

Houston Veterans' News

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

Fall 2012

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Amazing Houston Marathon & Half Records and equally great Men's & Women's Olympic Trials

Friends, runners, and countrymen – lend me your rears...! The time has come, in spite of the rising heat and humidity, to get up off our butts and start thinking about marathon training again. You know what I'm talking about. Some of us might let the summer doldrums further erode our already-too-sedentary training regimens. If we have stretched the post-Houston Marathon break to this point, we could also be weak enough to wait until the Fall, before beginning to pick up our mileage one more time. Resist! Get out that door. Pay the entry fee! Join a training group (they all begin their programs over the next month or so). You know what it takes.

As we age, it gets harder and harder to return to the fifteen-mile weekend runs, let alone the 18's or 20's that are necessary to develop enough strength for that big 26. Keep your summer maintenance work at a vigorous level, so the road back to serious marathon training in October is not too rough...

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The U.S. Olympic Marathon Trials stole a lot of focus from the Chevron Houston Marathon leading into the weekend, but the 40th annual local race more than held its own.

Four course and Texas records fell on the same morning, which had never happened before.

On a crisp, no-excuses chamber of commerce kind of day, spectator lined streets showcased the remarkable depth of Ethiopia's long distance talent.

**Houston Marathon Veterans
January 15, 2012**

Tariku Jufar and Alemitu Abera

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PAST & FUTURE

January, 2004

We actually started 12,277 out of our 14,103 registrants in the marathon & half marathon, which is a big percentage increase over last year's 11,870 registered runners, which produced under 9,000 actual starters. It was reported that there were almost 11,900 finishers this year.

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

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

In the half-marathon event, Gilbert Koech, from Kenya crossed the finish line first with a time of 1:03:08. Colleen De Reuck from Boulder, CO. took first in the women with a time of 1:10:55.

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

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

Veteran was **Rich Fredrich** at 2:48:34

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

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

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

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

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

Veterans age group placings were:

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

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

Most Houston Marathon finishes led by Jack Lippincott (30), Bill Osgood (29), Tom Gillespie (28) & Clent Mericle (28)

Race Calendar

09-29 HARRA XC 4 X 2-Mile
10-06 Race for the Cure 5 K
10-07 Chicago Marathon
10-13 Ten for Texas
10-13 Ten for Texas
10-14 USA Space City 10-Miler
10-14 Tri Andy's Tri 300s/10mb/3mr
10-27 Katy Triathlon at Firethorne
10-28 Warm Up Series Half Marathon
10-28 Marine Corps Marathon
11-03 Rocky Raccoon 50 K/25 K
11-04 New York Marathon
11-11 San Antonio Marathon
11-11 Ft. Worth Marathon
11-18 Warm Up Series 25 K
12-01 Baton Rouge Marathon
12-01 Las Vegas Marathon
12-09 Dallas Marathon
12-09 BSC College Station Marathon
12-09 Warm Up Series 30 K
12-09 Honolulu Marathon
01-01 Texas Marathon 2013
01-13 Walt Disney Marathon 2013
01-13 Houston Marathon 2013
01-27 Mircle Match Waco Marathon 2013
01-27 USA Fit Marathon
01/27 Galveston Marathon 2013
02-02 Rocky Raccoon 50 M / 100 M
02-17 Austin Marathon 2013
02-23 Surfside Marathon 2013
02-23 Cowtown Ft. Worth Mar. 2013
02-23 Conoco 10K
02-24 New Orleans Marathon 2013
03-09 Bayou City Classic 10K
03-17 Seabrook Lucky Trail Marathon
03-23 & 24 Texas Independence Relay
04/07 70.3 Memorial Herman Tri.

Upcoming Events

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

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

Check out the new Houston Marathon Veterans Website

<http://www.marathonveterans.com/>

INFORMATION CHANGES

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"E" Mail, Etc.
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Katy, TX. 77494

**VETERANS PACE TEAM TO LEAD
2013 HOUSTON MARATHON
13th 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.

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

Pace Team Goal Times

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

2012 Pace Team Stories

3:00 Bryan Morton & Paul Terranova – “Pacing from the Front”: Top 2012 Chevron Houston Marathon “Moments” for the 3-Hour Pace Group

12. Heard before the race in the GRB... “Hey dudes, anybody have any extra gu, I forgot mine?” – Todd Jones, 3:40 pacer and 2012 “Pacer King” (thanks to Bryan for sharing!)

11. Heard in the corral...“Man, I’m glad we brought those water bottles to pee in!”

10. Heard at mile 2...slap, slap, slap...“Is that Ronald McDonald I hear running next to us, is he wearing clown shoes?” “No, sounds like flip-flops though!”

9. Heard at mile 4 and about every other mile thereafter...“NICE balloons!!!!”

8. Heard running down Montrose... Paul: “Bryan, the Priest is going to bless us with Holy Water soon...” Bryan: “Really dude, no way?!” Paul: “Yeah, just wait...” Bryan: “Holy SH@T, you’re right!!!” Paul: “No, that was Holy WATER.”

7. Heard at mile 11...“GREAT job, 3 minute group!!!! -random Rice Univ student

6. Heard running along University Blvd...“Wow, nice homes!”

5. Heard running up Post Oak... Paul: “Bryan, there’s a California Pizza Kitchen coming up on

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Great Signs at Starting Line

Records

(Continued from page 1)

continued the Ethiopian domination at the Chevron Houston Marathon, with victories in 2:06:51 and 2:23:14 respectively. Both times were course records; Jufar's time surpassing the previous record (2:07:04) set by Bekana Daba in 2011; and Abera's time bettering Teyba Erkesso's prior record of 2:23:53 run in 2010.

Feyisa Lilesa and Belaynesh Ojira, both of Ethiopia, set new course records at the 2012 Aramco Houston Half Marathon. Lilesa finished in 59:22 to beat the previous record set by Ryan Hall in 2007 (59:43); Ojira ran 1:08:26 to surpass Shalane Flanagan's mark from 2010 (1:09:41).

A great job by the Houston Marathon Committee.

The Houston Marathon Committee hosted both the men's and women's trials for the first time at the 2012 Olympic Trials Marathon on Saturday. The top

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Ryan, Meb, & Abdi

Pace Team Stories

(Continued from page 3)

the right..."Bryan: "Sweet, I'm SO hittin' the CPK after this, I'm famished!!!"

4. Heard at mile 20.5... Paul: "You ready for a beer yet?!" Bryan: "NO!!!"

3. Heard at mile 24... Paul: "You ready for a beer NOW?!" Bryan: "Hell yeah!!!!"

2. Heard at the finish line..."Let's knock out some pushups!!!" (26+1 for the record)

1. Heard after the race in the GRB..."Ice-cream sandwiches, biscuits & gravy, AND coffee, this is AWESOME!!!!"

3:10 Tony Stafford - Chris and I had a great group of runners at the very beginning. (approx. 150). Once the half marathons split from us, we still had a solid group of runners. Once we got through the half way point, Chris and I had split our 3:10 group into 2 'sub' 3:10 groups. I lead the front end and Chris was back with those runners.

At every aid station, I would look back to make sure that he and the other runners were there. I think Chris had to do a potty break at mile 16 cause at the next aid station when I turned around, he was no where in sight. I thought that he might have dropped out. But I looked back at mile 23 and could see him there with the runners. I sent about 3 people ahead at mile 22 and finished with 1 guy in 3:09:03. I waited at the finish for the back end of the 3:10 group and Chris and about 7 to 10 runners came through in 3:09:40 ish. We had a great time...Thank you for having us.

3:10 Chris Gregory — First of all, thanks to Arlen and Carlos for giving me the chance to pace in Houston! Being there to watch the 2012 Olympic marathon trials the day before made it even more special. It was great to receive the



Bob Hoekman, 23 Year Vet

Under Armour gear. Thanks to all who helped me out. This was my 18th time pacing a marathon - however, my first even in the state of Texas.

Tony and I had a pretty big 3:10 group, about 100 runners. We paced Chicago 3:10 together in October. Our group was awesome and this is a very well-organized race with plenty of aid stations, tons of spectators and a nice course. Many runners stayed with us into the later miles. We had a few quick miles early, yet were still in the 7:12 range (7:15 is exact). We hit the first half a tad quick, though right on time (me - 1:34:16, Tony - 1:34:13). We were together until mile 16 - I had a port-o-john quick stop - hence my 1-min slower 25k-30k split. Tony kept the group going - thanks Tony! I then gradually caught up, making up my 1-min deficit, picking up runners who had dropped back slightly, yet were still on track for a 3:10.

I formed my little sub-group as I picked up runners, starting around

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Records	Pace Team Stories	
<p><i>(Continued from page 4)</i></p> <p>three finishers will represent the men and women on the 2012 United States Olympic team. The 26.2 mile race began at 8:00 a.m. ET for the men and 8:15 a.m. ET for the women. The start/finish line was at the Avenida de las Americas in front of the George R. Brown Convention Center in Houston.</p> <p>For the men, 36-year old Meb Keflezighi ran his best marathon time ever to finish the race first and qualify for the 2012 Men's Olympic Marathon Team.</p> <p><i>(Continued on page 11)</i></p>	<p><i>(Continued from page 4)</i></p> <p>mile 18. Tony had the main group on the front end of low-3:09 finish. I picked up runners and had a group of 12-15, encouraging runners along the way. I kept Tony and the main group in my sights the final 5-6 miles. The last stretch into downtown Houston was awesome! By the end, we had helped tons of runners to PRs, BQs and spectacular races. Two of his female friends from Boulder ran PRs - Lydia by 2 min and Andrea by 20 min! Another girl Roxanna, ran a 7-min PR. My official to me - 3:09:45 - very happy about that. We received many high-fives, hugs and "thank you's" in the finish chute. It was an awesome marathon day and very rewarding to</p>	<p>help so many reach their race goals.</p> <p>Thanks again to everyone. Run healthy! Chris Gregory 3:10 Pacer Wyoming, MI</p> <p>3:20 Marnie Staehly - This was my first experience as a Pace Leader and I was extremely happy with both the result and the experience!! Danny and I held a fairly even pace for all 26.2 miles finishing in 3:19:36. We picked up a little extra time in the beginning and managed to maintain a 20-40 second "cushion" the entire way. Danny made a pit stop around mile 10 and managed to sprint back to our group within a mile or so. We had</p> <p><i>(Continued on page 6)</i></p>



Houston Marathon Pace Team 2012

Brian Morton, Paul Terranova, Tony Stafford, Chris Gregory, Marnie Staehly, Danny O’Callaghan, Murray Rattray, Dan Greenberg, Meredith Terranova, Todd Jones, Carlos Reyes, German Collazos, Steven Murray, Parvaneh Moayedi, Devin Brown, Hung Nguyen, Kathryn White, Thomas Radosevich, Steve McNeil, Julie McAllister, June Harris, Alfonso Torres, Richard Jares, Peter Birckhead, Arlen Isham, Terry Fanning, Chris Rampacek - Not all in the Picture

Pace Team Stories



3:20 Pace Team Marnie & Danny

(Continued from page 5)

a fairly large group with us up until mile 18 or so, and then they started to drop off. A few managed to hang with us and trailed just a little behind us and 2 actually went slightly ahead of us at the final mile. We received very positive feedback and words of thanksgiving from those that were a part of our group. All in all, a great day for running and a very successful, satisfying experience!

3:20 Daniel O'Callaghan—Apart from the first mile, we were consistently 30-40 secs ahead of our goal. 7:37-7:36 pace. This wasn't intentional just we tried to do what we believed were even splits. The "official" splits don't show this! Water stops were never walked and often Marnie kept the pace, while I got the beers in. It was sunny!

3:30 Dan Greenberg - As a first time pacer I was looking forward to the responsibility that came with being part of a pace team. It was exciting to run a marathon, not for myself, but for the other runners around me. Murray should have a few things to add, but here is how I saw it:

The 3:30 time goal and 8:00 pace must have a certain attraction to runners, because we started with a large group

and got off to a nice start. After a few words of encouragement and threats to anyone who tried to pass me early, our first mile was 8:16. We planned for something like this due to starting area congestion and knew it wouldn't take much to chisel away those extra seconds.

Everyone was upbeat and it seems like the first nine miles just flew by. Between checking my pace, talking to runners in the group and announcing fluid stations, it seemed like my mind was too busy checking the details to really think about the marathon as a whole. I had decided to set my Garmin fields to avg pace, lap pace, and total time and it worked out well. In the end it really didn't make a difference how many miles I had run (the banners would always tell me that), all that mattered was the pace at which I was running. We made our way through West U, where the crowds increased and passed through the halfway point at 1:45:02, exactly where we needed to be.

The second half of the marathon seemed to be the place where more encouragement and words of warning

were needed. I let them know the Westpark 'hill' was coming, we talked about making it to single digit miles left, and eventually gave a quick pep talk as we approached the park and mile 20. We still had a pretty good sized group heading past mile 22 and we fed off the energy around the Tri on the Run shopping center. We talked about what was up ahead and how important it was to trust your training and run with heart up Allen Parkway as we made the turn on Shepard. We even talked about how they were now running where the Olympians did the day before. Mile 23 is where we lost most of our group, several pulled ahead and several fell back a bit. I focused on keeping an even pace so they could gauge their position off the balloons. I was impressed we had made it that far with so many runners.

A few runners stuck with me and we swept up several more as we hit downtown and made our way to the finish. My official finish time was 3:29:46.

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Olympic Trials Starting & Finish Line



**Olympic Trial
Water Station Layout
42 Tables Long**

Pace Team Stories

(Continued from page 6)

Several runners found me in the finishing chute to give me high fives and hugs for my efforts. I have to say that I felt very appreciated by the runners around me, both during the race and after, I hope everyone else had that same sort of experience. It was by far my favorite Houston Marathon and I look forward to leading a pace group again.

3:40 Meredith Terranova - Todd might have a little to add, but let me try to speak for both of us...the 3:40 pace team:

3:40:01 was our "official" finish time, but what that doesn't represent was the final 1/2 mile we rallied and got the back end of our original group in UNDER 3:40...a few BQs and a special guy who had never been able to crack 3:44. He finished in 3:39 and change. Due to the wonderful organization of the marathon, we were able to get on and around pace with a VERY large group by mile 3 ish. Then it was our job to keep ourselves in check and those around us focused, excited, and hearing our voices more than their demons. We cheered for them, made promises (push-ups for each person who finished near or in front of us), and kept them going the whole way. We

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THE VIATOR VET Jack Lippincott

(Continued from page 1)

Hey; they have raised the entry cap to our race once more, mostly to accommodate the "halfers," who are not quite ready for (or are too smart for?) the whole marathon distance. That's OK! The "more the merrier" is the best way to look at it. Many of those folks will eventually try our event. And remember, it is a great way for us to remain a part of the madness, when we can no longer finish the course in less than 6 hours. Look at it as our "retirement race distance;" (it is there for when we finally either fall apart, or wise up...)

Take a look at Dalton Pulsipher's statistics, elsewhere in this newsletter. There are now well over a thousand of us crazies, who have completed the CHM ten or more times. That says something about us - maybe we are not so crazy - and, about the event that we choose to do over and over. We are so lucky to have latched onto a race where the organizers not only try to do everything right; but, are constantly looking for ways to make it better. Just ask those hundreds of Olympic Trials qualifiers who got a taste of what we benefit from every year. I bet they wish that Houston would host their race again in four more years...

Meanwhile, get yourselves to the street, feet...!

Veteran's Profiles Which Newsletter Date

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

See Marathon Website or Veterans Website

Pace Team Stories

(Continued from page 7)

definitely lost a few in the crowd, but we got more along the way and just welcomed them to the party.

We shared many hugs and high fives with our runners at the finish line, and gave them their well-deserved push-ups!!

Many thanks for letting us be part of the Houston Marathon!

On a special note, Houston was my very first marathon in 2000, when I ran a 5:11 in cotton sock and cross-trainer shoes. (no one had told me about the magic of running shoes) It was so incredible to be able to go back to a race that holds so much meaning for me and truly be able to give back. Thank you!

3:50 German Collazos - The 3:50 pace team started the race with about 20 people, Carlos Reyes and me. It took us about 4 minutes to get to the start line. Thanks to the cool weather and the very well-organized race, most in the group were able to maintain the pace until mile 16, at which time runners started lagging behind. No amount of encouragement could keep them on schedule. By the time we hit mile 20, there were no more runners following. Though my legs were still a bit tired from the previous weekend's 100k at Bandera, I kept at it and finished just over 3:50.

3:50 Carlos Reyes – Prior to the start of Sunday's race there were the usual questions regarding whether we were going to walk to water stops and what pace per mile a 3:50 finish entails. This year's changes in the start format helped prevent runners getting overly bunched up at the start but increased the spread between gun and chip time from previous starts. (although it made it easier to regain the appropriate pace because of the lessened crowding on the Elysian



120 Boxes of Elite Fluids Bottles for Olympic Trials Three Water Stations

bridge)

By the second mile we were within 3 seconds of nominal pace. German and I then began running slightly under the prescribed 8:50/ mile for the next several miles to take advantage of the cool morning and hedge against the effects of what we expected to be a quickly warming day. Around mile 16 some of the group did begin the spread out, as German mentions. I decided to relax a bit and hang with that group as we had built about a 1 ½ minute cushion by that stage.

We stayed together quite well until Allen Parkway at mile 23 ½, where I began to struggle with the lack of shade and rising temperatures. I told the group that I was struggling and encouraged those that remained to soldier on ahead of me. Five or six folks stayed with me and we came in just shy of five minutes behind our 3:50 mark. Although some of us fell short, at the finisher table, I spoke to a group of three in our original group that had left me at 23 ½ and they had finished ahead of their goal (one with a time of 3:49:57) Way to go!

4:00 Steve Murray - For me, this was a run of thanksgiving. One, for being able to run, but mostly for all the runners in the group who helped.

We had what seemed like a huge group, and got out to a fast start, but then backed off to hold a 1 or 2 minute

cushion through much of the race. We chatted casually during the race. Many folks had come to see the trials from around the country, and we had just a few first timers. We had two moms with sons serving in the military overseas (a special thank you).

Parv ran into some trouble early and had to back off, so many in our crew carried the balloons through the race. Eventually the balloons ended up with Mike, an experienced runner from southern California. The group started to fall apart in Memorial Park, and I was too.

Mike and I ran together to Allen parkway, where my back and legs finally got so tight, I couldn't continue to hold pace. Fortunately my running friend Kevin had stopped by to jog a bit. I gave him my balloons and asked him to help get the group to town. He and Mike all got in.

I walked a water stop and the two up hit bits on Allen Parkway, eventually getting in 1:20 late.

Thank you to Mike, Kevin, and the whole group who pulled each other through.

4:15 Devin Brown – Hung and I led the 4:15 pace group. I said from the beginning that my plan was to have a party for four hours and fifteen minutes. This was mostly true. The first 3:50 were a party and the last 25 minutes were kind of a weak party because everyone was pretty tired, but there was still much encouragement, cheering, and acting somewhat foolish to raise peoples' spirits. This was my first time pacing and while the prospect of a 4:15 marathon didn't make me particularly nervous, I knew I would have folks counting on me to help them reach their goals and I didn't know how hard it would be to come in right on time.

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4:15 Pacer Devin Brown

Pace Team Stories

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The wrist band with time splits helped a lot and every mile I would call out how far off the pace we were (10 seconds ahead, 5 seconds behind) it was always very close and my runners really seemed to appreciate knowing we were on schedule. Once or twice we were 30 or 40 seconds ahead so we rewarded ourselves with extended walks through water stations. That also went over well.

I really wanted to work hard to keep my runners entertained and thinking about anything other than the miles so I played tour guide for several out-of-towners. "Coming up on the left is the Museum of fine arts, Hermann Park, and our world famous medical center district." "Here's the Bolivian consulate and this neighborhood is known as West University and the Rice Village" "The Westpark overpass is really the biggest 'hill' we have on the whole course and now it's behind us!" "Coming up on the right at this church is there you can sometimes find former president

George Bush Sr greeting the runners. Oh look, he's here again today!" and then I did some silly stuff every now and again like running backwards to face the runners for a few seconds and yelling out "who is still with me?" and then turning my visor upside down after mile 20 like a rally cap.

When it was all said and done, I was extremely pleased with the results of Hung's and my hard work. We crossed the finish line at 4:14:16 which I feel pretty darn good about. Right there in the finisher's chute, I had three or four people shake my hand and thank me for bringing them in. When I got home and looked at my splits, they are probably the most even splits I've ever run in any race of any distance.

4:15 Hung Nguyen - Devin summarized it well. While approaching the Westpark overpass, I told our runners to count up to 20 and start over until we reach the top. During the ascent, I counted out loud to the group. When we reached to the top, the runners (plus other runners) seemed to appreciate it. As Devin said, we did finish slightly under 4:15. I also had a few runners



**Amy, Davila, Shalane
Leading at Women's
Olympic Trials**



4:15 Pacer Hung Nguyen

shake my hand and thank me for bringing them in. I really enjoyed it and looking forward to do it again next year.

4:30—No Pacer Report

4:45 Julie McAllister - This was my first time as a pacer and my second Houston. I enjoyed the entire run. I did get dehydrated the last mile, but managed to trudge in across the line at 4:45:51. My co-team pacer Steve McNeil, a 30 year Houston veteran, got across the line at 4:44:52. He knew the course and we were able to walk the 'hills' and water stops. Between the 2 of us I tried to keep the newbie's talking to keep their minds off the miles and Steve kept us on track and spirits high.

There were several first timers and they let us know they were pleased with their performance. I would love to do this again next year.

4:45 Steve McNeil – aka "The Fun Bunch"

I was fortunate to have Julie
(Continued on page 10)



(Continued from page 9)

McAllister, a friend and training partner as a co-pacer. As always, we had an excitable group join us in the chute before the race. The start was better than any start in my thirty years of running the Houston Marathon. Although a bit crowded, we never had to dodge runners or lose pace due to runners starting ahead of us. We crossed the 5K mark 12 seconds under our goal. Our pace strategy evolved to walking a minute at every aide station. This worked out great for everyone. Julie and I told our



Pace Team & Veterans Booth

group to run water stop to water stop.

Julie was a great motivator. She blessed several of the runners in our group with her “magic wand”. As we came to spectators, we would often pump our arms to get them yelling for the runners. We slowly moved our time buffer out to 2 min 10 sec at mile 23. All along, promising our “peeps” they would be rewarded with extra walks at the Allen Parkway Underpasses. As always, no matter what the conditions, things can go “sideways” between miles 20 and 23. Which they did for several in our pack. Our numbers stayed the same throughout the course, as we would pick up runners along the way. Julie and I were at 10:51 pace at mile 25. Our target was 10:52. You cannot get closer than that. I came in a bit under 4:45:00 and Julie came in a bit over 4:45:00.

During this race, you always get someone’s “story”. I had an emotional conversation with a lady who was dedicating her run to her baby who is about to have a major

heart surgery. With tears in her eyes, she described how much a fighter he was. With tears in my eyes, I told her that she too was a fighter. She looked at me and said “Yes, I am”. I didn’t see her after mile 13 or so. I am sure she finished, no matter how difficult it was.

On a lighter note, the three Asian ladies finishing their first marathon were the most enthusiastic. They were able to stay together the whole way and surge ahead of us the last few miles. Afterwards, Julie and I took pictures with them and they told us that they would never forget us. That is why I will be back again next year.

5:00 June Harris – This was my first time to be a pacer; but knew I wouldn’t have any problems as long as Alfonso was my co-pacer. We train together and I know he is an extremely reliable pacer. We practiced our strategy during several pre-marathon runs and were comfortable with our decision to run an 11:11 pace. Walking through every water station. Our 5:00 group had about 20 runners at the start of the marathon, some were newbie’s and some had run previous marathons; but wanted to try to complete it in 5 hours. One of our guys had run with Alfonso last year in the 4:45 group.

We were able to hold our pace pretty well even though we were darting in and around many walkers. In the early miles, we learned a little bit about our group. There was a girl from Oklahoma running her first marathon and her mother was somewhere at the back of the pack, running her last. We had more than one person that had not had a training run longer than 13 miles, which was interesting. We also had someone ask if we were taking organized bathroom breaks along the way...that tickled me; but I politely explained that it would take too long and she would need to make her own decisions about potty stops and then catch up with the group.

(Continued on page 11)

Records

(Continued from page 5)

Keflezighi with an unofficial time of 2:09:07 with favorite to win the race, Ryan Hall coming in second finishing just under the 2:10 mark. Abdi Abdirahman rounded out the top three, also finishing the marathon in under 2:10, making all three qualifiers finish under the 2:10 mark for the first time in U.S. trials history and the first time in which all three men have done it in the same event.

U.S. Half-Marathon champion Mo Trafeh fell back after about the Mile 15 mark and dropped out of the qualifying. Dathan Ritzenhein came in fourth place, potentially becoming the Men's alternate for the U.S. Men's team.

On the women's side, Shalane Flanagan came away on top winning the marathon and qualifying for the 2012 Women's Olympic team with a record time of 2:25:37.

Desi Davila came in second place losing out to Flanagan for the sixth time in a race where the two women have gone against each other. Kara Goucher rounded out the top three and became the third qualifier for the team with Amy Hastings as the alternate.

The 2012 marathon started 8,249 and 7,614 finished.

The 2012 Half marathon started 9,409 and 9,374 finished.

The 2012 5 K started 2,760 and 2,755 finished.

Many of our veterans were part of helping make this Trials a great success by participating in many different ways.

Pace Team Stories

(Continued from page 10)

By mile 18, I was starting to struggle with the pace (suffering from tired legs after working the Olympic Trials Saturday morning). Alfonso and I prepared an exit strategy for me if I needed to drop out of our group. He selected another runner that looked strong and asked for her help if I could not keep up. At Mile 20, I relinquished my balloons and bid farewell to our group that had dwindled to about 8 runners. They soldiered on, keeping the pace Alfonso set.

Even though I was disappointed that I couldn't continue with the group, I felt like I could still serve a purpose by encouraging 2 of our group that had dropped off pace after my departure. One guy saw me and thought he would still finish within 5 hours if he stayed with me. Unfortunately, I told him he would need to speed ahead and catch Alfonso if that was his goal. Another girl had left the group at mile 22 and was walking when I caught up to her. I was able to give her a pep talk before heading towards the finish. My time was 5:03:38; but Alfonso brought the group in at 4:59:25, as I expected.

5:00 Alfonso Torres - June, thanks for being my co-pacer and for picking up and helping tired runners during those difficult final miles. Carlos and Arlen, thanks for the great coordination and for the opportunity

5:15 Richard Jares - Weather was practically idea for pace setting in the 2012 Chevron Houston Marathon. The forecast was mid 40's going to the 70's and clearing skies.

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. Being lined



Veterans Booth Activity Expo 2012

up at the Blue corral, where the 4'x8' banner proclaimed the 5:15 (12 minute/mile) area was, I was looking for my co-pacer. We never connected. I would carry the 1/4" dowel stick with the planned pace time (5:15) and the red, white, and blue balloons.

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

Some remembered me from last year or I met them at the Expo the day before, such as Carl, Ed, and Amy, and wanted to run the 5:15 marathon again. For several it was their first marathon and they were nervous about what to expect.

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.)

As last year, I wanted to have a better idea of how the group does, so I wrote down the name and bib number of those around. I gathered this information from 26 individuals to help them get a commitment to complete the run at our pace. The results are at the end of this missive.

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Pace Team Stories

(Continued from page 11)

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 help me keep track of the next break in 5 minutes. I told the crew, that a previous year's runner used for the stick to scratch her back

So that people could identify where the pace group was, a 3 foot wooden dowel with the pace time and red, white, and blue balloons was carried. The pace leaders wore white 40 year anniversary Under Armour technical t-shirts and a day-glo yellow visor. The pace time was pinned to the back of the shirts.

There may be a personal comment about the pacer, such as, "14th Houston Marathon" or "100th Marathon".

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 1 minute behind schedule by mile 20 with no reserve in the bank and we still had the Allen Parkway underpasses to go.

I personally was disappointed in my slowing pace, I could see by mile 22 that we would not make the promised 5:15 time. I encouraged others in the group to forge ahead and they did. I suggested to the first timers that it was most important to complete the distance with any time.

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

The water/ performance drink stations were quite lengthy; probably as much

(Continued on page 13)

Veterans HARRA Iron Foot Winners - Fall 2011

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

Annie	Hadow
Connie	Lawrence
David	Stockton
FRED	WARD
Fred	Queen
Fred	Steves
Gloria	Mahoney
Jack	Lippincott
Jennie	Moroney
John	Yoder
June	Harris
Larry	Lindeen
Paul	Schulz
Penny	Derkowski
Richard	Peoples Jr.
Richard	Fredrich
Robert	Hoekman
Victor	Aguirre

Veterans HARRA Iron Foot Winners - Spring 2012

**Annie Hadow
Richard Verm
Don Brenner**

**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.

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.

Special thanks

To the Veterans who help with the Veterans/Pace Team Booth at the Expo each year.

Peter Birkhead, Gloria Mahoney, Terrie Gorney, Paul Merriman, Daniel O'Callaghan, Dena Sokolow, Tony Stafford, Rhonda Emerson, Bill Schneider, Mark Levy, Nagindra Prashad, Caryn Honig, Allen Webb, June Harris, Alfonso Torres, Tom Sanzone, Claire Liu Greenberg, Len Emge, Chris Rampacek, Jim Van Paasschen, Tom Steets, Mark Elvig, Murray Rattray, Steve Murray, Kathryn White, Carl Lindsey, Bob McDowell, Terry Fanning, Mack Gibson, Eric Raschke, Janet Raschke, James Thurmond, Marnie Staehly, Steve McNeil, Julie McAllister, Richard Jares, Hung Nguyen, Wayne Rutledge, Gunnar Sanden, Bob Hoekman, Candy Ludwick, Dan Greenberg, Pony Peterson, Phil Smith, Bryan Morton, Todd Jones, Meredith & Paul Terranova, Christopher Gregory, Devin Brown, Jeff Ross, Tom Radosevich, Booth Chairmen; Jack Lippincott, Arlen Isham, & Carlos Reyes.

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

Pace Team Stories

(Continued from page 12)

as 100 yards which made me chose which one to walk thru. It helped the runners access to the fluids versus where there might be too bunched up and overwhelm the volunteers.

The volunteers (God Bless Them) were doing their usual good work and very accommodating to the runners.

This year I shook hands with President Bush (the elder) as he has been usually present in past years around Mile 19. He is getting up in years like the rest of us.

The beer drinkers had to wait until the Hash House Harriers set up about mile 24.

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.



**Connie Lawrence
13 Year Veteran**

My chip time was 5:26:56; 10 minutes over the allowed time for pacers. There were some in my group that stayed with me out of loyalty.

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 55 persons that crossed the finish line +/- 2 minutes of 5:15. Last year there were 160 persons.

As I mentioned at the beginning, I was interested in how the original starting line group did. The following are the results: 26 committed to do the 5:15 pace, 8 arrived at finish line +/- 2 minutes of my 5:27. Includes Carl Lindsey and Ed Lyon. Carl and Ed have run with me for the past 4 years. We only get together at the Houston Marathon Start line. 4 were sub 5:00, 0 were within 2 minutes of the target time of 5:15. 6 were faster than 5:25. 6 had times greater than 5:29 and may have been affected by the heat or fatigue. I am glad they had the perseverance to complete the challenge. 2 either were DNF (Did Not Finish) or exceeded the clock cut off time of 6:17

5:30 Arlen Isham – Over the last 13 years, I have paced everything from 4:00 to 6:00 with this year's 5:30 for the 5 th time. Terry Fanning joined me to provide the talking & most of the cheering, since a whole week of warehouse, elite fluids captain for the Olympic Trials, & the usual expo activities left me pretty well drained. In addition, I had taken a header off my bike, while working the Olympic Trials on Sat. morning. Fortunately my legs did not get hurt, but I had to carry my balloons with my left arm, because my right elbow was very sore. Stupid to have a fall off my bike with a 33 year string, plus a ski trip for a week very close. Memo to Arlen, be more careful before marathons.

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Veteran's Perks

Effective with the 2013 Chevron Houston Marathon, the Board has authorized the following new "Perks" for all veterans

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

2) Veterans would be allowed to register through Nov. 1 for the 2013 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 2013 race.

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

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

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 or golf shirts from Jack Lippincott by filling out the order form available on the Houston Marathon website or Veterans website.

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)

No trouble with the new system where we could use the VIP bathrooms, though I always thought going to the 3 rd. floor at GRB with the elevators at GRB was easy and private. Picture of the veterans and pace team went off on time, though it is obvious lots of people did not get the message the picture had moved.

The new banners showing our 5:30 finish and 12:35 pace in the “B” Corral was great. Our starting line delay for the second wave was about 5 minutes.

Our plan for the race was run five 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. We called ourselves TEAM 5:30. We had a pretty good crowd around us the whole race, until perhaps the last couple miles.

The early part of the race went OK with the plan, and I thought the new starting method worked better. It



5 30 Pace Group

seemed much less crowded. I encouraged the runners to wave at the channel 13 camera as we came off the hill on mile 2. Perhaps we would be on TV. The new flags showing the front and back locations of the Gatorade tables and then the front and back of the water tables were very helpful. It made it much easier to judge where to cut in for liquids.

It is always good to get some room to run after the half marathon turn. This pacer had to make a pit stop on mile 11, so Terry led the group on. It took me about 1-1/2 miles to catch them. Terry always seemed to be ahead of me, so at this point he was feeling OK.

We crossed the half marathon at 2:43:03, a little faster than I wanted, but Terry just went too fast while I was not there! Our sets of balloons were passed around the runners, so they could lead our group. At mile 15, I switched the plan to a three 40 second walks per mile to help the runners stay with the group and only losing about 10 seconds per mile to our cushion. After turning north toward mile 15, it seemed hot and the wind was behind us. At this point, I was even concerned about myself. It seemed to be a struggle to stay on pace. Terry told me about mile 17 that he was also struggling and eventually dropped back after the 30 K. “Pour water on you” was the instruction. I stayed with my plan of a “GU” every 4 miles and also took one electrolyte pill about Mile 16. This is a standard plan for me.

Relief at Woodway. The wind is in our face and now it seems cooler. A quick stop to shake hands with President Bush and then dance with the belly dancers. I also did a quick “dose do” with the square dancers on Post Oak.

Finally at mile 19, we switched to four walks per mile at about 40 to 50



16 Yr. Vet Mark Nash

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 in Memorial Park and from the Hashers at 24.5. Our 1:57 second cushion was tight at mile 26, so we just made it under the 5:30:00 at 5:29:23.

Terry was a great help for me as always.

6:00 Chris Rampacek having a second year go at the 6 hr pacing effort, I found myself alone (my co-pacer fell ill Saturday night) with all the responsibilities of time keeper, cheerleader and running psychologist. Add to that an inability to make my legs want to move 'at least' a little bit faster, the race became a real challenge (especially at mile 22+).

Although some in my group advanced and finished under the official time, I couldn't physically hold pace (the mind was willing, but the flesh was weak) and I went over by a couple of minutes and a handful of seconds (no room for error when up against the finishing clock). However, one fellow finished side-by-side with me.

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Pace Team Stories

(Continued from page 14)

Oh well..."some day chicken, some day feathers'. Next year I'll get my pace back and report more success than disappointment.



**2012 Veteran's
Long Sleeved Shirt**



**Alexander Valdez
14 Year veteran**

Houston Marathon Veterans Milestones

I requested veteran's milestones by e-mail. Here are the Veterans that responded. Try to send them next year.

Steve Boone - ran my 500th marathon at the Houston Marathon this year.

Louis Wadell - I have more an "anti milestone" than a milestone to share. In early December I managed to get a groin pull (more delicately and accurately described as an abductor longus strain on MRI) and it is only within the last week than I have been able to get back to anything resembling running after months of non running rehab. Come hell or high water or another groin pull , I hope to get back on the marathon track and do number 34 next Jan.

Bonnie Egbert - I did have a streak of 13 consecutive Houston Marathons 1998 - 2010. During the later half of 2010, I had such horrific knee problems that I missed the 2011 marathon, broke my streak and had a right total knee replacement in March of 2011.

When May 2011 arrived, I thought ah heck, anyone could run a 1/2 marathon by January! So as I lay with leg elevated, ice packs on knee, taking pain pills, I registered for the 1/2 marathon. Recovery was much harder than I ever expected it would be. I had many set backs, kind of like the 3 steps forward and two steps back kind of thing. With very little training - longest run of 7 miles walk/jog, I decided on January 3rd of 2012 that I would show up to the start line. My first goal was to finish, second was to do it under 3 hours, and third was to beat the 1/2

marathon time of the 35 year old woman who works with me. I made all three goals, and finished in 2:48:25!

It is not about speed or PR's anymore, it is about participating just for the love of running. All that matters to me is participating and finishing

So for me now, first goal is to get to the start line, second goal is to finish officially, anything more is just the icing on the cake! I'll do it, my determination is as strong as the titanium that my new knee is made of!!

Kerry Statts - Back surgery on 10 January 2012 kept me from Houston #21, and the doctor wouldn't let me run until 30 March. I've ramped up to 45 miles a week with no injuries and zero back pain (which was really leg pain due to the nerves being crushed by the vertebrae), and am gearing up to run Grandma's for the 21'st year in a row. Looking forward to getting back to Houston next January.



**Water Station Supplies
POD Loaded in December**

Top 20 Veteran Men & Women's Chip Times

	Name	Gender	Age	GunTime	ChipTime
1	Peter Lawrence	M	40	2:42:09	2:41:58
2	John Yoder	M	40	2:42:58	2:42:57
3	Stephen Baumgartner	M	38	2:45:38	2:45:34
4	Matthew Padon	M	43	2:54:57	2:54:53
5	Garrett Rychlik	M	44	2:58:27	2:58:27
6	Alexander Valdez	M	42	2:59:15	2:58:55
7	Robert Walters	M	51	2:59:16	2:59:15
8	Dennis Troland	M	46	3:02:34	3:02:21
9	Christopher Ciamarra	M	41	3:02:32	3:02:30
10	Timothy Nielsen	M	45	3:02:36	3:02:32
11	Dale Lee	M	56	3:02:44	3:02:42
12	Richard Peoples	M	52	3:03:55	3:03:54
13	Bernie Babinat	M	47	3:05:32	3:04:30
14	Joe Killeen	M	52	3:09:10	3:08:57
15	Rich Fredrich	M	54	3:09:33	3:09:28
16	Jeff Eisele	M	41	3:10:26	3:10:15
17	Eric Stotzer	M	44	3:11:55	3:11:30
18	Eric Etheridge	M	43	3:12:14	3:11:52
19	Steven Peppel	M	45	3:12:40	3:12:11
20	Robert Dunn	M	45	3:14:38	3:14:12
1	Barbara Stoll	F	50	3:03:27	3:03:26
2	Karen Anderson	F	50	3:23:02	3:22:01
3	Anna Helm	F	46	3:22:48	3:22:37
4	Marlene Hicks	F	46	3:26:45	3:26:28
5	Holly Stewart	F	41	3:29:43	3:27:36
6	Suzy Seeley	F	52	3:28:54	3:28:51
7	Nancy Winchester	F	44	3:31:19	3:29:52
8	Caroline Burum	F	46	3:31:36	3:29:55
9	Lisa Korsten	F	44	3:32:51	3:30:54
10	Susan Rouse	F	53	3:37:26	3:35:05
11	Therese Novak	F	50	3:40:27	3:38:25
12	Miriam Terc	F	53	3:41:40	3:40:47
13	Elva Lafuente	F	46	3:46:26	3:43:38
14	Jacqueline O Brien-Nolen	F	46	3:49:03	3:43:54
15	Jackie Carrasco	F	44	3:48:37	3:45:31
16	Kimberly Harvey	F	46	3:50:28	3:45:39
17	Carole Uttecht	F	56	3:48:58	3:46:11
18	Annie Hadow	F	47	3:50:32	3:47:46
19	Wanda Buxton	F	48	3:54:41	3:52:18
20	Lauren McCreary	F	52	3:57:17	3:52:50

Viator Data Master Dalton Pulsipher

There are 463 active veterans, 137 of them are streaking. The average age of active vets is 54. There are 589 inactive vets.

The average number of completed Houston Marathons for Active Vets is 15. 113 veteran women and 350 veteran men finished the 2012 Chevron Houston Marathon.

There are 19 active 70+ year old Vets. They are listed below:

Name	#	CurrentAge
Bill Duer	26	78
Boris Balic	31	76
Carl Lindsey	24	72
Charlie Viers	32	70
Dan Shuff	16	76
Dipankar Mukherjee	18	71
Don Winkley	16	73
Fred Steves	25	70
Gunnar Sanden	21	72
James Stubbs	23	71
Jim Braden	17	76
John Fredrickson	21	73
Larry Lindeen	20	71
Lee Miksch	26	76
Lee Topham	17	70
Ray Boytim	34	79
Robert Hoekman	24	70
Tom Bednarz	13	70
William Hall	14	74

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

Fastest 2012 Houston Marathon times Veterans		Name	Gender	Age	Chip Time	Age Group Place
My thanks to : Dalton Pulsipher for results.	2012 Marathon Age Group Winners Veterans	Jim Braden	M	76	4:10:35	1
		Gunnar Sanden	M	71	3:43:58	1
		Barbara Stoll	F	50	3:03:26	1
		Carole Uttecht	F	56	3:46:11	2
		Sally Sims	F	68	4:49:01	3
		Karen Anderson	F	50	3:22:01	3
		Lenord Burns	M	65	3:37:47	3
		Robert Hoekman	M	70	3:56:11	3
		Dan Shuff	M	76	4:26:50	3

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

ChipTime was used for all of these rankings						
Grouping	Gender	Name	# Finishes	Age	ChipTime	WavaTime
Over 30	M	Wayne Rutledge	33	54	3:58:27	3:29:51
Over 30	F	N/A				
30	M	Rudy Alvarez	30	57	3:49:18	3:17:12
30	F	N/A				
Over 25	M	Rudy Alvarez	30	57	3:49:18	3:17:12
Over 25	F	Susan Rouse	27	53	3:35:05	3:07:08
25	M	David Stephens	25	58	4:07:26	3:30:20
25	F	N/A				
20	M	Richard Rodriguez	20	56	3:42:20	3:13:26
20	F	April Murphy	20	52	4:46:50	4:12:25
15	M	Jeff Eisele	15	41	3:10:15	3:06:27
15	F	Barbara Stoll	15	50	3:03:26	2:45:06
10	M	Dennis Troland	10	46	3:02:21	2:51:25
10	F	Jackie Carrasco	10	44	3:45:31	3:32:00