Phil Smith	S /03
Phyllis Thompson	S /03
Daniel Jason	F /04
Robert Koester	F /04
Margaret Montgomery	F /04
Lee Norris	F /04
Maria Camacho	F /05
Robert Eury	F /05
Stan Kelley	F /05
Stephen McNeil	F /05
Gerald Meyers	F /05
Jesse Smalls	F /05
David Stephens	F /05
Tony Allison	F /06
Dan Dick	F /06
Bob Fletcher	F /06
Manual Gonzales	F /06
Jim Healy	F /06
Chuck Isler	F /06
Bruce Mansur	F /06
Susan Rouse	F /07
Marlyn Patrick	F /07
Joe Huerta	F /07
Leonard Topolski	F /07
Tony Alvarado	F /08
George Guidry, Jr.	F /08
Will Hrachovy	F /08
Brian Jenison	F /08
Bob McDowell	F /08
Lee Miksch	F /08
John Phillips	F /08
J P Reed	F /08
Ken Ruane	F /08
Harry Vroulis	F /08
Bob Williams	F /08
Bob Luchsinger	F /09
Richard Rekieta	F /09
Darryl Hees	F /09
Randy Rendon	F /09
Ernest Murry	F /10
Rudy Alvarez	F /11

Pace Team Stories

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results by BIB# and then find them on facebook to share the pictures. Many are appreciative and give me thanks and advice for future pacing events. The only downside is carrying it though the whole race. And it's not waterproof.

12. Communication. Roger & I decided he would pace the front of the pack while I brought up the rear about 100 meters back. The first 9 miles include the half marathoners doing a 1:45, so our group was huge. I'd communicate things like left turns so nobody got tripped; water stations; pace times each mile, and words of encouragement. I'd ask them to pass the word back to the rest of the pack. At the half turn around I repeated several times "half turn around, full goes straight; pass the word."

13. Counting fun. Around mile 17 people started to get tired and became mentally bored. This is when I tried to take their minds off the monotony and we counted our steps for 1 minute. The chi of running and Pose method recommend 180 steps per minute. Then we'd count spectators with signs, or cowbells, or umbrellas. Then we'd count each other and how many are going to stick together and finish in 3:30. We tried counting breaths, but that's tough to do and talk at the same time. We counted how many wore heart rate monitors and what their current and average heart rate was.

14. Encouragement. I'd watch their form and tell them they make this look easy. At each mile marker we'd come in on pace and I'd remind them, "We got this! You're going to do it!" I'd ask them to think positive thoughts. I tell people to find something within themselves that will motivate them when the pain really hurts and the energy is gone. Then they can use that since there's not much anyone else can say to help them. Including a pacer. I never say "We're almost there" You can be 10 feet from the finish and it's still too far away.

15. Coaching: I'd remind them to take a few deep breaths and relax. Shake out the arms and legs, but don't pull anything doing it. Watch your form. Try to float like a feather. But most importantly I'd remind them every aid station to "Drink before you're thirsty; small sips not gulps"; and then every 4-5 miles I'd

Rudy Alvarez



Born: (10-26-54)
Where: Texas
Age at 2012 Houston Marathon: 57
Married: Single
To who: N/A
How Many Years: N/A
Children: Yes
Occupation: Engineer
Started Running: 1978
Reason: Weight Control
Where: Houston
Houston Marathons: 29 completed
(30th at 2012 Houston Mar.)
First Houston Marathon: 1982
Best Marathon: Woodlands 2:34:30
Best Houston 2:38:32
Other Runs:
Western States 100 mi – 2 times, best time 21h 30m (1st Texan)
Leadville Trail 100 mi – 1 time, best time 28h 26m
Jackson 5-0 (50 mi) – 5 times, best time 5h 52m (12th best in North America that year)
Total Marathons and Ultras: 65+
Training Mileage:
Off Season 30/week
In Season 50+/week
Favorite Place to Run: Memorial Park and Mountain trails



Veterans Board

remind them to "Eat before you get hungry or tired".

16. Aid Stations: There were plenty of water stops, but I was surprised the aid stations only had drinks and no GU's, bananas, or oranges. Most runners brought their own, but some did not. I always do. I have my GU picnic every 5 miles.

17. Laughter: I'd tell some jokes or funny stories. Then I'd ask them to share some. The fans provided some too. Some said, "blisters and toenails are over-rated". Another said, "Your body loves you". Some partook of the beer.

18. Course sites & neighborhoods: Roger was great in pointing out the different areas. The fountains at Hermann park, the church bells on main, Rice University Stadium, the beautiful brick homes on University Blvd, the galleria on Post Oak blvd was beautiful, the belly dancers at mile 20 were fun, Memorial Park at mile 21 provided a scenic nature-like setting, mile 23 had river parks all over, but more beautiful than that was the site of the downtown buildings in the clouds.

19. The course is perfect for running even splits. Fairly flat with rolling hills. Roger & I averaged a banked about a minute, which came in handy those last 3 miles.

20. Headwinds from mile 23-26 were tough. I thought the pacer stick with the balloons was going to break. I kept telling everyone to form a draft line, but everyone was a little out of it and struggling.

21. PR's and heartbreaks. Because I started 4 minutes after the gun I decided to shoot for a 1 minute behind gun time finish (3:31). We finished at 3:31:20. I

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Pace Team Stories

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slowed a little for a couple stragglers trying to hang on. It all depended on when they crossed the starting line with their chip. Some people got their goal. Some PR's were set. Many qualified for Boston. But others just missed it by only 18 seconds.

22. Finish line at Houston is extremely well organized. They had pictures, video, and then to the bags, swag, and tons of hot and cold food. The A/C was on inside and since I was soaked I got cold quick. Lucky for me I had a change of clothes. I found it interesting they didn't hand out the space blankets. But it was nice since they end up making a mess at other races.

Traffic: This is usually a big problem at other huge events. I was out and on the highway in no time. I loved this. I was stuck in traffic at other races for over 2 hours.

3:40 Carlos Reyes - I injured my calf muscle shortly after mile 16 and ended my Houston Marathon finish streak of 20 years. Still looking forward to next year.

3:50 Tom Radosevich - Probably my most satisfying pacing failure ... we had about two dozen women in their forties hoping for a sub-3:50:59. Very chatty and inquisitive, we plodded through sixteen 8:47s, before most of them dropped off. I brought two to Mile Twenty (both made their goals), and then slowed down to try to pick up some of the rest of them. By then, I was tiring, too, warm from the humidity. A few caught up, and made it back under 4:00:00; most didn't. But, I had told them I'd be at the A - D collection spot, with my BCRR buddies, afterward, and most came over with thanks and appreciation for the tips and hints and advice. I think that by sharing our collective wisdom and love of the sport, we pacers transform lots of "bucket - list" runners to real runners who want to try the marathon again. I hope so. Thanks, again, Arlen & company!

4:00 German Collazos - This was my first time to lead a pace team, and I found it to be a very rewarding experience. It

was a great opportunity to meet people who share my enthusiasm for running. Our team talked a lot, especially during the first half of the race. There were many questions from the team during the race. We talked about race strategy and shared stories of our favorite marathons, among other things. My partner, 4 hours team Mandy Jellerichs, did a fantastic job!!

I hope that I contributed as much to my team's race experience as they did to mine. Maybe I even motivated some of them to one day lead a pace team!

4:15 Rhonda Emerson- STRONG & MEAN!!! That was our chant!!! Ashley and I had a pretty large group – over 30 at the start. We wanted to make it a fun day, and we certainly had entertainment for our group -- Ashley did a pushup at every mile. We did have fun along the way, and I heard several say that it was “so much **more** fun running with a group”. I think we held most of our group together through the half, but then by mile 18, several were struggling, and had to back off. I think that is when I started feeling the heat/humidity. Ashley and I stayed together until we hit Allen Parkway, and then she pulled ahead slightly with some of our stronger runners, while I stayed with Joy, who was struggling a bit, and at mile 25 said she was dizzy. At that point, I knew we had time, and managed to get her in with seconds to spare. We definitely finished with fewer people than we started with, but we saw several complete a new time goal, including Pat, who qualified for Boston on her 2nd marathon, a first time marathoner, Joy, whose best time before was 4:30, and a couple of older



**Veterans Long Sleeved
Shirt 2011**

gentlemen who said they weren't leaving us.

I think I speak for both Ashley and I that it was a challenge to KEEP that 9:44 pace, and the first half we were a little faster than that – around 9:39. It was a difficult day for anyone who was pushing themselves, but it was a good pace for both of us, as we hung in there together with the group. We had fun, and I thoroughly enjoyed my Houston Marathon pacing experience!

4:15 Ashley Mangin - 4:14:58 HA!! only 2 seconds off!! go go Garmin!

Wow! What a trip! Had no idea how much fun and how hard it would be to be a pacer! Mucho respect for you multi-year pacers!

Let me start by saying I have never used a GPS watch before! ha, believe it or not! I am more into the adventure of running than the analysis, so learning how to pace with it was quite an experience! Rhonda and I started off and found it was hard to run at a pace that is not “yours”. I REALLY had to concentrate on shortening my stride and relaxing my pace, and I mean constantly! As we ran through Rice University we were running a smidge too fast but we kept checking with each other and the others with us and would agree as a group to settle down. We went through the halfway mark at 2:06:04 about 86 seconds too fast. We told everyone that would be perfect so we could cruise the hill on westpark. About ¼ of our peeps went ahead of us and told us to grab them on Allen Parkway if we see them. The rest for the most part were still with us at mile 18. That is when the exodus happened. Over the next 2 miles we must have lost ½ of our people, all apologizing and saying thanks. At mile 23 Rhonda and I separated by about 15-30 seconds so I could run in with Pat (and qualify her for Boston) and she could run in with Joy. We ended up only 12 seconds away from each other. All and all, a successful day.

Didn't much notice the weather, just happy there were no storms, got a little hot toward the end (even hotter in a wig)!

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Pace Team Stories

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Pacing is hard, very hard. In the back of my mind I was thinking, easy pace, easy race, right? NOT! You have to be monitoring your speed, your people, their attitudes, running form and even hydration. I felt more like a coach than a pacer. It was more stressful than I could have imagined but I loved the experience and thank Rhonda for having so much fun! Thanks guys for giving me this chance! Would love to come back someday!

4:30 Kathryn White - Hi Arlen, thank you very much for allowing me the opportunity to pace this year. I enjoyed pacing again this year with Steve and as in the past, we stayed side by side the whole way. It seems that we work well with each other. The strategy was the same this year. Steve walked through the water stops and I jogged through slowly. I honestly think this is a good way to assure that the group stays together; I staying with those faster through the water stop and Steve with those slower through water stops. It assures that runners don't panic trying to stay with the pacer and skip water.

I thought the group was a little smaller at the start than in years past. I think that was due to being at the line separating the two corrals. However, I was amazed at the number of runners that indicated that they had run with us last year. That was nice to hear that we had done our job well enough that they wanted to use a pacer again. We started out well. As usual the



Pace Team & Veterans Booth

Mile 1 through 3 were fast due to downhill's and lack of water stop. Since I personally am an effort based pacer, I felt like it was not too fast and prepared us well for a slow and gradual climb uphill into the heights. From 5k to 25k, we were dead on pace. From 25k to 35k, we dialed into a 10:14 pace for most of the rest of the way. I would have liked to have been a little closer to 10:18 but the crowd around us was fairly dense (more than I remember in the past) and running comfortably. We had quite a few runners that finished in their goal or ran a personal record.

Overall, I thought the crowd support was excellent as usual. I am not sure if there were more entrants into the marathon from years past, as the crowd of runners around us seemed more dense throughout. I was very glad to be back to the old finish line format. Personally, it is an rush to turn that corner and finally see the finish line so close!

4:30 Steven Murray - Despite the weather, but we had a very motivated group of runners with us again this year, most of whom were able to stay together through Tanglewood. We had a few first time runners who made the distance and several folks who were worried they would bonk at 18-22 miles. Most all made it through in the 4:30 goal, or were just a few minutes behind. With 30-40sec in the bank at Allen Parkway, we thought we could ease back but the momentum of the group kept us going all through downtown. Kathryn and I tried to slow ourselves down but we still ended up ~15 seconds early. For some reason the unofficial result show us 25 sec fast instead (!). Personally the solid road surface was tough on my feet as most of my training has been off road in dirt and gravel- perhaps it's age and I need cushioning in the shoes too.

Thank you Kathryn for such a solid performance!

4:45 Peter Birkhead - Alfonso and I brought in 6 people at 4:44 for a 4:45 pace - Alfonso, did very well for his for first time

4:45 Alfonso Torres - This was my first year as a Houston marathon pacer and I

truly enjoyed it. Everything went well and it was very rewarding to help several runners achieve their time goal! I had never met my partner Peter before, but he was very accommodating and easy to work with. We exchanged emails during the days prior to the marathon to get consensus on our pacing strategy. We concluded that we would offer two slightly different options. Peter would run a 10:35 pace walking thru every water station, whereas I would do intervals from the beginning. 7 minutes of running at 10:25 pace and one minute of walking, which typically adds 30 second to the overall pace per mile, therefore hitting our target 10:53 minutes per mile.

I worked 2 hours in the veterans/pacer booth at the expo on Friday late afternoon, and to my surprise I talked to about a dozen runners who were interested in joining the 4:45 team. I explained both pacing options and most of them liked the intervals better, even saying that it resembled their training. By the way, it would be useful if each pacing team defines their strategy a week in advance so that we could have a document at the expo to answer questions. Several people asked, for example, what is the 4:00 team doing? Are they walking thru water stations? Will they try to bank a couple of minutes for the final miles or shoot for a negative split? I told them they could meet their pacer on Saturday but they did not want to return the next day just for that.

Pete and I placed ourselves 25 yards behind the 4:30 pacing team, towards the front of the second wave corral, around 6:35 AM. We held our 4:45 sign high and about 30 runners gathered around us. They again asked for the pacing strategy and when they knew that there were two options the group split pretty evenly. I had programmed my Garmin to do seven and one intervals from the beginning but I had to skip the first 2 walking breaks because it was too crowded and we were going at 11:00 min/mile. After mile 2 we got very regular about running for 7 minutes at 10:25 pace and walking for one minute. I would be a little flexible trying to make our walking breaks coincide with water stations but it was not always possible. I had memorized the location of water stations according to the race map, but

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Pace Team Stories

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such document was not very accurate. I also wore the pacing bracelet to check our splits every mile and we went from 20 seconds behind at mile 3 to 60 seconds ahead at mile 13. I tried to remember names of all people running with me and asked some of them help me to carry the balloons. Only 3 people agreed, others did not want to mess their running form, which I understood. Carrying the balloons was not bad and I ended up actually enjoying it.

My main concern prior to race day was how to deal with the fact that I always have to make a pit stop around mile 8 when running a marathon. I decided to take a little risk but cutting back on my hydration the day before. And using the bathrooms in the second floor of the GRB convention center was a great help, especially around 6:20 AM. The guard did not grant me access at first but after I showed him Arlen's note he finally let me. With that, I was able to go the distance without making a pit stop. Whoo hoo!

Without overdoing it, I tried to keep the group motivated and also gave them heads-up as to what to expect in the upcoming miles. For example how many hills were left, when we would finally turn east back to downtown, belly dancers, beer truck, etc. At mile 16 I still had most of the about 15 people who started with me. Between miles 16 and 21 I probably lost 5 but picked up another 5. At that point they were not talking much. Fortunately I was not too tired yet and increased my motivational talking. I let them walk all the uphill's after mile 20 in addition to our regular breaks. When we reconnected with Peter at mile 23, we had a 90 second cushion, which we maintained thru the end. Half a mile to the finish most of them picked up the pace slightly so they finished around 4:43. Some of them were very appreciative afterwards. I know that for most participants the temperature (61 to 71 oF) and the humidity (90 to 95%) made their run very difficult, but I am cold natured and did OK with the conditions. The gentle rain was refreshing. I would probably have



**Booth Activity
Expo 2011**

struggled in cold weather (for example 40 oF) which disrupts my breathing and numbs my hands despite wearing mittens. Thanks again for the opportunity! It was my privilege to help several runners attain their goal. There is definitely more happiness in giving than in receiving!

5:00 Bob Hoekman - I pulled my calf muscles 6 days before the marathon and was worried about starting, much less finishing. I quickly discovered that I had discomfort with walking and the faster I ran the less pain I felt. Co pacer Steve McNeil was doing well right on pace. Michelle Wolpert got a bad blister from wet socks and needed to slow down. So after the half marathon we split up with Steve on pace, Michelle below pace and I went out a bit ahead.

At the finish Steve and I hooked up to cross together at 4:59:14. I had fun and enjoyed the subgroup that went with me. I feel the best I've felt post marathon in years in spite of all my fears. My only problem is a blood blister on my right big toe. Those wet socks sure do eat up the skin. :-)

I think this is my 12th year pacing. It has been a pleasure and an honor. I turn 70 this year and it is time to give my pacer spot to one of the younger guys and do some competitive racing next year in the new age group.

5:00 Steve McNeil - I was one of three pacers for the 5:00 pace team. Thank you Michelle (Wolpert) and Bob (Hoekman), although we didn't run together very much, I enjoyed co-pacing with you. We had a very enthusiastic group. A lot of

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Pace Team Stories

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first timers and novices. They were the friendliest bunch I had ever paced. Their questions and inquiries were numerous. This group was trained, it appeared, and anxious to accomplish their respective goals. They just need someone to calm them and get them down the road on pace. We served that requirement and then some.

I told everyone who came by the Veteran's table on Saturday that unless they were attempting to qualify for Boston, I would add 10 – 15 minutes to their goal time due to weather. I hope some heeded my advice.

Our group started out, as expected a little behind pace for the first mile or two due to the masses. We were able to lock into a pace that kept us 50 – 80 seconds ahead of pace thru the early miles. From the beginning our group split into three fractions with Bob a bit ahead, me in the middle and Michelle a little behind. At the ½ Marathon mat, my group was exactly 12 seconds under pace. Our starting group had expanded, as it always does, with people joining us along the way. I could tell because the spectators would say something like “look at this huge group” as we came by. I estimate there were 50+ runners with me at that point. As we all know, a lot of things can happen between 13 and 20, mostly bad. We held a 50+ second buffer thru every mile marker up to mile 20 and our numbers were reduced to ~20. Again, adding and subtracting runners along the way. At mile 24-25 you can tell those that have “the look” and are holding back. I encouraged them to surge ahead, if they felt like it, several did. I crossed the finish line at 4:59:22 (according to my watch) with 10 or so runners within 30 seconds and only one female who ran the entire race at my side.

After crossing the finish line and seeing the faces, some crying, of those you helped achieve their goals priceless.

I look forward to next year, my 30th Houston Marathon, as “Pacer/Coach/Doctor/Therapist/New Best Friend”.

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Veterans HARRA Iron Foot Winners - Fall 2010

Race or volunteered for the HARRA races, XC, 10 K, 8 K, 5 K, and LP.

**Victor Aguirre
Robert Brown
Bill Buffum
Deb Clifford
German Collazos
Dusty Cook
Paul Cooley
Jeff Eisele
Terry Fanning
Mark Fraser
Richard Fredrich
June Harris
Robert Hoekman
Larry Lindeen
Jack Lippincott
Michael Luna
Gloria Mahoney
Thomas Radosevich
Kevin Regis
Paul Schulz
Donna Sterns
Larry Teeter
Alfonso Torres
Kathryn Vidal
Fred Ward**

Veterans HARRA Iron Foot Winners - Spring 2011

**Victor Aguirre
Robert Brown
Paul Cooley
Mark Fraser
Annie Hadow
Larry Lindeen
Jack Lippincott
Gloria Mahoney
Rosemarie Schmandt
Ronnie Schreiber
Paul Schutz
Richard Verm
Fred Ward**

Veterans Committee

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

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

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

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

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

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

Special thanks

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

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

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

Pace Team Stories

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5:30 Richard Jares - As we waited for the second wave gun at 7:10 am (the first wave was 7:00 am), runners searched for their appropriate pace leader. As pace leader, I held up the 2'x3' sign with our planned finish time on it. We would continue throughout the run to carry the 1/4" dowel stick with the planned pace time (5:15) flag and the red, white, and blue balloons.

As pace leaders, we are expected to cross the finish line within +/- 2 minutes of the 5 hour 15 minute chip time. The 5:15 marathon time translates to 12:00 min/mile pace or 5 miles per hour.

Again this year Terry Fanning co-paced with me. We didn't get separated at the start line like last year.

Our strategy was to do 5 and 1, i.e., run for 5 minutes, and then walk for 1 minute. Our running pace was to be about 11:15 min/mile and the walk pace was to be about 14:00 min/mile. Also we would walk through the water stations and up any "hills" (viaducts, underpasses on Allen Parkway, etc.)

Using my Garmin 205 GPS, I could keep track our pace pretty accurately for minutes per mile. Another help was: the folks around me to either carry the balloon stick or kept track of the next break (every 5 minutes).

The biggest job is to keep encouraging people to keep up the pace. Our group was blessed with some "race horses" that needed reminding to slow down their pace. The group was as much as 75



Pacer Balloons

yards apart while in the running phase, but seemed to come together during the walking phase.

This year, the first 3 miles seemed to more congested than usual causing more weaving around folks and made it hard to stay on the run/walk strategy.

Part on the strategy was to give a count down from 5 to 1 when changing from run to walk phase and visa versa.

We built up "time in the bank" being 2 minutes ahead of schedule at the 5 mile mark. At the half way point, we had 3 minutes "in the bank." The group was 0.5 minute ahead of schedule by mile 20. At mile 25, we were right on schedule with no reserve in the bank. From then on, we needed to continue the last 1.2 miles without walk breaks.

The original phalanx of dauntless achievers started thinning out around mile 18 to 20 on Memorial Drive. Of course, there would be those that sped up from a slower pace group or those that fell back off a faster pace because of fatigue or the heat.

My chip time was 5:15:17; 17 seconds over.

Terry's, my co pacer, time was 5:15:04; only 4 seconds over. These 13 seconds represent about 50 to 100 yards between us.

During the event, one is never sure how big the group is. During the race, the group seemed to 30 to 40 dedicated souls. At the event's end there were some 190 persons that crossed the finish line +/- 2 minutes of 5:15.

5:15 Terry Fanning - I paced the 5:15 group with Richard Jares. Our plan was to run five minutes and walk one minute. We walked after the first five minutes but did not after the second due to the crowd on the bridge over I-10, electing to wait until we reached street level and we had more room. After that we stuck (mostly) to the 5/1 formula, adjusting for walking through the water tables and up the Westpark bridge. The crowd was thick until the half marathon turn. When we walked we asked our group to keep close so that anyone behind us who wanted to continue running could get past us. Richard took charge of

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Veteran's 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 Oct. 15 for the 2012 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 2012 race.

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

6) 25 year free entry will only be next year going forward, recognition at banquet, 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.

Finally for the 2012 race, veterans with 5 to 9 Houston marathons were allowed early entry into the race avoiding the lottery.

Pace Team Stories

(Continued from page 13)

time keeping, telling us when to walk and run and keeping us on goal. Hopefully he can report on how we did time wise at the half marathon point and at other points.

Richard has much longer legs than me so when we walked he was much faster than me and others in the group. I tended to run ahead a little and when we walked he would pass me. Sometimes the excitement of running had me go too far ahead and I had to keep an eye behind me to make sure that I didn't get too far away. For reasons that I do not know, I did not once have any problem with the weather, regardless of how wet or hot it got. That is not normal for me as I usually suffer on warm days.

I tried my best to encourage those in our group with positive thoughts, telling some at mile 10 to think about how they would feel at mile 20, that is, a little tired but still strong due to proper training and sticking to the walk / run with us. After the race I was complimented by one runner for giving positive reinforcement.

For much of the race, especially in the last few miles, I was overwhelmed by the amount of energy that I had. I enjoyed waving my balloons at the crowd trying to get them to cheer. I stretched my legs by skipping a few times, probably looking as silly as I felt but, geez, it felt so good.

After having a little beer at the Hash Mile (they gave me such a little cup), I checked with Richard and was told that we were a little behind on our time and would probably have to run the entire rest of the way into the end in order to make our time. I had no problem doing that, thanks to the run / walk that we had practiced for the entire race.

I finished at 5:15:04, just a few seconds behind my goal, with plenty of energy left. It was great fun. More fun than a marathon is supposed to be. Thank you, Arlen, for allowing me to do this.

5:30 Pony Peterson - This was my first year to be a pacer and I was MOST excited to experience it! I'd already heard so much about how fantastic Arlen was at pacing so I knew I was paired with the best person for my first time out.

I was blown away by Arlen's expertise at pacing!! I was truly learning from the master. I would've liked to ask him lots of questions about exactly how to manage the timing, but I was doing "significant talking" (that's never been a compliment before! hahaha) to our group. Also, Arlen is a SUPER fast walker...very few of us could walk the entire walk break and keep up with him. Most of us had to start running again before he got too far ahead of us.

I was also very surprised at just how much our gang was depending on us. It made me want to do my very best job to get them to the finish line on time and in good shape. I would routinely drop back to where I thought the back of our pack was and check on people. At one point we had over 100 in our group after doing a quick head-count.

This was the easiest and "funnest" marathon so far and the one that passed by the quickest. I'm truly sad that it was over so quickly. If you can call a 5:29:41 marathon "quick"!

5:30 Arlen Isham - Over the last 12 years, I have paced everything from 4:00 to 6:00 with this year's 5:30 for the 4th time. Pony Peterson joined me to provide the talking & most of the cheering, since 2 days of Expo work had left me hoarse. The weather had me worried since the 100% humidity was going to make this more difficult for me. I did get more tired doing a 5:30 than I did running 12 minutes faster at the Texas Marathon on Jan. 1.

After telling several runners who were following us around after the veterans & pace team pictures that we would meet them at the start, we made a quick run to the upstairs bathrooms using the elevators and then walked to the back of the blue start. Several runners came up and said they had run with me before at the 5:30 group. Our starting line delay for the second wave was almost 4



Pace Bibs & Pace Bands

minutes.

Our plan for the race was run six minutes, walk one minute, walk the water stops, walk the hills, and increase the number of walks each mile later in the race. We wanted to go through the half marathon at about 2:43:00 to give us a little cushion for the last half. We would do countdowns to walk and countdowns to run. Late in the race, it was just WALK, and then CHARGE.

The early part of the race went OK with the plan, except difficulty getting Gatorade the first couple water stops, and being quite crowded through mile 3 & 4. It felt good to get some room to run after the half marathon turn. We crossed the half marathon at 2:43:25. Our one set of balloons was passed around the runners, so they could lead our group. At mile 14, I switched the plan to a three 40 second walks per mile to help the runners stay with the group and only losing about 5 seconds per mile to our cushion. Finally at mile 22, we switched to four walks per mile at about 40 to 50 seconds. Even with those extra walks, we lost runners the last couple miles, but we picked up some runners. I stopped to pick up a beer from the Hashers at 24.5, so mile 24 was our slowest mile. Our 1:35 second cushion was gone at mile 26, so

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Pace Team Stories

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we just made it under the 5:30:00 at 5:29:52.

Pony's name is a good one. I had to put a bridle on her at times early in the race to slow her down, but she was a great partner.

6:00 Wes Monteith - I have trained for this pace and had everything laid out so as to be ready to go. This is a story for the uninitiated that anything and everything can go wrong no matter how ready you think you are and even if you have done it 84 times previous.

Well my day started on a bad note by waking an hour late...and went down hill, (no pun intended), from there. After barely getting to GRB, and having a willing young lady drop my bag I was able to get to the start. Since I missed the 3rd floor rendezvous most of us require, I stood at the "Last Stop Pot", and breathed a sigh of relief as we were at the back of the Blue Group and Chris had showed up. I was a bit premature with my relief sigh when realizing no paper only made for half a stop. Chris had a group of about 6 to 10 circled up and we went through a few simple instructions. I had my Garmin all ready to go and a good Nike time piece as back up, Chris had his time piece as well. I also had my belt pack with a warm light weight coat and goodies on. The gun went off and for some reason my Garmin would not come on, no sweat. I have back up, BUT NO, it won't click on either.. not until my third attempt which is about 45 seconds after crossing the line. I think Chris had a problem with his about mile one. 1 young man that was in the group had started his and I spent the next 3 miles trying to correlate our times, as we tried to work a 4 min. run and 2 min. walk. This is turning into work, real quick.

About this time my items from my belt keep falling on the ground, (more drama to the mix), as I am stabbing items back in place AND trying to keep pace, I realize my Garmin was on upside down and that is why when I was hitting the ON button, it was really the MODE



Busy Booth Operations

button, old age strike one). In the process of turning over the Garmin, I hit the OFF button on my watch. Now I am flying blind again, Chris is playing catch up on the time, we are about 4 miles in and seem to be a bit slow on our pace. I drop something from my belt, AGAIN, and realize it is on upside down, sound familiar?, old age strike 2). After righting my belt we were able to get some semblance of a pace, and using our first timer with a watch and the mile clocks, a reasonable accurate time vs. pace correlation. All is well in Housville, until mile 7 when the other half stop made it real clear the time is now. I caught the group (about 5 committed now), at mile 9 after a 10 minute sprint. We were never really sure until the half if we were close to pace, but I determine a couple of time that more walking was needed. From 13 to 19 we stayed relatively even, and in retrospect, about minutes ahead of the 6 hour pace. We did a long walk before 20 to catch up, which may have been a mistake, as I did not have anyone stay with me after for very long. I was very disoriented and realize now, the pace from 20 to 25 was a minute faster than it should have been. And Chris was ahead of me, so I followed suit. I determined my error at 25 and held up for anyone following for several minutes, finding only one of the original group.

I crossed at 5:55:33 chip time, once again, way to fast, but did have a young lady named Carrie who found me and graciously thanked me for a 1st sub 6. I hope others let us know as well. This was the only silver lining to my day, other than a finish.

6:00 - Christopher 'Doc' Rampacek - This was my first time pacing and it was a

wonderful way to complete a marathon. What with my new best 6 hour 'finisher friends' and the best partner, Wes Moncrief, a newbie pacer could ask for. Wes was vocal, super diligent and very much the pro pacer.

As I was told beforehand, many of the folks who start with you are not necessarily those who will finish with you. How true, except for Chien - a fellow from Pearland - who went the distance consistently from start to finish. This was exciting since I was able to help him accomplish his first time marathon goal. And thanks to Arlen for the advice at the GRB. It worked out perfectly on the course.

As the final official finishing group we were anxious at times, since we didn't have an option to go over the 6 hour finishing time and be official. We didn't want to cut it too close so we gave ourselves a slight cushion. It worked out fine as we nipped the wire with 5 minutes to spare.

Sign me up for next year. I'm hooked. This is the way to run/walk 26.2.



2011 Veterans Golf Shirt

Top 20 Veteran Men & Women's Chip Times

Viator Data Master Dalton Pulsipher

	Name	Gender	Age	GunTime	ChipTime
1	Stephen Baumgartner	M	37	2:47:15	2:47:09
2	Matthew Padon	M	43	2:56:18	2:56:14
3	Peter Lawrence	M	39	2:58:16	2:58:10
4	Joe Killeen	M	51	2:59:50	2:59:39
5	Robert Walters	M	50	2:59:42	2:59:40
6	John Yoder	M	39	3:00:21	3:00:11
7	Garrett Rychlik	M	43	3:00:35	3:00:30
8	Kevin Regis	M	51	3:02:11	3:02:06
9	Rich Fredrich	M	53	3:03:49	3:03:47
10	Timothy Nielsen	M	44	3:12:50	3:12:33
11	Dale Lee	M	55	3:13:53	3:13:43
12	Doug Schroeder	M	43	3:17:03	3:17:00
13	Christopher Ciamarra	M	40	3:19:25	3:19:21
14	Robert Dunn	M	44	3:24:21	3:21:28
15	R Joe Ybarra	M	52	3:22:47	3:22:37
16	Alexander Valdez	M	41	3:24:01	3:23:54
17	Robert Hahn	M	29	3:27:07	3:26:48
18	Edward Montana	M	39	3:27:18	3:26:54
19	Jonathan Tydlacka	M	30	3:27:56	3:27:04
20	Jay Hendrickson	M	57	3:27:51	3:27:24

There are 435 active veterans, 135 of them are streaking.

The average age of active vets is 53.

There are 548 inactive Vets.

The average number of completed Houston Marathons for Active Vets is 15.

93 veteran women and 342 veteran men finished the 2011 Chevron Houston Marathon.

There are 20 active 70+ year old Vets. They are listed below:

<u>Name</u>	<u># Finishes</u>	<u>Age</u>
Ray Boytim	33	78
Louis Waddell	33	71
Bob Koester	27	70
Jim Healy	26	77
Bill Duer	25	77
Lee Miksch	25	75
Carl Lindsey	23	71
James Stubbs	22	70
Gunnar Sanden	20	71
John Fredrickson	20	72
Larry Lindeen	19	70
Cliff Burgess	17	72
Dipankar Mukherjee	17	70
Dan Shuff	15	75
Don Winkley	15	72
Ken Johnson	15	70
William Hall	13	73
Jesse Z Real	13	80
Nelson Harbison	12	71
Don Brenner	11	71

	Name	Gender	Age	GunTime	ChipTime
1	Karen Anderson	F	49	3:23:43	3:23:22
2	Marlene Hicks	F	45	3:26:03	3:23:26
3	Nancy Winchester	F	43	3:24:06	3:24:02
4	Suzy Seeley	F	51	3:27:55	3:27:52
5	Melissa Hurta-Crites	F	47	3:28:10	3:28:00
6	Donna Sterns	F	57	3:31:22	3:31:12
7	Caroline Burum	F	45	3:32:44	3:32:18
8	Carole Uttecht	F	55	3:40:04	3:39:52
9	Lisa Korsten	F	43	3:42:27	3:41:47
10	Susan Rouse	F	52	3:43:03	3:42:01
11	Elva Lafuente	F	45	3:49:10	3:46:27
12	Caryn Honig	F	45	3:51:23	3:48:27
13	Annie Hadow	F	46	3:50:06	3:49:24
14	Jacqueline O Brien-Nolen	F	45	3:52:49	3:50:24
15	Kristen Foxley	F	44	3:51:50	3:50:48
16	Miriam Terc	F	52	3:51:50	3:50:54
17	Yong Collins	F	56	3:57:01	3:55:54
18	Carol Schmidt	F	51	3:58:22	3:57:46
19	Parvaneh Moayedi	F	46	3:58:51	3:58:00
20	Claire Greenberg	F	48	4:01:45	4:00:09

[Look for a complete list of active veterans on the Houston Marathon website under the Veterans Tab.](#)

**Fastest 2011 Houston
Marathon times
Veterans**

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

**Marathon
Age
Group
Winners**

Name	Gender	Age	Chip Time	Age Group Place
Dale Lee	M	55	3:13:43	1
Gunnar Sanden	M	71	3:56:16	1
Donna Sterns	F	57	3:31:12	1
Dan Shuff	M	75	4:28:58	1
Marylyn Patrick	F	66	4:32:20	2
Karen Anderson	F	49	3:23:22	2
Don Winkley	M	72	4:15:58	2
Carole Uttecht	F	55	3:39:52	2
Bill Duer	M	77	5:16:19	2
Don Brenner	M	71	4:24:04	3
Kim Coe	F	66	4:40:35	3
Suzy Seeley	F	51	3:27:52	3
Manuel Gonzalez	M	65	4:25:04	3
Marlene Hicks	F	45	3:23:26	3
Joe Killeen	M	51	2:59:39	3
Lenord Burns	M	64	3:36:56	3
Jesse Z Real	M	79	5:19:43	3

**Fastest Veterans based on number of Houston marathons completed.
Exactly, over 30 years, 30 years, over 25 years, 25 years,**

ChipTime						
Grouping	Gender	Name	# Finishes	Age	ChipTime	WavaTime
Over 30	M	Jack Browder	33	60	3:48:25	3:11:53
Over 30	N/A					
30	M	Lonnie Brauner	30	64	3:58:13	3:12:58
30	N/A					
Over 25	M	Jack Browder	33	60	3:48:25	3:11:53
Over 25	F	Susan Rouse	26	52	3:42:01	3:15:23
25	M	Robert McDowell	25	60	3:55:11	3:17:34
25	F	Phyllis Thompson	25	68	5:37:50	4:10:00
20	M	Kerry Staats	20	45	3:41:26	3:30:22
20	F	Chuan Gao	20	44	4:21:41	4:05:59
15	M	Timothy Nielsen	15	44	3:12:33	3:04:51
15	F	Annie Hadow	15	46	3:49:24	3:33:21
10	M	Joe Killeen	10	51	2:59:39	2:43:29
10	F	Melissa Hurta-Crites	10	47	3:28:00	3:11:22