

# Houston Veterans' News

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

Fall 2013

Jack Lippincott & Arlen R. Isham

## THE VIATOR VET - JACK L.

Hey! More changes are coming to our Chevron Houston Marathon. With the closing of the Elysian Viaduct to the north side, both the start and the overall first half of our event have been completely revised. But, the more things change, the more they stay the same as regards us crazy tried-and-true 10-Year Veterans! We are not only up for anything and everything, of course; no, we are also up for all of them, over and over again! Trying to get us lost during the race is just the latest attempt to discourage the "un-discourageable" (is that even a word??) So, go ahead, world. Give it your best shot. You will soon find that there is more than a little bit of Louis Zamperini and Bill Iffrig in all of us long-time Vets. (Go ahead; I'll wait while you Google those names...) We are not only "Unbroken;" but unbreakable, unshakeable, and – thanks to our custom bib numbers – unmistakable! Everyone, let's be loud and proud out there, whether we are still on the new course, or wandering around somewhere along White Oak Bayou...

Who can tell me how many foot-pounds of energy it takes to run a marathon? Does it depend on the size of your foot? How about stride length? I know that some of us tippy-toe down the street, while others' foot-pounds are so loud that they can hear us coming two blocks away.

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## Houston Marathon Veterans January 13, 2013

Wet and Cold, but not nearly as bad as 1997!

HOUSTON – Twenty-year-old Merima Mohammed of Ethiopia overcame leg problems and cold, wet conditions to run the second-fastest ever women's race at Sunday's Chevron Houston Marathon, while fellow countryman, twenty-two year old Bazu Worku, ran away with the men's title.

Course record-holder Feyisa Lilesa of Ethiopia defended his title in the men's Aramco Houston Half Marathon and Mamitu Daska, the 2011 Chevron Houston Marathon champion, won the women's crown. Daska is the first-ever

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# PAST & FUTURE

## January, 2005

We actually started 5,879 out of our 7,150 registrants, which is a big percentage increase over last year's 6,383 registered runners, which produced 5,328 actual finishers.

It was reported that there were 5,725 finishers this year. Per the marathon office, the marathon had 7,150 entrants and 5,725 finishers (3,710 men & 2,089 women). Interestingly, the half-marathon numbers were: 7,805 entrants and 6,743 finishers—(3,109 men & 3,634 women).

The 5K was: 2,490 entrants and 1,910 finishers (831 men & 1,079 women). Please note the big increase in the 5K. There were about 1,700 last year and sold out this year on Sat. afternoon, when we ran out of bibs for a total of 2,490 registrants.

The top men's finisher was David Cheruiyot of Kenya with a winning time of 2:14:50.

The top woman's finisher was Kelly Keane of The Woodlands with a winning time of 2:32:27.

Nearly 17,500 runners registered to take part in the three hp Houston marathon weekend events.

## Veterans Times

Fastest overall Veteran was **John Yoder** at 2:47:02. **Richard Peoples** at 2:48:47 was 2nd fastest overall Veteran. Fastest overall Female Veteran was **Barbara Stoll** at 3:06:26. **Suzy Seeley** at 3:19:36. was 2nd fastest overall Female veteran.

Fastest in the 20 + Years group was **Clent Mericle** at 2:59:56. In second place in the 20 + year group was **Roger Boak** at 3:19:32. Fastest women in the 20 + group was **Maria Camacho** at 4:23:00.

The following group leaders are only the actual year and not a range.

The 20 Year men's group was lead by **Larry Southwell** at 3:45:03. Susan Rouse was the fastest women at 3:35:38. The 15 Year group was lead by **Charlie Greenwell** at 3:16:48. The female was lead by **Leslie Hale** at 4:05:01. 10 Year group was lead by **Richard Peoples** at 2:48:47. The female was lead by **Cyndie Keane** at 3:27:42.

## **Veterans age group placings were:**

Clent Mericle	2nd.	50-54 M
Dan Dick	2nd.	55-59 M
Roger Boak	3rd.	5-59 M
Jim Braden	2nd.	65-69 M
Bill Duer	4th.	70-74 M
Barbara Stoll	2nd.	40-44 F
Marilyn Patrick	2nd.	55 - 59 F
Phyllis Thompson	4th	60 -64 F

## Race Calendar

- 09-29 Katy Triathlon at Firethorne  
10-05 Race for the Cure 5 K  
10-13 Chicago Marathon  
10-12 Ten for Texas  
10-13 USA Space City 10-Miler  
10-20 Tri Andy's Tri 300s/10mb/3mr  
10-27 Warm Up Series Half Marathon  
10-27 Marine Corps Marathon  
11-02 Rocky Raccoon 50 K/25 K  
11-03 New York Marathon  
11-10 Ft. Worth Marathon  
11-17 San Antonio Marathon  
11-17 Las Vegas Marathon  
11-24 Warm Up Series 25 K  
12-07 Baton Rouge Marathon  
12-07 Texas Trails 50 M / 50 K.  
12-08 Dallas Marathon  
12-08 Honolulu Marathon  
12-08 BSC College Station Marathon  
12-15 Warm Up Series 30 K

## **2014**

- 01-01 Texas Marathon  
01-08 Walt Disney Marathon  
01-19 Houston Marathon  
01-26 Mircle Match Waco Marathon 3  
01-27 USA Fit Marathon  
02-01 Rocky Raccoon 50 M / 100 M  
02-01 Surfside Marathon  
02-02 New Orleans Marathon  
02-16 Galveston Marathon  
02-16 Austin Marathon  
02-23 Cowtown Ft. Worth Mar.  
03-01 Conoco 10K  
03-08 Bayou City Classic 10K  
03-15/16 Seabrook Lucky Trail Marathon  
Late March Texas Independence Relay

## **Upcoming Events**

**Colorado River Dory trip— June 16 to June 30, 2014. Contact Arlen Isham**

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

[www.runnersworld.com/](http://www.runnersworld.com/)  
[www.harra.org/](http://www.harra.org/)

**Check out the Houston Marathon Veterans Website**

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

## **INFORMATION CHANGES**

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**VETERANS PACE TEAM  
TO LEAD  
2014 HOUSTON MARATHON  
14th 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  
4:00  
4:15  
4:30  
4:45  
5:00  
5:15  
5:30  
5:55

**Best Pace Team  
Performances**

**Zimmerman & Greenburg were individual winners along with the team of Brown & Nguyen for closest to Goal**

**1 Seventeen of the 26 Pacers achieved being within 2:00 minutes under Goal**

**2 Lee & Dill paced alone at 3:00 and 3:10 and did a great job at seconds over their goals.**

**3 An amazing eight pacers were within 8 seconds of Goal time.**

**4 Twelve of 14 Pace Goals were achieved within seconds by at least one pacer.**

**2013 Pace Team Stories**

**No Comments from the 3:00 and 3:10 Pacer Leaders, but they did a great job.**

**3:20 Marnie Staehly** - I had another successful pacing experience. The overall experience was very rewarding once again. I enjoyed talking to Runners at the Expo and also during the race on Sunday. I wish the conditions would have been a little more pleasant, but at least we avoided extreme heat and humidity. The nice little rain shower before the race started would not have been missed!!

*(Continued on page 4)*



**Great Signs at Starting Line**

# 2013 CHAMPIONS



MERIMA MOHAMMED



BAZU WORKU



MAMITU DASKA



FEYISA LILESA

Race Winners	Pace Team Stories
<p>(Continued from page 1)</p> <p>woman to win the marathon and the half marathon at Houston.</p> <p>"The conditions were challenging for everybody, but it is a testament to the athletes we attract that we had such great performances," said Wade Morehead, Executive Director of the Houston Marathon Committee. "Despite the bad conditions, we had tremendous support from our sponsors, spectators and volunteers."</p> <p>Mohammed ran the first half of the marathon race with Buzunesh Deba (ETH) and Meskerem Assefa (ETH) and that pack stayed together through 33km, when Mohammed made a strong move and broke away. She stretched her lead to 47 seconds over Deba by the 40km mark and crossed the line in 2:23:27, missing the course record by 23</p> <p>(Continued on page 5)</p>	<p>(Continued from page 3)</p> <p>Our 3:20 team had a nice little group with us for most of the way – with a few finishing ahead of us and a few finishing behind us. My pacing Partner Nathan was a Trooper and made it to mile 18.5 with an injured knee. I know that several runners around me reached a PR on Sunday, which is always great to hear. I finished in 3:19:45 with even splits along the way. I look forward to hopefully pacing again next year!</p> <p><b>3:20 Nathan Wiker</b> -Standing in the corral when the downpour started was certainly a cold start to the race, but we had quite a few folks ready to run the 3:20 pace with us--some folks that I had talked to at the Expo, others who had run with Marnie before, and many folks looking to meet their specific race goals. The race started pretty miserably with the rain, wind, and puddles, but we were able to start on pace, and by the time we got to Studemont, the weather was much nicer, and the spectators were braving the weather to cheer us on.</p> <p>At about mile 8, my knee started hurting and I discussed with Marnie that I might step out if she could handle the group. However, my knee pain subsided by mile 11, so I decided to continue pushing for as long as I could to help the</p> <p>group.</p> <p>We made it to the halfway point with about a 30-second cushion, and spirits seemed to be high. Talking with a 12-marathon veteran whose previous PR was a 3:28, she indicated and I agreed that after the initial shock of the cold rain, the weather was actually pretty nice for a marathon, and I was happy to hear that we were helping even long time marathoners reach new personal records.</p> <p>By mile 19, we were still just under pace, but my knee pain was coming back. As I slowed to grab some water, that was enough for my knee to seize up and the pain was too much to bear any more running at the 19.5 mile mark. So I talked with Marnie, and asked if she could take the group down the homestretch on Allen Parkway. I knew the group was in good hands, and in good shape with about a 20-30 second cushion.</p> <p>I speed limp walked the last 6.5 miles after stopping at a first aid tent and finished in 4:09.59. However, Marnie was able to get the group across in 3:19:45, so while I wish I could have finished with the group, I was glad to see they met the pace goal thanks to Marnie!</p> <p>(Continued on page 5)</p>

(Continued on page 5)

Race Winners	Pace Team Stories	
<p>(Continued from page 4)</p> <p>seconds. Deba finished as the runner-up in 2:24:26, which is the fifth-fastest time in race history. Assefa finished third in her marathon debut in 2:25:17.</p> <p>"I had a problem with my left leg," Mohammed told reporters through a translator while massaging her left calf. "It was hurting badly. It was a very painful situation."</p>	<p>(Continued from page 4)</p> <p><b>3:30 Lilia Vazquez</b> -This was my first experience of pacing and it exceeded my expectations. First of all, leading a group changed the whole meaning of the race for me. I enjoyed helping the runners in our group to achieve their goals. So many of them came back to thank us.</p> <p>Secondly, running with Dan Greenberg made me surer about what I was doing. He was a very reliable and steady partner. I have run several races with him and I know what a great runner and pacer he is. He is also so much fun to run with. I think the positive dynamic between Dan and me encouraged our pace group.</p>	
<p>(Continued on page 11)</p>		<p><b>Dan Greenburg</b></p>
		<p>(Continued on page 6)</p>
		
<p><b>Houston Marathon Pace Team 2013</b></p> <p>Eric Dill, Nathan Wiker, Lilia Vazquez, Heidi Zimmerman, Heather Price, Marnie Staehly, Rhonda Emerson, Murray Rattray, Dan Greenberg, Carlos Reyes, German Collazos, Brooke McKenzie, Parvaneh Moayedi, Devin Brown, Hung Nguyen, Kathryn White, Anna Tuttle, Ashley Edwards, Steve Neil, Julie McAllister, Richard Jares, Bob Hoekman, Felix Lugo, Terry Fanning, Chris Rampacek - Not all in the Picture</p>		

# Pace Team Stories

*(Continued from page 5)*

The marathon organization was supportive of the pace teams. It was fairly easy to arrange it all and the race day experience came off without any snags. I do have to add though, that the visors were rather clumsy to wear and blew off easily. I hope I will have the opportunity to pace a group again at the Chevron Houston Marathon. Thank you again for including me as a pacer this year.



## **Heidi Zimmerman**

**3:40 Heidi Zimmerman** - What an unbelievably inspiring experience. I loved pacing the team and German was a great person to set the pace and tone for the first 10 miles. When I lost him at mile 10 due to a bathroom problem, I was worried about how the race would continue to play out. I stayed on course and kept the team together, cheering them through the highs and lows as we continued along. It was great seeing friends of mine along the course and on the sidelines. Seeing them continued to energize and motivate me. Overall I could not be more happy with the finishing time. My chip time indicates I crossed the line in 3:39:59, which is exactly what I needed to bring the team in on time. Thank you for allowing me the opportunity to pace this group and be a part of such an amazing experience.

**3:50 Heather Price -** "Let me start by saying that I was thrilled that pacers were switched around a bit the day before the race, and I was afforded the opportunity to pace the 3:50 group with my good friend

and running partner, David Tuttle. David has a lot of experience as a pacer, and we share a similar pacing philosophy. So, I felt very comfortable going into the experience with him as my partner, and I knew we would have fun. However, I started to doubt exactly how fun this would be when we headed out to the start line, and the weather had turned crazy while we were waiting in the convention center. It was cold, down-pouring, and the wind was very strong.

We seemed to have a fairly large group with us in our starting corral. It was a bit difficult to figure out who was with us in the first few miles of the race though simply due to the crowded nature of the starting miles and the crazy weather. David and I just put our heads down and did our job, and things, thankfully, began to improve by the fifth mile. The rain stopped. It did return for a bit, but it was never as hard as it was in the beginning of the race. At this point, it was much more clear who was running with us. We did a lot of chatting with the runners throughout the race, discussed their goals, and talked about past running experiences. It was really enjoyable. By the halfway point, we were cumulatively about 50 seconds under goal pace. We decided we would use some of that up in the last few miles of the race, when our runners would be tired. So, we stayed even on our pace of 8:46 for a long while.

We still had many of our runners left by mile 20. But, at that point some of the

strong females that had been with us went ahead (some males may have too at that point, but I definitely noticed the females pulling ahead, because we had been talking to them so much in the earlier miles). We were very happy to turn away from the wind after we got into Memorial Park. We had more than a handful of males run the rest of the race with us.

David and I crossed both the start mat and the finish mat at the same time. We finished in 3:49:38. We both prefer to be a tad under our projected finish time for the sake of any Boston hopefuls running with us. I received hugs from 3 different males, who ran the entire race with us, after we crossed the finish line. And, many others thanked us. Additionally, we had one runner finish with us who ran a Boston Qualifier and one who had just finished his first marathon. David and I gave the two of them our pacer sticks to commemorate their accomplishments. It was a great run. I have paced a number of races, and this is the first time I have had so many of the runners stay with the group for the entirety of the marathon. That was very exciting.

**3:50 David Tuttle** -First, thank you for allowing me the opportunity to pace the 3:50 group of the 2013 Houston Marathon, and additionally to pace w/ Heather Price, one of my good friends and weekly running partners. Chemistry between pacers is important, so this definitely was a relief. I knew her strategy for pacing would be similar to mine.

As others have likely testified, it was a shock walking out of the convention center prior to the race. The driving rain and cold wind were not a welcome sight. Bundled up as best we could, we made our way to the starting line. I had a Mylar blanket tied around my neck which I was wearing as a cape for warmth (I didn't drop it until 13+ miles!). It was cold, but not unbearable. It took a few miles, but we definitely settled into a groove, with a rather large group running along with us. We had a few rookies along for the ride, as well as veteran Houston Marathoners. The vets helped us quite a bit by pointing out sights along the way. We planned (and executed) to run

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## Pace Team Stories

(Continued from page 6)

the first half a few seconds per mile under pace.

We were pleased as we passed the half-marathon point with 50 seconds in the bank (as was the large group running along side us). This allowed our marathoners to use some of that banked time on the homestretch. We never went over 60 seconds under. As we headed past 20 miles, several of the faster runners raced ahead, and we lost a few runners to behind. Still, this was the largest pace group I have run with that stayed together for most of the race. I am not one to cut the clock close to the second, so our goal was to be between 15-30 seconds under at the finish. We want to ensure that if a runner is just behind us they don't miss there goal by seconds.

We finished in 3:49:38, with several male runners who had been with us most of the way (1 had a BQ and another just ran his first marathon). To have run with these individuals along the entire race and see them achieve their goals was quite exciting. Thanks again for the privilege to be a part of the Houston Marathon Pace Team.

**4:00 Carlos Reyes** - Rhonda and I made it to the start slightly after the most heinous point of the pre-race deluge and took up our position at the rear of corral A. From past pacing experience further up in the A corral I much prefer starting in the rear of the crowd in corral A. It provides a slight buffer from the crush of runners behind on the onset of the race. Our group was comprised of approximately 20 -30 enthusiastic runners who all appeared determined to persevere the conditions in pursuit of their 4:00 Marathon goal. Our gun to start line time deficit was 4 min. 51 sec. We got underway and enjoyed getting to know everyone in our group for the first 10 miles or so and then became very interested in the unfolding of one of the group's family spectator goal of spotting their runner 9 times throughout the course. (truly an admirable logistical challenge)

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## THE VIATOR VET Jack Lippincott

(Continued from page 1)

**Does that make a difference? I know some of you are engineers... Come on; give me a clue. Anyways...**

**As usual, there are still a few openings in the Pacer ranks for next year. If you have not tried it, I highly recommend this exercise. There's no better way for the experienced marathoner (that's us, for sure) to make his or her next checkmark on the old CHM bucket list be the most fun ever. You will have a memorable time; and, be doing a great service to your fellow runners. There are perks involved, too; above and beyond those given to all of us Veterans. Just contact Carlos or Arlen to get the full scoop on this deal.**

**Now is the time of year in Houston to take it easy and try to avoid dehydration, heat stroke, or worse. Maintenance mileage, you guys, until the cooler weather shows up. Maybe that will be in time for Halloween...? Meanwhile, cut those 20-milers down to 17 or 18, tops.**

**So; whoopee ti-yi-yo, git along little dogies (as long as your dogies are properly encased in Nikes, New Balance, Adidas, or Sketchers...)**

## Veteran's Profiles Which Newsletter Date

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

See Houston Marathon Website under Veterans for past Veterans Newsletters

## Pace Team Stories

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By the halfway point the spectator toll was 5 and our progress was slightly ahead of our 9:09 nominal pace for that point. At approximately mile 18 a small contingent decided to press and I lead them to the next 4 or so miles at a slightly quicker pace while Rhonda supported the balance of our group. At mile 23, I let my pack press on and dropped down a gear to encourage those that were safely below the 4:00 mark on. I re-joined Rhonda slightly beyond mile 25 and we spotted the runner that was possibly the last one to legitimately finish at 4:00 and flanked her to the finish. I understand that young lady was a local news reporter to KTRK and Rhonda and I were both co-featured on the 6:00 p.m. Channel 13 news leading Adela Uchida to her finish.

**4:00 Rhonda Emerson** - Pacing the 4 hour group this year was challenging with the wind and rain, but I loved the cold! The whole experience was exhilarating, and I was thrilled to find that my partner was such a strong runner – Carlos Reyes!! Our first 10 miles were mostly under pace, but our runners were all excited and feeling good! At mile 11, I realized we were ahead of pace, so I slowed down a bit, while Carlos kept pace with the faster runners. We had a great group of people running with us, and I was there to catch a few who fell back from Carlos. When I assured them that we were still on pace (particularly at



Rhonda Emerson



Devin Brown

mile 18 and 22), they were thrilled!

One of the highlights of the day was running with a lady who said she ran with my pace group (4:15) 2 years ago. She said she was trying to qualify for Boston and just needed to run in 4 hours. We stayed together the whole way, until the last mile, when she fell behind me just a bit, but ... she finished in just under 4 hours! Another young man started running with me at mile 21 – he was from Costa Rica and running his first marathon. He actually hung in there, and finished just after us. It is very rewarding to know that you are helping someone to accomplish a goal, and I had several people thank me for doing just that! Oh, I did eventually catch up to Carlos in the last mile, and we ended up finishing together, which was great! I will do this again!

**4:15 Devin Brown** - Hung and I paced the 4:15 team. I have some thoughts on the day: The start was nasty nasty nasty, but we were all joking and making fun of ourselves for standing around out in the rain so our spirits stayed high. We crossed the start line almost exactly 10 minutes after the gun with a group of over 20 people, which is more than double what we had last year. It was nice to have such a big group with us.

We fell into a steady pace after a few miles and started hitting our splits within 20 seconds or so at each mile. Once we turned south on Studewood/Studemont/Montrose, we had the wind at our back and the same effort we had been putting

out built us a cushion if about a minute, which everyone seemed to enjoy. As the race wore on, we started "cashing in" parts of that cushion in the form of extended walk breaks at water stations.

By the time we were past mile 20, we still had about 30 seconds of extra time, so I took a 1 minute walk break at the second-to-last water station and a 45-second walk break at the last one and by the time we hit mile 25, we were only 15 seconds off our pace. At 26, Hung and I decided to cut our group loose. We told everyone who had any energy left to burn out the last quarter mile while we dropped to the back of our group to push in anyone who was about to fall off. This was a great strategy and I plan to do it again in the future. We were at the back of our group and crossed the finish line at 4:14:58 with all of our people ahead of us. Hung and I stuck together from start to finish. If anyone else cut it closer than 2 seconds, then my hat is off to them because this felt just about perfect to us.

**4:15 Hung Nguyen** - As Devin said, we ran together from the start to finish. Our game plan seemed to work great and we will use it again for next year. We were very happy for our runners finished ahead of us. But what touched me the most was when I am in the GRB, a husband of one the lady runners found me, shook my hands, and gave thanks for pacing her. He said that this is her PR and it meant a lot for both of them. This make me want to go back to run another marathon.... well, maybe next year.....

**4:30 Kathryn White** - I don't know about the other pacers, but I thought the first two miles were pretty brutal to start with wind and rain. Thankfully, once we made the first turn, I was warmed up and ready to ditch throw down shirt and trash bag. We had a fairly large group from the start. The puddles, or rather the participants that would stop and cross in front of others to avoid, were rather annoying and potentially dangerous. Fortunately, there were no mishaps. The group was still sizable through the 16 mile mark. Those that remained through the Memorial Park section were strong. Everyone was very spirited and encouraging to each other. I saw numerous runners that remembered

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**Parvaneh Moayedi**

## Pace Team Stories

(Continued from page 8)

and followed me from years past. It was almost like old home week and made it that much easier to lead the group. Three runners in particular followed me to through the 25-mile mark until I encouraged them to go on. They finished in personal bests. The number of runners that said thank you for "pacing" or "encouraging me to keep going at the end" will always make pacing this race an event not to miss.

**4:30 Parvaneh Moayedi** - This was my 13th years in a row running Houston Marathon and 2nd year pacing. This also marked my 296th marathon and ultra in past 13 years. It is a great feeling to help others reach their goals.

I had just finished running 17 marathons in row the Sunday, before the Houston Marathon which is a world record for most marathons run by a female. Still trying to recover, I wasn't sure about being able to pace the 4:30 pace group, but Carlos told me just keep the pace as long as I could and fall back if I didn't feel good. I was also lucky to have Kathryn as my partner which is an expert in pacing. It was raining and cold at 6:20am standing at start line and waiting for everyone to show up. My shoes were soaked and my layers weren't much help because of the wind and standing still

didn't help either. I started shivering in the 40 minutes wait. People started showing up and lining up behind us and asking questions all excited, this helped me motivate myself why I was out there.

I kept up and in front of the pack for 14 miles keeping an eye on my partner which was a following right behind. I started feeling heavy legs and cramping on my left leg and pulled back a little, letting Kathryn know I will be following on the back of the pack. I had a hard time for a couple of miles trying to just keep focus and ignore while helping motivate runners in the back to keep going. I was finally able to pick up the pace and started talking to Dante a 19 year old Rice student which was running his first marathon after only 2 month of training. He was making a documentary for his charity for entire races and was lucky to be part of his experience. I picked up few more runners on the last 6 miles and try to engorge them to keep up with my pace which turned out to be 4:33 by finish.

It was a great feeling to have so many people come up and give me hugs for helping them get to finish even if it was 3 minutes over. I look forward to pacing again next year.

**4:45 Stephen McNeil** - My co-pacer, Julie McAllister, and I were huddled with our "Peeps" at the front of the Open



**Steve McNeil**



**Julie McAllister**

Corral when the gun went off. It took us almost 15 minutes to cross under the starting line. We had a large contingent join us from the start. As always, we picked up people along the way. We fell right into our 10:53 target pace. By mile 3 we were at 10:50 pace. We were :31 ahead of pace at M6, 1:42 ahead at M9. We were walking 1 minute every other mile or so. At this point we elected to build up a little buffer to allow for walks on the Allen Parkway hills. We maxed out our buffer to 2:51 at M16. We started "giving it back" from there. From M20 on we were able walk 1 minute every mile in addition to the hills. Julie and I were able to cross under the finish line side-by-side at 4:44:34, :26 under our goal. We had probably 3 or 4 runners who stayed with us the entire race. A couple were able to surge ahead the last couple of miles. We also lost several runners between M18-M22. In the GRB after the race, I had several people come and thank me for pacing and said that they could not have run as good a race without our help. Thanks for the opportunity to give something back to our fellow runners.

**4:45 Julie McAllister** - The day started out, as we all know "challenging". The rain and wind kept our group up-close and personal at the start (huddling to keep warm as we could). We stared at the front of the last corral. When we got to the starting line (about 12 minutes) Steve  
(Continued on page 10)

## Pace Team Stories

(Continued from page 9)

McNeil and I began to get the group talking and settling into a relaxed pace.

We gained a few minutes by the 15 mile and allowed the group to walk through some of the water stops and up the hills. The moral of the group never seemed to waiver; they were all in and ready to get this done. This made Steve and my job much easier. We were also able to dedicate some of the mile to the victims of Sandy Hook by announcing a victim's name at the start of a mile marker. This helped to get the runners gelled into a group mentality, by supporting a single cause together and getting our mind off our cold and wet hands and feet.

I realized that the pace group had grown from our dozen or so starters, when the by-standers would say "Hey here comes a big group!" Steve worked the crowd at several turns to get the crowd to cheer for our charges.

We were able to coast into the finish at 4:44:26. It turned out to be a great day. I enjoy this pace, we are able to cut-up, encourage and stay on pace easily. Thanks again for the opportunity to be a part of this great group of volunteers. Run Happy

**5:00 Ashley Mangin** - Cold cold cold!! My lips were bluer than my wig!! Holy crap was it cold! Apparently I am a big fat wimp when it comes to being cold. I consider my pacing experience this year a fail. I basically couldn't run slow enough to stay on pace



**Pace Team &  
Veterans Booth**



because I kept trying to run faster to be warm. I ended up with a 4:59:56 but had to walk in downtown Houston in order to get onto pace. Sorry guys! Me and my co-pacer (Anna, who is awesome!) decided to split up and have me do steady pace and her run 6:1 intervals. I learned not to split away from my co-pacer unless it was completely necessary. I had a great time and my crew did pretty well, it seemed about an even split, some running ahead of us and some dropping off the back. Thanks for the experience, hope to help again someday. AND thanks for the amazing under armor outfit! (is there a person from under armor that I can email to thank them?)

**5:00 Anna Tuttle** - My co-pacer Ashley and I endured the downpour while we were waiting in the corral. While we were waiting patiently for 7:00, we decided to run the race utilizing different strategies. Several of the runners wanted to do intervals while others wanted to limit their walking and run most of the race at a slower pace. We decided to please both groups and I ran intervals of 6 minutes running, 1 minute walking while Ashley ran a consistent 11:27 pace. Our runners seemed very happy with the 2 plans. We crossed the start line around 7:20 while it was still pouring. Although it wasn't fun to run in the rain, we made it through. I set my Garmin to beep so I knew when to run and walk. This was great for the runners since they didn't have to worry about it and they could just follow me. We kept a consistent pace following the 6:1 intervals and I had several runners who were with me the whole time. I did have to stop a few times for a potty break and when my shoe came untied but I always caught up with my group.

Unfortunately, my hands were too cold and numb to tie my shoelaces so I had to ask an innocent bystander to tie them for me! The course was great and I was happy to see plenty of supporters out there despite the cold and windy weather. During the last mile, I urged my runners to go ahead of me and finish strong. Ashley and I ran the last 0.5 mile or so together and crossed the finish line at 4:59:56. I had a great time even with the wet start. Thanks for the experience!

**5:15 Bob Hoekman** - The forecast was ominous but at least there was no lightning. I felt downright cold in the corral standing around for 30 minutes with the wind buffeting that 5:15 sign. I was never so happy to hit the start mats!

The wind and rain the first couple of miles was nasty but by 2 1/2 miles the worst was over. At three miles we were close to pace (slightly under) while running a 4:1 ratio which should have been a warning considering we had been running into a strong head wind and driving rain. After turning with the wind at mile 4 we really began to gain on pace and by 10 miles it became apparent that we had to change plans, so we switched to 3:1. And added bonus minutes for portacans and water stops. Even so we hit 1/2 marathon substantially under pace. I figured we would give up time running into the wind

(Continued on page 11)



**Bob Hoekman**

Race Winners	Pace Team Stories	
<p>(Continued from page 5)</p> <p>Worku, who had been running in a pack of nine early in the race, came through the half at 65:25 with five others. But by 25km, he had opened up a 50 second lead over Solomon Molla. Worku continued to stretch that lead with every mile and finished in 2:10:17, winning by more than two-and-a-half minutes. Teferi Balcha claimed runner-up honors 2:12:50, with Molla third at 2:14:37.</p>	<p>(Continued from page 10)</p> <p>from mile 12 to 18 but we actually still picked up a little bit on pace. From mile 18 alternating 3:1 with 2:2 and walking all the up hills on Allen Parkway we did get our finish time down to 5:13:05. No Pacer Kings for us this year.</p>	
<p><b>Half Marathon Winners.</b></p>	<p>This was my first time pacing 5:15. In retrospect, I would start with 3:1 run: walk. We had a large group with us and had a lot of fun with them. As always we lost some in the late stages as they dropped back. I think fewer than usual did so as we slowed considerably the last 6 miles. We lost far more who went on ahead to finish faster as we intentionally slowed pace. The cool weather really helped during that last 8 miles as well as a bit of tail wind.</p>	<p>Veterans Booth Activity Expo 2013</p>
<p>Lilesa ran side-by-side with Deriba Merga until the pair entered the home stretch, where Lilesa used his superior speed to win in 61:54. Merga was second at 62:00 and Kenya's Wilson Erupe made a late surge to take third in 62:12.</p>	<p>I had probably 10 people who ran with us and finished ahead wait in the finish area to thank us afterward. :-)</p>	<p>behind and going to slow. All the knew was what time the clocks said at the miles, even though we were on for our chip time. After them trying to make us get on the sidewalk, I had to keep my group moving and then go back and talk to the officers to get them to quit. My groups anxiety rose and I lost several members, while picking up members from in front of us. We ended up having a blast and the crowd support, even after being out there for 6 hours, was really nice. Thanks Houston for the opportunity to come to your city and help!</p>
<p>Daska took command early in the women's race, leading through 5km in 16:18, and then doubled her margin by the end of the race.</p>	<p>Terry told bad jokes and the moans from the group were due to those rather than pain from racing. :-) The most impressive event on course was Terry joining the belly dancers at mile 20! He definitely is just the man for that job! Lol</p>	<p><b>5:30 Felix Lugo</b> - I have been reluctant to write my summary as my run was less than spectacular. I had to bail at mile 23 due to some IT band, quad and hamstring issues. I did not seem to fare well with the wet pavement</p>
<p><b>The 2013 marathon started 7,121 and 6,530 finished.</b></p>	<p>I tried to point out some long time Houston Veterans we saw along the way. A lot of our group were first timers and they were impressed and inspired by some of our "Old Timers". always carry extra Tylenol with me (Dr Bob can't quit practicing medicine) and did pass some out around mile 22 to ease the way in to the finish. A big surprise on course for me today was a former patient coming up to talk to me. I did an anterior cruciate ligament reconstruction on him 14 years ago and he has run 13 Houston marathons since that time. Made my day!</p>	<p>I felt very confident with the timing of a 5:30 finish. I estimated it to be at a 12:36 per mile pace. I conferred with several veterans on how to approach this and it was recommended that in order to slow down and keep a relative pace that we do a 3 minute run/1 minute walk system. This would not only slow us down but keep the pace consistent. It was also recommended that we run our first half slower to conserve energy and finish strong.</p>
<p><b>The 2013 Half marathon started 10,341 and 10,065 finished.</b></p>	<p><b>5:15 Brooke McKenzie</b> - It was a pretty bad start with standing in the rain, wind, and chilly temps. I had a constant group of about 7 people. Up until the half way point, everyone was in positive spirits. About that time, the weather cleared up a little. At mile 14, the City of Houston Police began to drive 30 feet behind us (2 squad cars) talking on their loud PA systems saying that we were</p>	<p>I practiced this method during most of my runs so that I could get a feel for the pace. When I talked with my partner Richard he indicated that he wanted to run 5 and walk 1 minute. I agreed to do his system based on the fact he had completed over 100 marathons and seemed to have the experience. Prior to the run I printed out splits for 5, 10, 15, 20 and 25 miles. This</p>
<p><b>The 2013 5 K started 3,183 and 3,183 finished.</b></p>		<p>(Continued on page 12)</p>

## Pace Team Stories

(Continued from page 11)

would help me to determine if we were on track at 5 mile increments. I also planned to keep track of the mile splits as we move along.

Richard took the lead and set the pace. I kept track of the splits and the back of the group. We did not seem to have issues with the weather. We started out with about 20 or so runners. From the beginning we seemed to hit the mile marker at or just under the 12:36 minute lap. At miles 5 and 10 we were just seconds under the mark.

At the 13.1 mark we hit it at 2:45 and seconds. I quickly calculated that that was our 5:30 half-way point. I would have liked to have been 30 seconds to a minute slower. The entire group was still with us. Richard would count down to the walk and I would yell back walk, or run whichever it was. We continued this way.

We hit the 15 mile mark 1 minute and 45 seconds behind our pace. We then hit the 20 mile mark 3 minutes and seconds behind our pace. I attempted to pick up the pace and lead our group but by that time I was having issues. I did notice the stronger part of our group surging forward just past mile 21. They went ahead and moved forward.

As our group started to split up I stayed with the back of the pack. We had just passed the 23 mile marker and I could see Richard surging forward but by that time my IT band was on fire. He was too far ahead for me to get his attention so I did my best to run/walk/walk to the finish. My time was 5:50 or so.

However, if I were to do this pace again I would petition harder to run a 3/1 program, run the first half slower and conserve more of the groups energy for mile 20 and beyond.

**5:30 Richard Jares** - Like many that got up early on 13JAN13 (now there is an ominous set of numbers), things did not look too cheery. The forecasted wet and cold front moved in just before race start. A 45 degree F north wind at 20 to 30

mph with rain pelted us waiting (about 30 minutes) for our chance to get to the start line.

Felix Lugo was my Co-Pacer. There were several folks that paced with me in past years, such as Carl Lindsey and Mike Winters. With the rain I didn't collect the entire group's race numbers as I usually do.

Our strategy was to do 5:1 run-walk routine with walks at water stations and on "hills". We were right on pace for the first 18 miles. By the time we got to Memorial Drive, folks were faltering. It probably doesn't help the psyche that an EMT crew had a runner loaded up on a gurney and was looking for a break in the runner spacing to get to their ambulance across the street.

Even though we were falling off pace, I switched to a 3:1 Run-Walk to help the group. This level of group usually is comprised of a lot of first timers. I told them that the first goal was to finish, no matter what time and to be under 6 hours. I came in at 5:38:25. The group was badly broke up with finishing times ranging from 5:22 to 6:00.

The best part was the appreciation of the group members at the finish line. Some that had run ahead waited on those that fell behind. There is an interesting amount of bonding amongst strangers. All said that the pace group gave them the perseverance to tough it out and to not quit.

Group size is hard to determine. From race results, there were 122 runners that completed within 2 minutes of 5:30. Coincidentally, there were 122 runners that completed within 2 minutes of my time of 5:38. Thanks for the opportunity

(Continued on page 13)

## Contact Arlen Isham at E" Mail - [aisham@consolidated.net](mailto: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 2 volunteers** to help with the setting up and taking down of the Expo booth.

## Special thanks

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

Pacers helpers were Erik Dill, Lee Kerry, Dan Greenberg, Lilia Vazquez, German Collazos, Anna Tuttle, James Tuttle, Heather Price, Carlos Reyes, Rhonda Emerson, Devin Brown, Hung Nguyen, Kathryn White, Steve McNeil, Julie McAllister, Brooke Miles, Parvaneh Moayedi, Terry Fanning, Arlen Isham, Richard Jares, Chris Rampacek, Bob Hoekman, Felix Lugo, Heidi Zimmerman, Mandy Jellerichs

Veterans' helpers were Peter Birkhead, Lonnie Evans, Jack Lippincott, Gloria Mahoney, Lynn Malloy, Thomas Sanzone, Phillip Smith, Fred Sparks, June Harris, Caryn Honig, Mark Levy, Paul Merriman, Nagindra Prashad, Bill Schneider, Dena Sokolow, Alfonso Torres, Allen Webb, Pedro Beltran, Steven Curry, Wendy Osborne, Gunnar Sanden, Wayne Rutledge, James Thurmond, Bob McDowell, Brook McKenzie, Phuc Nguyen, Ronald Spies, Malcolm Gibson, Roy Lira, Jeffrey Ross, and Marnie Staehly

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)  
to give back to the running community

**6:00 Brooke McKenzie** - I had a blast in Houston. I had never been to Texas before. I wish it would have been under better circumstances (no rain, no cold, no wind, not pregnant). I had a great group and had a blast. I did not make my time, but keep my group motivated and I know several finished on time and were grateful for the distance I made it with them. I did finish, but my Garmin had died (I guess 6 hours was too long for its battery), so I don't know my time and for that I am sorry. I helped a guy named Mark (from Houston) complete his first marathon even though he wanted to quit when he couldn't make the cutoff due to a cramp. We did get medals at the finish line, but they had already put up the shirts and mugs if that helps u guess a time frame. Thanks again and I hope to visit again and b better for you. I have paced a lot of successful marathons but pacing with a baby in the belly was miserable and just not meant to be!

**6:00 Arlen Isham** - I decided to share my story for future pacers to show what you can do to achieve the 6:00 cut off. Normally the 6:00 leader does a 4 minute run, two minute walk. I was



### Pace Bibs

scheduled to pace the 6:00 group this year with Chris Rampacek, but had to back out with a medial meniscus tear on my left knee suffered in an 18 mile run in early December. I was coming off wearing a boot all of October for stress cracks in my left foot. After the injury, even with therapy, I was not able to run or even walk through the end of December, so I decided to just try to start for my 35th Houston Marathon and see what happened. If not for the streak, I would not have started.

My goal was to beat the cut off time and keep my streak going. I almost decided to quit at the five mile point. I knew I could run about one minute and then walk one minute.

After the fact, I was able to do almost what I had originally planned doing my schedule. I went through the half at 2:56:30 and did the second half in 2:59:21 for a final time of 5:55:52. Even splits the whole way. I walked one minute and ran one minute most of the race and added a longer walk at the end to make sure I did not cramp up.

I saw Chris and his 6:00 group and was around them for several miles from 9 through 15.

Probably one of the toughest days in several years, at least as far as cold and wet for the runners. I forgot my gloves, so picked up some off the street. I wore a cheap light poncho and it worked fine to keep me dry and comfortable. Sometimes the hot clear days are much worse. The worst day was freezing rain in 1997. I had ice on my mustache and hat

## 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 1<sup>st</sup>!

2) Veterans would be allowed to register through Nov. 1 for the 2014 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 Houston marathons at the end of the 2013 race would receive a complimentary entry to the 2014 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 2014 race, entrants with 5 to 9 Houston marathons are allowed early entry into the race avoiding the lottery.



**Carlos Reyes**  
**Pace Team Coordinator**

## Top 2013 Houston Marathon Veteran Performances Stats from John Walk

### Men

1. 2:34:54 - Peter Lawrence, 41, Houston (15th, PR)
2. 2:48:25 - Jose Oviedo, 36, Houston (10th\*, 8 of 10 sub-3)
3. 2:51:45 - Stephen Baumgartner, 39, Houston (13th, 9th straight sub-3)
4. 2:52:21 - Francisco Galaviz (MEX), 49, Monterrey (10th, 8th straight sub-3)
5. 2:53:45 - John Yoder, 41, Houston (19th\*, 13 of last 14 sub-3)
6. 2:58:35 - Brian King, 33, Richmond (10th\*, PR, 1st time broke 3 hours)
7. 2:59:10 - Matthew Padon, 44, Austin (20th\*, 11th sub-3)
8. 2:59:19 - Garrett Rychlik, 45, Cypress (13th, 4th sub-3 in last 5 year)
9. 2:59:23 - David Nemoto, 49, Houston (10th, 2nd best ever)
10. 2:59:52 - Francisco Garza, 47, Houston (11th\*, 3rd sub-3)
11. 3:03:35 - Robert Walters, 52, Houston (12th, broke a string of 6 straight sub-3's)
12. 3:04:07 - Christopher Ciamarra, 42, Alpharetta, GA (13th, best placing in 3 years)
13. 3:06:08 - Alexander Valdez, 43, Houston (15th\*, 5th fastest)
14. 3:10:59 - Abelino Jeronimo, 53, Houston (10th, 2nd fastest)
15. 3:12:04 - Jacob Tonge, 50, Houston (10th)
16. 3:13:04 - Brett Hervat, 46, Houston (15th, first finish in 4 years)
17. 3:13:13 - Richard Peoples, 53, Houston (17th)
18. 3:14:25 - Timothy Nielsen, 46, Houston (17th\*)
19. 3:14:54 - Dennis Troland, 47, Katy (11th)
20. 3:16:21 - Agapito Gaytan, 51, Rosenberg (12th)
21. 3:18:57 - Rich Fredrich, 55, Katy (23rd)
22. 3:20:49 - Mark Conran, 53, Pearland (10th)
23. 3:20:53 - Bernie Babinat, 48, Sugar Land (15th)
24. 3:21:59 - Robert Hahn, 31, Houston (13th\*, 5th fastest)
25. 3:22:35 - Ed Sturdivant, 46, Missouri City (11th)
26. 3:23:12 - Jeff Eisele, 42, Houston (16th\*)
27. 3:23:21 - Eric Stotzer, 45, Houston (14th)
28. 3:24:13 - Scott Spencer, 50, Katy (11th)
29. 3:24:35 - Robert Dunn, 46, Liberty (18th\*)
30. 3:25:27 - Peter Schipperjin, 51, Cypress (14th)
31. 3:25:52 - Edward Montana, 41, Katy (18th\*)
32. 3:26:32 - Brian Claar, 53, Castle Rock, CO (10th\*, PR)
33. 3:27:59 - Paul Lopez, 47, El Campo (13th)

### Women

1. 3:24:40 - Barbara Stoll (DEU), 51 (16th, broke a string of 12 straight sub-3:10's)
2. 3:26:27 - Suzy Seeley, 53, Houston (19th\*, 13th sub-3:30)
3. 3:26:32 - Dana Barger, 38, Missouri City (11th, 8th straight sub-3:30)
4. 3:27:44 - Marlene Hicks, 47, Georgetown (16th\*, 10th straight sub-3:30)
5. 3:28:35 - Caroline Burum, 47, Houston (15th, 11th sub-3:30)
6. 3:29:48 - Karen Anderson, 51, Fort Collins, CO (15th, 9th sub-3:30)
7. 3:34:04 - Melissa Hurta-Crites, 49, Freeport (11th)
8. 3:36:29 - Rochelle Ray, 41, Spring (10th)
9. 3:37:23 - Maribel Aguilar, 37, Missouri City (10th, PR)
10. 3:37:47 - Jacqueline O'Brien-Nolen, 47, Kingwood (17th)
11. 3:38:50 - Suzanne Day, 55, Houston (10th)
12. 3:39:39 - Lupe Gomez, 59, Pasadena (24th)
13. 3:39:41 - Therese Novak, 51, Lake Charles, LA (15th)
13. 3:44:47 - Nancy Winchester (CAN), 45, Houston (13th)

This is a listing of the top times in this year's Chevron Houston Marathon by Houston Marathon Veterans and those who will be joining the ranks (by finishing their 10th Houston Marathon) as a result of their finish.

Eight (8) men and three (3) women joined the latter category to stretch the men's top 25 and women's top 10 accordingly.

The listing represents the runner's name, age, city of residence and the number of finishes at Houston followed by any significant note from viewing their complete results at [marathonveterans.com](http://marathonveterans.com), a website created by Houston Marathon Veteran Dalton Pulsipher.

An asterisk means that their number of marathon finishes have been achieved consecutively.



Water Station Supplies  
POD Loaded in January

## Top 20 Veteran Men & Women's Chip Times

	Name	Gender	Age	GunTime	ChipTime
1	Peter Lawrence	M	41	2:34:55	2:34:54
2	Michael Defee	M	38	2:43:46	2:43:45
3	Stephen Baumgartner	M	39	2:51:57	2:51:45
4	Francisco Galaviz	M	49	2:52:44	2:52:21
5	John Yoder	M	41	2:53:47	2:53:45
6	Brian King	M	33	2:58:49	2:58:35
7	Matthew Padon	M	44	2:59:15	2:59:10
8	Garrett Rychlik	M	45	2:59:24	2:59:19
9	David Nemoto	M	49	2:59:28	2:59:23
10	Francisco Garza	M	47	2:59:55	2:59:52
11	Robert Walters	M	52	3:03:37	3:03:35
12	Christopher Ciamarra	M	42	3:04:09	3:04:07
13	Alexander Valdez	M	43	3:06:17	3:06:08
14	Jacob Tonge	M	50	3:12:12	3:12:04
15	Brett Hervat	M	46	3:13:10	3:13:04
16	Richard Peoples	M	53	3:13:18	3:13:13
17	Timothy Nielsen	M	46	3:14:38	3:14:25
18	Dennis Troland	M	47	3:14:59	3:14:54
19	Agapito Gaytan	M	51	3:16:41	3:16:21
20	Rich Fredrich	M	55	3:19:01	3:18:57

1	Barbara Stoll	F	51	3:24:42	3:24:40
2	Suzy Seeley	F	53	3:26:31	3:26:27
3	Dana Barger	F	38	3:26:51	3:26:32
4	Marlene Hicks	F	47	3:28:48	3:27:44
5	Caroline Burum	F	47	3:30:15	3:28:35
6	Karen Anderson	F	51	3:30:36	3:29:48
7	Melissa Hurta-Crites	F	49	3:34:17	3:34:04
8	Rochelle Ray	F	41	3:37:04	3:36:29
9	Maribel Aguilar	F	37	3:39:12	3:37:23
10	Therese Novak	F	51	3:43:38	3:39:41
11	Lisa Gonzalez	F	43	3:43:31	3:41:29
12	Nancy Winchester	F	45	3:45:17	3:44:47
13	Elva Lafuente	F	47	3:47:58	3:46:53
14	Miriam Terc	F	54	3:48:24	3:47:19
15	Candice Trimm	F	42	3:52:05	3:49:48
16	Denise Sadberry	F	46	3:55:50	3:50:31
17	Kimberly Harvey	F	47	3:55:56	3:50:37
18	Susan Rouse	F	54	3:56:11	3:53:13
19	Arburn Cain	F	44	3:57:50	3:54:47
20	Kelly Colosimo	F	46	4:03:15	3:56:31

**Viator Data Master  
Dalton Pulsipher**

There are 460 active veterans, 143 of them are streaking.

The average age of active vets is 53.

There are 719 inactive Vets.

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

106 veteran women and 354 veteran men finished the 2013 Chevron Houston Marathon.

There are 9 active 70+ year old Vets. They are listed below:

Name	# Finishes	Age
Carl Lindsey	25	73
Dan Shuff	17	77
Douglas Carlisle	13	71
Fred Steves	26	71
Gunnar Sanden	22	73
Larry Lindeen	21	72
Michael Goodger	24	70
Robert Hoekman	25	71
William Hall	15	75

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

Also all past Veterans Newsletters.

**Fastest 2013 Houston  
Marathon times  
Veterans**

**My thanks to :  
Dalton  
Pulsipher**

**2013  
Marathon  
Age  
Group  
Winners  
Veterans**

Name	Gender	Age	Chip Time	Age Group Place
Gunnar Sanden	M	72	4:14:33	1
Dan Shuff	M	77	4:52:44	1
William Hall	M	75	5:35:44	2
Fred Steves	M	71	4:18:44	2
Peter Lawrence	M	41	2:34:54	2
Michael Defee	M	38	2:43:45	3
James Wiley	M	66	3:51:44	3
Rhonda Emerson	F	55	3:59:22	3
Geri Wood	F	64	4:12:02	3
Larry Lindeen	M	72	4:30:10	3

**Fastest Veterans based on number of Houston marathons completed.**

**Exactly 35 years, over 30 years, 30 years, over 25 years, 25 years, 20 years, 15 years, 10 years.**

Grouping	Gender	Name	# Finishes	Age	ChipTime	WavaTime
Over 35	M	Jack Lippincott	39	66	5:54:12	4:39:47
35	M	Arlen Isham	35	68	5:55:52	4:34:02
35	F					
Over 30	M	Rudy Alvarez	31	58	3:54:03	3:18:57
Over 30	F					
30	M	Roger Boak	30	64	4:02:58	3:16:49
30	F	Maria Camacho	30	57	4:59:38	4:11:42
Over 25	M	Rudy Alvarez	31	58	3:54:03	3:18:57
Over 25	F	Susan Rouse	28	54	3:53:13	3:20:34
25	M	Michael Johnston	25	56	4:38:53	4:02:38
25	F					
20	M	Matthew Padon	20	44	2:59:10	2:52:00
20	F	Elva Lafuente	20	47	3:46:53	3:28:44
15	M	Peter Lawrence	15	41	2:34:54	2:31:49
15	F	Caroline Burum	15	47	3:28:35	3:11:54
10	M	Michael Defee	10	38	2:43:45	2:43:45
10	F	Rochelle Ray	10	41	3:36:29	3:30:00