



3:00 Pacer - John Yoder

Name	Yoder	John	A
Occupation	Landscaping		
Number of years running	15 years	Number of Marathons & Ultras total.	54
Number of marathons	41	PR for marathon	2:36:48
Number of Houston Marathons	15	Age	38
		When PR	Hartford Marathon October 2009
Pacing experience			
<p>Last year's 2008 Houston Marathon I paced the 3:00 hour group and I loved it. Even came in as "pacer king". The 6:52 average pace was easy for me and I was able to maintain that pace easily. Was able to get 1 person across the line under time from the start to the finish.</p>			
Other running accomplishments or something special you have done			
<p>I have "double dipped" the Grand Canyon. Meaning I ran from the South Rim to the North Rim and back to the South Rim all in one 13 hour day. About 50 miles with about 11,000 feet of up hill and down hill elevation gain/loss. All by myself and just for fun.</p> <p>I've run 13 ultras including two 48-hour runs with a best of 162.6 miles and four 24-hour runs with a best of 125.5 miles.</p> <p>I am a member of the Houston Striders and am the editor of our award winning newsletter, Stridelines.</p>			



3:10 Pacer – Robert Casadonte

Name	Casadonte	Robert	Jon
Occupation	Business Development Manager		
Number of years running	26	Number of Marathons & Ultras total.	5
Number of marathons	5	PR for marathon	2:46
Number of Houston Marathons	2	Age	38
Pacing experience	Houston Marathon 2009		
		When PR	22

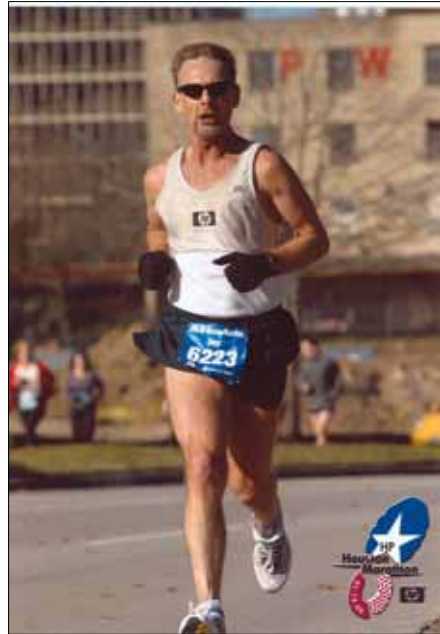
Other running accomplishments or something special you have done

Married 11 years and still loving it! Have three special kids and a special wife.



3:10 Pacer – William Henderson

Name	Henderson	Will	
Occupation	Financial Planner		
Number of years running	25	Number of Marathons & Ultras total.	82
Number of marathons	70	PR for marathon	2:51:30
Number of Houston Marathons	14	Age	47
Pacing experience			
Yes, Houston, Miami, Sarasota			
Other running accomplishments or something special you have done			
Started Wills Hills to help promote running and fitness in Houston.			



3:20 Pacer – Jay Hendrickson

Name	Hendrickson	Jay	G.
	(Last)	(First)	(Middle)
Occupation	Engineering Program Manager		
Number of years running	11	Number of Marathons & Ultras total.	20
Number of marathons	19	PR for marathon	2:58:19
Number of Houston Marathons	9	Age	56
Pacing experience		When PR	2005
Paced the Chevron Houston Marathon in 2008 and 2009.			
Other running accomplishments or something special you have done			
2004 HP Houston Marathon – Invited Runner			
2005 HP Houston Marathon – Age Group Winner			
2005 Boston Marathon – Top 25 in Age Group			
Houston Area Road Runners (HARRA) – Webmaster			
Runbayou.com (Marathon Training Program) - Owner			



3:30 Pacer – Arthur Lopez

Name	Lopez Arthur		
Occupation	Manager		
Number of years running	13	Number of Marathons & Ultras total.	29
Number of marathons	29	PR for marathon	2:57:35
Number of Houston Marathons	1	Age	40
Pacing experience		When PR	36

Other running accomplishments or something special you have done

In 2005 Top 3 finisher in Clydesdale at the Oklahoma City Marathon 6 days after running the Boston Marathon.
 In 2006 2nd place finisher in Clydesdale at the Oklahoma City Marathon 2 weeks after running Boston. One month after running 3:10:05 at the Austin Marathon, took 2nd overall at the Marathon of the Great Southwest in Abilene on 3/26/05 with a 3:08:30. In 2006 ran Las Vegas Marathon on 12/4 in 3:11:13 one week later on 12/11 won Clydesdale in 3:06 at the Dallas Marathon.
 4 Boston Marathons
 11 Consecutive Austin marathons.
 In 2005 and 2006 ran 12 Marathons.
 2004 4th place age group finisher at the Missouri Ultramax Full Ironman Distance Triathlon.
 Note: not much racing in 2007/2008 due to a new born.



3:30 Pacer – W. Kent Muhlbauer

Name	Muhlbauer	William	Kent
Occupation	engineer		
Number of years running	30+	Number of Marathons & Ultras total.	24
Number of marathons	20	PR for marathon	2:58
Number of Houston Marathons	7	Age	49
Pacing experience	When PR houston		

4 times pacing at Houston Marathon; 10 times (uninterrupted) at Austin Marathon (3:15 pace each time)

Other running accomplishments or something special you have done



3:40 Pacer – Carlos Reyes

Name	Reyes		Carlos		Joel		
Occupation	Engineer						
Number of years running	24		Number of Marathons & Ultras total.	35			
Number of marathons	28		PR for marathon	3:04			
Number of Houston Marathons	18		Age	45		When PR	1996
Pacing experience	2008 3:40 group 2007 3:20 group 2006 4:00 group 2005 3:40 group 2004 3:40 group 2003 3:15 group						
Other running accomplishments or something special you have done							
Finished three (3) Ironman distance triathlons (PR=11:42:35), over 50 various distance triathlons.							



3:40 Pacer – Whit Rambach

Name	Rambach	Whit
Occupation	Financial Analyst	
Number of years running	20	Number of Marathons & Ultras total. 80+
Number of marathons	40+	PR for marathon 2:58
Number of Houston Marathons	0	Age 42 When PR 1993
Pacing experience		
100% on-time finish rate Clif Bar Pace Team ING DIRECT Pace Team New York City Marathon (3:40) Twin Cities Marathon (3:30) Silicon Valley Marathon (4:00; Pace Team Coordinator) Santa Barbara International Marathon (4:30)		
Other running accomplishments or something special you have done		
Western States 100 (7x sub-24 hr) Hardrock 100 (top 10) Leadville 100 (sub-24) Wasatch 100 Five other 100s Badwater (first ultra) Patagonia Ultrarunning Team Board of Trustees, Western States Endurance Run Foundation		



3:50 Pacer - Bruce McConaghy

Name	McConaghy	Bruce	Rogers
Occupation	Administrator		
Number of years running	30 PLUS	Number of Marathons & Ultras total.	40'S
Number of marathons	40'S	PR for marathon	3:11:16
Number of Houston Marathons	11	Age 50	When PR 2006
Pacing experience	Austin Marathon 2002 until present 3:40 group, Houston 3:50, 2009		

Other running accomplishments or something special you have done
 Completed 4 ironman triathlons



3:50 Pacer – Holly Vreeke

Name	Vreeke	Holly	S
Occupation	Sales Executive		
Number of years running	26 years	Number of Marathons & Ultras total.	35
Number of marathons	31	PR for marathon	3:18
Number of Houston Marathons	12	Age	38
Pacing experience		When PR	2009 - Houston

2002-2009 – paced the Austin Marathon at 3:40 pace group. Arrive within 30 seconds of 3:40 each year!
 2009 – paced San Antonio ½ marathon for 1:52 pace group.

Other running accomplishments or something special you have done

SunMart 50K – 4 years
 Completed 2 IronMan Races: Lake Placid, Coeur de Lane, Utah
 Completed numerous ½ Ironman races: Buffalo Springs, Tall Texas, Lone Star
 Triathlete



4:00 Pacer – Steve McNeil

Name	McNeil	Stephen	Leslie
Occupation	Treasury Analyst		
Number of years running	28	Number of Marathons & Ultras total.	72
Number of marathons	40	PR for marathon	2:58
Number of Houston Marathons	27	Age	52
Pacing experience	When PR 1989		
<p>Joined Bob Williams in helping with his pace groups in 2004 and 2005 before applying to be a pacer. Paced 5:00 with Arlen for 2007. Won Pace King with Bob Williams in 2008 (4:45) and finished 7 seconds under pace time in 2009 (4:45).</p>			
Other running accomplishments or something special you have done			
<p>Completed 19 - 50 mile races, 16 of them on trails. Completed 10 - 100 mile races, PR of 23:07. Member of 500 Club at Rocky Raccoon. And of course, 27 consecutive Houston Marathon finishes.</p>			



4:00 Pacer – Tom Radosevich

Name	Radosevich	Thomas	A.
Occupation	Attorney		
Number of years running	25	Number of Marathons & Ultras total.	60
Number of marathons	50	PR for marathon	2:58
Number of Houston Marathons	12	Age	56
Pacing experience		When PR	2004

I must admit I have had more hits than misses. I am an excellent pacer, for Power In Motion, for myself, and for my pals, but of the four Houston Marathons I have paced, I have only come in on time twice, the other two times being worn out at 22 and 24 miles. Both times I only had one of two guys with me at that point, thank goodness.

Other running accomplishments or something special you have done

I will be running Philadelphia at an easy 3:45 pace, to qualify for Boston 2010 at my age.

I can pace the 4:00 group or higher in Houston.



4:15 Pacer – Steve Murray

Name	Murray	Steve	W.
Occupation	Manager		
Number of years running	12	Number of Marathons & Ultras total.	~90
Number of marathons	~85	PR for marathon	3:28
Number of Houston Marathons	3	Age 53 on race day	When PR 2002
Pacing experience	Last year's Houston marathon 4:30 group with Houston Veteran's group		

Other running accomplishments or something special you have done
 Completed marathons in 50 states



4:15 Pacer – Kathryn White

Name	White	Kathryn	Ann
Occupation	Geotechnical Engineer		
Number of years running	30	Number of Marathons & Ultras total.	103
Number of marathons	100	PR for marathon	3:26
Number of Houston Marathons	16	Age	42
		When PR	2004
Pacing experience			
Paced over 30 marathons; including Houston, New York, Chicago, Nike Womens, Fargo, Madison, San Antonio, Oklahoma City, Route 66 in Tulsa, Miami, Carlsbad, St. Louis,....			
Other running accomplishments or something special you have done			
50k back to back with marathon (qualified for Boston)			



4:30 Pacer – Ken Ashby

Name	Ashby	Ken
Male	X	Female
Birth date	10/08/52	
Occupation	Measure and certify race courses.	
Number of years running	35	Number of Marathons & Ultras total.
		300+
Number of marathons	150 +	PR for marathon
		2:57:53
Number of Houston Marathons	21	Age
		57
Pacing experience	When PR	
	1990	

2007 Houston Marathon – paced 4:00 group to 3:59:55 gun, with all mile splits after first between 8:54-9:22.
 2008 Houston Marathon – paced 4:00 group for 23 miles on pace; they continued to sub-4 finish without me.

Other running accomplishments
 Dallas Running Club 2007 City Championship Series Overall Winner
<http://www.dallasrunningclub.com/201dir/clublife/ccs.html>



4:30 Pacer – Peter Birkhead

Name	BIRCKHEAD	PETER	D.	
Occupation	VP SALES			
Number of years running	14	Number of Marathons & Ultras total.	75	
Number of marathons	65	PR for marathon	3:19	
Number of Houston Marathons	13	Age	54	
Pacing experience	PACED IN 2008 AND 2009 HOUSTON MARATHON		When PR	46

Other running accomplishments or something special you have done
 RAN 100 MILES IN 22:30



4:45 Pacer – Wes Monteith

Name	Wes Monteith		
Occupation	Field Engineer-Power Delivery		
Number of years running	23	Number of Marathons & Ultras total.	80
Number of marathons	40	PR for marathon	2:51:05
Number of Houston Marathons	17	Age	58
When PR	1995		
Pacing experience	<p>Paced 2 Houston marathons @ 4:00. Within seconds on one.</p> <p>Have paced winning 100 mile female for last 20 miles of Rocky Racocon 100 ultra and several others in extreme distances.</p> <p>Actually ran with 2009 pace leaders, (Bob Barnhill), of 4:45 group in January after completing a marathon 1 week earlier in 4:38:00. Projected a 4:50 :10 pace and was only seconds off. I have continued in my training to maintain the pace of 10 Minute miles or better and continue to hit the mark daily.</p>		
Other running accomplishments or something special you have done			
Race co/director and director of the Bear Creek 48 Hour, 24 Hour, 12 Hour, 100K, 6 Hour race years 2000-2003.			
Ran as a member of the Texas Air National Guard Team in the National Guard Marathon Championships, Lincoln, NE for 9 consecutive years. Accomplished 1 st sub 3 hour marathon at age 43 after 7 years of running, with a PR at age 44 of 2:51:05.			
Participant in mens world record 100 mile relay with HARRA in August of 1997			
Member of HARRA and BCRR since 1987 (#344)			



4:45 Pacer – Richard Evans

Name	Richard Evans		
Occupation	Attorney		
Number of years running	29	Number of Marathons & Ultras total.	33
Number of marathons	32	PR for marathon	3:02:30
Number of Houston Marathons	22	Age	53
Pacing experience	When PR		

Three years pacing experience in Houston.

Other running accomplishments or something special you have done

Ran Houston first on the two loop course in 1984. Then ran again in 85 and 86. Returned to Houston in 1990 and am proudly streaking for 19 Houston marathons.

Have run in Boston three years, NYC twice, New Orleans, and Dallas.

Ran the Sunmart 50 miler in Huntsville in December 2003, but not planning a return to the ultra experience.



5:00 Pacer – Robert Hoekman

	Hoekman	Robert	E
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Occupation Retired orthopedic surgeon

Number of years running 22

Number of Marathons & Ultras total. 77

Number of marathons 76

PR for marathon 2:59:57

Number of Houston Marathons 21

Age 68

When PR 1995

Pacing experience

Houston Marathon multiple times. 9 or 10 years I think.

Other running accomplishments or something special you have done

HARRA Medical Director
 Founder and director of HARRA CPR/AED program



5:00 Pacer – Michelle Wolpert

Name	Wolpert	Michelle	Ann
Occupation	Finance		
Number of years running	13	Number of Marathons & Ultras total.	80
Number of marathons	30	PR for marathon	3:57
Number of Houston Marathons	11	Age	47
Pacing experience		When PR	1997

I paced the Houston marathon last year for the first time, the 5:15 group. About 6 weeks later I paced the 4:40 group at the Fort Worth Marathon. I made my pace time for both marathons within 5 minutes.

Other running accomplishments or something special you have done

Lots and lots of ultras, including 6 50-milers.



5:15 Pacer – Terry Fanning

Name	Fanning	Terence	John
Occupation	Logistics Manager		
Number of years running	24.5	Number of Marathons & Ultras total.	36
Number of marathons	34	PR for marathon	3:55:00
Number of Houston Marathons	22	Age	57
		When PR	1988
Pacing experience			
	2009 5:30		
	2008 6:00		
	2007 6:00		
	2006 6:00		
	2005 5:30		
Other running accomplishments or something special you have done			
October 2007 – trekked to Everest Base Camp			
February 2006 – climbed Mount Kilimanjaro			
SUNMART 50K			
ROCKY RACCOON 50K			
THREE NEW YORK CITY MARATHONS			
THREE BIG SUR MARATHONS			
TWO BOSTON MARATHONS			
PARIS MARATHON			
VENICE MARATHON			
BAY TO BREAKERS RACE (SAN FRANCISCO)			
DIPSEA TRAIL RUN (SAN FRANCISCO)			
HYUNDAI ULSAN CLIMBATHON RACE (ULSAN, SOUTH KOREA)			



5:15 Pacer – Richard Jares

Name	Jares	Richard	P
Occupation	Engineer		
Number of years running	26	Number of Marathons & Ultras total.	79
Number of marathons	60	PR for marathon	3:18:43
Number of Houston Marathons	12	Age	62
Pacing experience	When PR		
2008 Houston Marathon (5:15) 2009 Houston Marathon (5:15) 2009 Cowtown Marathon (5:15)			

Other running accomplishments or something special you have done



5:30 Pacer – Arlen Isham

Name	Isham	Arlen	R
	(Last)	(First)	(Middle)
Occupation	Retired Chemical Engineer		
Number of years running	32	Number of Marathons & Ultras total.	78
Number of marathons	63	PR for marathon	3:18:43
Number of Houston Marathons	31	Age	65
Pacing experience			
Houston Marathon –			
1999 - 4:00	4:08:44	- Very Hot day	
2000 - 5:00	4:59:25		
2001 - 4:45	4:44:55		
2002 - 5:00	4:58:14		
2003 - 6:00	5:49:56	Actually had a goal of 5:50:00	
2005 - 5:00	4:59:33		
2006 - 5:15	5:14:35		
2007 - 5:00	5:01:55	Cramps the last two miles	
2009 - 5:30	5:27:40		
Also 2005 New York Marathon - 5:30 5:28:05 Clif Bar team			
Other running accomplishments or something special you have done			
31 Consecutive Houston Marathons			
2002 – Double Dipped the Grand Canyon, Rim to Rim to Rim, 44 miles total			
2003 – Rocky Raccoon 100 mile finish			
2003 – Coeur D’Alene Ironman finish			
2006 – Summit Kilimanjaro			
Organized many adventure trips including mountain summits, raft trips, and Grand Canyon rim to rims.			
Coordinator, Chevron Houston Marathon Pace Team			
Editor, Houston Marathon Veterans Newsletter			
Manager – Houston Marathon Warehouse			



5:30 Pacer – Jim Healy

Name	Healy	Jim	S
Occupation	Retired		
Number of years running	35	Number of Marathons & Ultras total.	36
Number of marathons	36	PR for marathon	3:19:32
Number of Houston Marathons	27	Age	76
Pacing experience	<p>2006 – 5:30 pacer >> Finish time was 5:30:01</p> <p>2007 – 5:30 pacer>> Finish time was 5:50:00 (Had leg problem at end of race)</p>		
Other running accomplishments or something special you have done			
<p>Qualified to run Boston Marathon in 1986 with a 3:19:32 finish time</p> <p>Completed the Boston Marathon in 1986 with a 3:36:55 finish time</p>			



6:00 Pacer – Sylvia Lugo

Name	Lugo Sylvia		
Occupation	Secretary		
Number of years running	16	Number of Marathons & Ultras total.	28
Number of marathons	25	PR for marathon	4:11
Number of Houston Marathons	9	Age	51
Pacing experience	When PR style="text-align: center;">2004		

Paced in 2009 for the 6hr group. Finished in 5:57:35.

Other running accomplishments or something special you have done



6:00 Pacer – Felix Lugo

Name	Lugo		Felix	G
Occupation	Clerical			
Number of years running	25	Number of Marathons & Ultras total.	40	
Number of marathons	36	PR for marathon	4:07	
Number of Houston Marathons	13	Age	53	When PR
Pacing experience	2000			

Paced in 2009 for the 6hr group. Finished in 5:57:35.

Other running accomplishments or something special you have done

Ran many races including the Houston Marathon carrying the USA Flag.