

Houston Veterans' News

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

Fall 2010

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

It is a great time to be a Chevron Houston Marathon Ten-Year Veteran! On top of all the perks and privileges that we are accustomed to – polo shirts, long sleeved tee shirts, recognition in the official Veterans' Lists, etc. – we are now *automatic lottery* winners!! That's right; without even entering that new "game of chance," our numbers have been called. Can I choose the *cash option*, please...?

The folks in the marathon hierarchy have chosen to give us guaranteed entry into the race, in spite of an increasing demand for spots that has required them to set limits on the total number of entrants. When you think about it - that is pretty special. We must continue to be worthy of this recognition. What can we do? Well, for starters, tell everyone you know about this event that brings us back year after year; and, what makes it so unique. For me, that would include the first-class Expo; the "creature comforts" in the George R. Brown Convention Center before and after the run; the overall *princely* treatment for us ordinary, middle-and-back-of-the-pack runners; and, the incredible professionalism shown by the organizers and volunteers who put on this great race.

(Continued on page 7)

**Houston Marathon Veterans
January 17, 2010**

**Ethiopians, Teshome
Gelana & Teyba Erkesso
Win**

**2010 Chevron Houston
Marathon in Course Record
Times**

HOUSTON (Jan. 17, 2010) – Teshome Gelana and defending women's champion **Teyba Erkesso** led an Ethiopian sweep of the 2010 Chevron Houston Marathon, each setting course records in the process.

Gelana, 25, running his second marathon in six weeks, broke away from a pack of five runners at the 22-mile mark and finished in 2:07:37. His time shaved 15 seconds off the previous course record set by fellow Ethiopian Deriba Merga last year.

"I did not expect to run this fast," said Gelana, who entered the race with a
(Continued on page 4)



PAST & FUTURE

January, 2002

The clearest coldest lowest humidity day in several years was a day to set personal records.

The 30th annual Houston Marathon was with Compaq as this years sponsor and this was the first year for the El Paso 1/2 marathon.

There were more than 15,000 participants with runners from 45 states and many different countries in four different events.

Men's winner was Drew Prisner with a 2:28:43 and the women's winner was Becky Sondag with a 2:50:49

Men's master winner was Joe Flores with 2:34:54 and the women's master winner was Allison Wilbern with a 3:03:19.

The Marathon had Pacers provided by the veterans group.

There were 248 active veterans, 76 streaking.

Compaq had a system to track all runners with the shoe mounted chip. Today, we see this technology as past state of the art with the "D" tag taking over many races replacing the chip.

Felix Lugo carried his United States Flag the whole distance.

Fastest 2002 Houston Veterans Marathon time

20 + year veterans group was lead by **Charlie Viers** at 3:29:47.

20 Year group was lead by **Lonnie Brauner** at 3:42:34

15 Year group was lead **Lupe Gomez** at 3:26:44 and female **Carolyn Tovar** at 3:28:00.

10 Year group was lead by **Larry Lindeen** at 3:33:57

Race Calendar

09-25 HARRA XC 4 X 2-Mile
10-02 Race for the Cure 5 K
10-09 10 Miles for Texas
10-10 Chicago Marathon
10-16 Palo Duro Canyon 50 Miler/ 50 K
10-17 Tri Andy's Tri 300s/10mb/3mr
10-24 Warm Up Series Half Marathon
10-31 Marine Corps Marathon
11-07 New York Marathon
11-06 Rocky Raccoon 50 K/25 K
11-07 Ironstar Tri 1.2ms/59mb/13 mr
11-14 Warm Up Series 25 K
11-14 San Antonio Marathon
12-12 Warm Up Series 30 K
12-12 Honolulu Marathon
12-05 Dallas Marathon
01-01 Texas Marathon 2011
01-09 Walt Disney Marathon 2011
01-16 USA Fit Marathon
01-30 Houston Marathon 2011
02-05 Rocky Raccoon 50 M / 100 M
02-22 Surfside Marathon 2011
02-20 Austin Marathon 2011
02-27 Cowtown Ft. Worth Mar. 2011
02-26 Conoco 10K
02-28 New Orleans Marathon 2011
03-5/6 Texas Independence Relay
03-?? Bayou City 10K
05-21 Beach to Bay Relay
05-21 Ironman Texas

Upcoming Events

Veterans, why not get a team together to do the Texas Independence Relay on March 5 and 6? Several of you already are on teams, but a couple veterans teams to compete with each other would be great.

Cross the Grand Canyon with Arlen Isham May 20 to May 24, Rim to Rim hikes.

Test race for Olympic Trials on Houston Marathon weekend in January, 2011.

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

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

Check out the new Houston Marathon Veterans Website

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

Pacers Needed

We will need 2 Veterans Pacers at each time for the 2011 Houston Marathon. Entry's Refunded.

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

INFORMATION CHANGES

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"E" Mail, Etc.
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Send to Arlen Isham
25114 Derbybrook Ct.
Katy, TX. 77494

**VETERANS PACE TEAM TO
LEAD
2011 HOUSTON MARATHON
11th 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 2007, the Pacers finished within 2 to 4 minutes of their predicted time. That means if you lose your group, you stay at your pace and pick up people later in the race.

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

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

Pace Team Goal Times

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

Pace Team Stories

Pace Team Leader Winners

Pacer King— Winner of Pace Team King / Queen for 2010 is Bill Henderson, 3 seconds under his 3:10 goal with a 3:09:57. His first half to second half split was a plus 1:23, within guidelines of not being too fast and also allowing for his group to slow down a little bit the second half of the race.

Team Winner was Team 4:15, Kathryn White and Steve Murray.

Kathryn White, 4:15:02, two seconds over and a second half 28 seconds slower than the first half. Steve Murray, 4:15:06, six seconds over and a second half 10 seconds slower than the first half.

**2010 Houston Marathon
Pacer Stories**

300 John Yoder - Since I had such a great time being a pacer at the Houston Marathon in 2009 it was a no-brainer that I would be back in 2010 to give it another shot. All the anxiety I experienced my first year was gone for 2010 as experience is a great teacher. My only concern for this year was the lack of another pacer working beside me to help guide our group to their goal. I would be all by my lonesome self for this task.

I lined up at the start ready for my job to begin. While my major fears were absent, there were still a few what-ifs lurking around. While I don't normally make pit stops in marathons, I tried to get to the start line hydrated but not overly hydrated. The last thing I wanted to do was to be forced to stop to empty my bladder. Being perfectly hydrated is a fine line you don't want to cross on either side. Thank goodness I've done about 40 of these races to bank on my experience!

The race went pretty well... at least after I found my rhythm. While last year's

(Continued on page 4)

(Continued from page 1)

personal record of 2:11:50 set in 2008. "It was unexpected, but I hope the future will bring even more interesting things for me. I think I can run 2:05."

Zembaba Yigeze (ETH) was second in 2:08:27, while **Jason Mbote** (KEN) was third in 2:08:58. For the first time in the history of the race, the top six runners ran under 2 hours, 10 minutes. American **Brett Gotcher** (Flagstaff, Ariz.) finished seventh in 2:10:35 in his debut marathon.

The 27-year-old Erkeso dominated the women's race for the second consecutive year, once again crossing the finish line in a course record. Erkeso won by nearly five minutes, lowering her course mark by 25 seconds with a time of 2:23:53. The time is the fastest female marathon ever run in Texas and makes Erkeso the only woman to run sub 2 hours, 25 minutes twice in Houston.

Both Galana and Erkeso received \$35,000 for their victories. **Margarita Plaksina** (RUS) was the runner-up in the women's race in 2:28:44. **Alemitu Abera** (ETH) was third in 2:31:01.

Antonio Vega (St. Paul, Minn.) and **Shalane Flanagan** (Portland, Ore.) claimed 2010 USA Half Marathon Championships with their victories in the Aramco Houston Half Marathon.

Vega, 26, broke the tape in 1:01:54, setting a new personal best by more than a minute and running the fourth fastest time by American on the Houston half marathon course. The victory produced Vega's first national road title. **Patrick Smyth** (Minneapolis, Minn.) was seven seconds behind in second place, while **Brent Vaughn** (Black Hawk, Colo.) ran 1:02:04 for third.

Two-time Olympian Flanagan, 28, shattered the course record in the women's half marathon championship, finishing in 1:09:41. The time bettered the mark set by Colleen De Reuck in 2004 by 1:14.

"It felt like just another day, just another practice. It wasn't until the last 400

(Continued on page 5)

Pace Team Stories

(Continued from page 3)

first mile split was dead on accurate 6:52, this year's first mile was 7:25. Not bad for a first mile since it is wise to start slow, but maybe it was just a tad *too* slow to start. Second mile was just the opposite in 6:45... too fast. My third mile swung the opposite direction with a split a little north of 7:00, too slow. For some reason I just couldn't settle down and run even splits.

It wasn't until about mile 9 that I finally settled into a groove and began cranking out consistent 6:48's. I had wanted to run a couple seconds faster per mile until about mile 20 where we could relax, catch our breath, and cruise into the finish knowing that the 30-60 seconds we had in the bank could easily cover the loss of any time we encountered running the "hills" of Allen Parkway. Unfortunately, I had accumulated way too much time in the bank and at mile 20 had about 105 seconds deposited. I know the job description of a pacer is to come in at the appointed time or within 2 minutes either side so I was still within bounds with my 105 seconds.

I will say I did have one small dizzy spell around mile 12. I was running along feeling pretty good and all of a sudden my brain started floating off in a different direction. My best guess from my experiences was a lack of electrolytes so I made a huge effort to belly up to the bar and drink a couple cups of Gatorade at every water stop thereafter. After about 2 miles the feeling passed and I was back to my normal self. A little scary to say the least!

Ahhh... Mile 20. Time to relax. The group was very appreciative of the break in accelerated pace. I told everyone that felt good to continue on and not slow down but there were no takers. Everyone stuck with me. We took it very easy on all the uphill sections knowing that pushing the pace would be a disaster. My feelings on this pacing gig is that while running even splits is nice, running even effort is a lot smarter. The first half is obviously easier than the second half. Run a little faster on the easy first half so you can run a little slower on the harder back half thus achieving an even effort.



3:00 Pacer John Yoder

It was great to see Jose Reyes join our group again this year. He was the only one who made it through the whole race last year finishing a scant 5 seconds in front of 3:00. And Blake Ragland who stuck by my left side the *entire* race. He started running 9 months ago, ran a 3:20 in Columbus, and ran so strong in this race I nearly bopped him upside the head when I told him to sprint ahead at mile 24. He was in well under sub 3:00 shape, he certainly didn't need to be tied down to me. And women! Wow! It's such an accomplishment to go sub 3:00 for a guy, but for a female, it's really something special. I had 3 females in the group Sunday. 2 finished along with me while a third female from the Greek exchange program finished in 3:01. Ladies... I'm truly impressed!

Our group of runners never exceeded about 25 people... or at least that was my best guess from my limited perspective. With the great weather I expected a larger group during the race but was pleasantly surprised that about 4 held to the finish and even 2 sprinted ahead to finish 1 or 2 minutes faster than 3:00. I felt like a proud leader as I crossed the finish knowing that I did a good job and another year was in the books!

310 William Henderson - We started fairly close to the front of the first wave. By the time we were at mile 1 we were right behind the 3:00 pace group. We came through mile one at 7:25, mile two being mostly downhill we handled it in 7:00 flat (our fastest mile of the day). At that point forward we ran very evenly;

(Continued on page 5)

(Continued from page 4)

meters did I say 'okay, this is a race and I need to make sure I seal the deal,'" said Flanagan, who has her long-term sights set on the marathon. "It was a very good effort, very controlled and it was just a great day for running."

An event record of more than 26,000 runners participated in the 38th running of the Chevron Houston Marathon, the ninth-annual Aramco Houston Half Marathon and EP5K. The record number of runners is expected to result in a new standard for money raised by the Run for a Reason charity program. Prior to the race, runners already had raised \$1.4 million to benefit 46 Houston-area nonprofit organizations.

The Chevron Houston Marathon, a Running USA founding member, is the nation's premier winter marathon, annually attracting participants from all 50 U.S. states and many foreign countries. In 2010, more than 30,000 runners participated in four marathon weekend events (marathon, half marathon, 5K run and children's run).

The Houston Marathon has been ranked among the top five in the nation by the *Ultimate Guide to Marathons* for fastest course, organization and crowd support. More than 5,000 volunteers organize the race.

The marathon started 6673 and 6287 finished.

The Half marathon started 10,045 and 9,917 finished.

The 5 K started 3,070 and 3,051 finished.

Pace Team Stories

(Continued from page 4)

with the slowest mile of 7:24 and the fastest at 7:00. We had about no less than 20 miles within 5 seconds of our goal pace of 7:15.

The great thing for me this this year was how many people were still with me going down Allen Parkway close to the finish. From past pacing experience I usually start with about 50 – 80 people. By the finish I usually have only 1 or possibly 2 people left. But this time I had about 8 people finish with me right at 3:09 - 3:10!

We were working together very well as a group. (The marathon statistics revealed we passed 47 people in the last 7.5 miles) Our group was using all the tangents, and when we made it to the Allen Parkway Hills we would take it a little bit easier going up the hills and relax and stretch out our stride on the way down. This seemed to help a lot. At mile 25, I let the group go ahead a bit and I stayed with the last guy (Trent) in our group. I help encourage him and we pushed each other to the finish, me in

3:09:57 him in 3:09:59!

What a great day, great weather really helped; probably the best weather in my 20 years of marathoning.

The crowds were wonderful and thanks to all my friends and The WillsHills Group for all their support.

I also think the shoes from Under Armor were exceptionally great this year, no blisters, very comfortable, light and supportive.

Thanks for the opportunity to pace and a big thanks and congratulations to my 3:10 Boston Qualifiers!

320 – Jay Hendrickson - Many thanks to Arlen for doing the incredible amount of legwork it takes to get us organized and communicating the important information we'd need to pace. You made it look like a cave man could've done it....

David Barton and I paced the 3:20

(Continued on page 6)



Houston Marathon Pace Team 2010

Not all in the picture - Ken Ashby, David Barton, Peter Birkhead, Robert Casadonte, Richard Evans, Terry Fanning, William Henderson, Jay Hendrickson, Bob Hoekman, Arlen Isham, Richard Jares, Felix & Sylvia Lugo, Stephen McNeil, Kent Muhlbauer, Steve Murray, Tom Radosevich, Carlos Reyes, Kathryn White, Michelle Wolpert, John Yoder, Arthur Lopez, Holly Vreeke, Wes Monteith, Jim Healy

Pace Team Stories

(Continued from page 5)

group. At the start, there were a lot of folks around us. Perhaps 25 runners. We let them know that the first two miles were going to be slow (relative to the 7:38 average pace per mile in a 3:20 marathon) but not to panic. It was all in the, "plan."

The first mile was 8:11 and we yelled to everyone that all was well. The pace gradually picked up and, by the time we hit the half, we were well within our original plan. First half in 1:39:18.

As we ran through the aid stations, I was grabbing water or Gatorade, taking a small drink, and then holding it up for anyone else who might want it. By the time we were in the 2nd half of the marathon, it seemed like half the group would grab water for the other half. What teamwork! Heck, I had some folks in the pace group hold the balloons when I needed to take on Gu.

There were still quite a few folks with us when we hit Shepherd and Allen Parkway. That's when several folks picked up their pace and left the group (I found out later they'd run around 3:18). Soon after making the turn on to Rusk St., I gave the pace balloons to a little boy cheering us on. The smile on his face was priceless. At the finish line, I turned around to see many of the group coming in. Lot's of high fives and yells of, "I'm going to Boston" and "I PR'd!". I have to say, I had goose bumps knowing that we all worked together to make it happen. It was a great day for a marathon.

330 – Kent Muhlbauer - Houston was such a great weather day, wasn't it? My first time pacer partner Arther did excellent! He was a rock (a moving rock!). We had a large energetic group--at least for awhile. Some first-timers with ambitious goals fell off--I hope they made it in ok. Such great crowds along the whole route. We were a bit fast--30 seconds or so--at the end, but the announcer got the crowd all riled up that we were hitting clock time so close, that we just pushed on thru. Many thanks to you and Carlos and our sponsors!

3:40 Carlos Reyes - Sunday, I finished my 20th consecutive Houston Marathon while leading the 3:40 pace group. Conditions were ideal at the start of the race and the anticipation of the group was palpable. I distinctly noticed this year's 3:40 contingent as being comprised of a more dispersed set of runners than in past races, meaning that they represented a greater variety of geographic locations. There was a quite large group of runners from North Carolina who had traveled to participate in the Houston event. Other states represented were Arkansas, New Mexico, Chicago, Louisiana, New Jersey, and one international participant who had travelled from Ireland.

Once the gun was fired we and our group headed out we were able to maintain impressive cohesion within our group for such a large group. The more seasoned runners began sharing stories about previous races while the relatively new marathoners recounted their pre race preparations and asked some questions regarding caloric intake, hydration and the usual sort of concerns that run through every marathon runners mind early in a race.

At approximately 11 miles into the race in the Medical Center Rice University area I realized I was leading the group into a pace that was a tad too quick and the consensus was to slow our pace down a bit and enjoy the day. The 2nd 3:40 pace volunteer had unfortunately suffered an injury prior to the race and had to forego participation in this year's event or it may have allowed the group to spread out a bit more. Despite having only one pace leader the group enthusiastically proceeded through the next several miles before I noticed that our group was getting more spread out. By mile 23 many of the stronger runners had made a decision to give it a push for PRs and formed their own group to forge ahead. The balance stayed with me and many enjoyed improvements in their times from previous marathon attempts.

All in all another extremely enjoyable marathon leading a group of very enthusiastic runners united in helping



Pacer Bands & Bibs

one another achieve success. Can't wait until the next time!

350 – Holly Vreeke - The 3:50 run pack brought it! To my surprise, there were about 30 runners in my group at one time but only 3 ladies who told me they were trying for Boston. I was on pace by mile 3 and held steady and was elated about the accuracy. I will say pacing alone is very stressful as there is no back up plan. I would never volunteer to pace solo nor advise it. Despite this, the runners were amazing and helped each other sharing aspirin, GU and getting water for each other. I did not even want to stop to pee as it would have let the group down - they inspired me. I had a train whistle that I blew after which the runners would hoot and holler. We had a lot of fun singing and getting the crowd to respond to us. I had a large pack from about mile 10 to 18 but the following miles some were beginning to tire and fade. Even the belly dancers could not revive some of them. We mustered through Memorial where I

(Continued on page 7)

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

Pace Team Stories

(Continued from page 6)

tried to pick up walking runners and encouraged them to join us. I had one runner, Sergio, who ran with me most of the way trying for a PR of under 4:00. He pulled ahead a bit at mile 24 and finished like a champ. I found him in the convention center after the run and awarded him the coveted pacer wand with balloons! He was awesome!

The pacer balloons on a stick were like a magic wand to incite cheer from the crowd. The 'wand' was very light and manageable much to my delight for 26.2 miles! I am a pacer for Austin so I will suggest they consider this set up.

Thanks for all you do in making the pacer experience organized and complete with gear! It was an awesome event!

4:00 - Steve McNeil - Good News / Bad News. Good News: a runner carrying the 4:00 balloons finished in 3:59:23. Bad News: it wasn't me. Unfortunately, Tom Radosevich (my co-pacer) experienced major cramps and had to hand off his balloons around mile 16. Those balloons were passed onto a good friend of mine who was running with our group, Randy Fuentes, a multiple Iron Man Triathlon finisher and all around good guy. Randy and I continued with the flat pace up to mile 24. During the entire race, we were within 1 - 2 minutes of our target pace. At 24, I bonked and had to let the group of 4-5 runners go. Randy "stepped up" big-time and carried them to the finish under the 4:00 time and I struggled across 3+ minutes later.

The "Gooder" News: I completed my 28th consecutive Houston Marathon.

A great experience as always and I look forward to pacing again next year.

415 Kathryn White - The first 2 miles was fairly slow followed by a couple of miles that were a little to fast for my liking. This was a result of the crowds at the beginning and then

(Continued on page 8)

THE VIATOR VET Jack Lippincott

(Continued from page 1)

In case you are not aware, there are literally thousands of those dedicated folks, who return each year to help with our super event. Please thank them, every chance you get! Many volunteers are "veterans," too, having worked on the race for 10 years, or more...

Speaking of volunteering, we will be seeking Veterans to help in our Expo booth again this year. Look for an email from me late in the Fall, if you have done this before. If not, send me an email if interested. It is a blast! We get to see most of our fellow-crazies as they come out of the "training woodwork" to do this thing (our thing) one more time... You might also check with Arlen on the Pacer deal; he usually has a slot or two unfilled, even though most of the Pacer gang are cheerful repeaters. It is very fulfilling to help others make their way through the course; and, Pace Team men and women look forward to doing it every year...

ANYWAY; the weatherman says that this heat could be gone by Christmas time, leaving us a couple of good training weeks before the big day. Stay cool out there...

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

Pace Team Stories

(Continued from page 7)

merging into the half marathon in which the flow of traffic was a little faster. However, by mile 6 we had the pace under control. We had a fairly large group at the start, mostly marathoners. Steve ran/walked and I jogged through the water stops slowly until the group caught backup. The group seemed to be pretty enthusiastic.

At the half, my watch had me about 13 seconds under the goal time. We lost quite a few runners between 14 and 18 miles, although the pace was quite consistent. The good news is that we did pick up quite a few runners as we went along. As we made the turn onto Memorial, it did not seem like the usual wind that is in our face existed. The group was very excited to see former President Bush on the course. We lost some runners between 20 and 23 miles; however, some of the runners went ahead and we picked additional runners.

Both Steve and I spend the last 3 miles yelling and encouraging the runners. I did not realize until the end that he had started a little later due to putting the sign down, so I finished a couple of seconds over 4:15:00. The good news is that the runners that were with us had finished ahead and those two seconds were well spent encouraging some hurting runners to the finish. All and all I would give my performance a B, anything less that dead on every mile does not deserve an A.

Thanks for allowing me to pace again. Count me in for next year.

430 – Peter Birckhead - My run was very uneventful other than to say I asked my group of 11 how they wanted to run giving them two choices: we can run 10:18 min. miles including walking the water stops and finish at 4:30 or we can run about 10 min miles and have a little in the bank at 20 and then slow up a little if we need to. The group elected to run 10 min miles and we did slow up a little at 22 and finished at 4:29:40.

I finished with 3 people who started with me and we had a good time.

Ernest Murry



Born:	December 2, 1950
Where:	Muskogee, Oklahoma
Age at 2011 Houston mar.:	60
Married:	Yes
To who:	Clara
How Many Years:	36
Children:	3
Occupation:	Maintenance Task Analyst
Started Running:	January 1, 1986
Reason:	to quit smoking
Where:	Friendswood, Texas
Houston Marathons:	24
First Houston Marathon:	1987
Best Marathon:	3:42
Other Runs:	Dallas White Rock Marathon, 1995; Austin Marathon, 1986
Total Marathons and Ultras:	26
Training Mileage:	Off Season 15 miles a week In Season 35-40 miles a week
Favorite Place to Run:	Frankie Carter Randolph Park
Favorite running Drink:	Gatorade
Favorite running Food:	Gu

Other Stuff: This will be my 25th Houston Marathon and I had hoped that my 2 daughters and son would be running with me to commemorate the occasion. Unfortunately, they did not get selected through the lottery. My son has complete 2 Houston Marathons and my younger daughter has completed one. My older daughter was training for the 2009 Houston Marathon but came down with an injury and was unable to run. They all started running to find out what it was that I got out of running. My younger brother is also a Houston Marathon



Veterans Board

430 - Ken Ashby - This was my 170th marathon (plus 157 ultras), my 22nd in Houston and my 4th as pace group leader.

The 4:30 group agreed to run at an even 10:17-per-mile pace, and walk for 30 seconds through water stops. It took us 1:30 after the second wave gun to cross the start. Peter Birckhead, the other leader, ran to the side to drop off his big sign, and I lost sight of him. Holding back a bit so he could catch up, I reached one mile in 10:49 and noticed him 20 seconds ahead, with each of us leading half the group.

I ran the next two miles under 20:00 and caught him waiting for us just past three miles. I ran the fourth mile in 10:08, but Peter pulled away, taking most of the group with him. My fifth and sixth miles were both 10:15, but he was out of sight. I crossed the halfway mat at 2:14:49, exactly 10:17-per-mile. My group was down to just a few, including two ladies who recognized me from the Plano Pacers and joined in at mile 11.

My runner's knee started aching, so I walked the RR overpass at 14 miles. We were 1:30 behind schedule at 20 miles, and only Linda from Plano was still with me. We decided to aim for 4:35 and enjoyed a beer at 21 miles. From there, I slowed to the finish, walking the up hills, while she ran on with another Plano lady and finished in 4:36. My finish time was 4:38:56.

The results show that Peter made the goal in 4:29:40.

(Continued on page 9)

Pace Team Stories

(Continued from page 8)

4:45 - Richard Evans - The weather was outstanding for runners aspiring to achieve a PR this year. After the gun and the crawl up to the starting line the crowd with us picked up to a good pace for our goal time. I followed chip time. Even was able to bank a couple of minutes the first few miles of the race. Lots of good company and chatter and of course the ever growing crowd which naturally thins out by the half marathon turn around.

After passing the Galleria the group became quiet but occasionally someone would comment that seeing the balloons kept them going. It was very rewarding to be reminded that we do serve a good purpose at all points in the race. One passing said he had been chasing the balloons for 20 something miles! Glad we can motivate runners and give them that extra incentive to push forward to the finish.

445 - Wes Monteith - Let me preface by saying thanks to Arlen, Jack and Carlos. I consider it a privilege to have been a pacer again after a 5 year hiatus. A note of interest: These guys work all year to make this event work not just for those who want to finish a marathon in a given time, but to give us the veterans some recognition for our achievement and the ability to give something back. In short we get a few perks as well. I am guilty as charged of not paying attention to simple instructions such as not putting the 4:45:00 pace sign at the START of the finish line, so may this be a reminder for future reference they are accountable for some of our actions, nuff said on that.

We started out with about a dozen in the group. My plan was to stay 1-2 mins ahead of pace to bank for the end. The first 5 miles was interesting as we were very slow for 2.5 and I then had a going problem. A volunteer took the balloons and I realized catching them, they were a bit faster than anticipated. This set the tone for the next 13 miles as we continued a bit faster than I had planned. We walked all water stops, which

worked well, and even a couple of impromptu walk periods to gain pace, which was well received. I continued to have a going problem, so others were able to carry balloons for a while. It was apparent at mile 15 we had about a 4:40 pace, so I reined it in a bit and several of the group pressed on with my blessings. At mile 19 I had a solid group of 4 until I backed off at 21. Running and walking at a slow pace I finished under the 2 minutes without seeing my partner in crime's balloons.

I had 8 people acknowledge my help after the fact, 5 beat 4:40 and were very happy, the others beat 4:45. I think the weather made us a bit more froggy than normal. It was a good day for a marathon.

500 Michelle Wolpert - Despite training that wasn't as thorough as I hoped, I felt confident that the 5:1 run:walk plan would be sufficient to see me through my 12th Houston marathon. Plus, Bob (my fellow pacer) had done quite a few 18+ mile runs, so I was also hoping to ride on his coat-tails.

Unfortunately, the balls of my feet started burning around mile 10, and while the Morton's Neuroma that had been plaguing the middle toes of my left foot all season was relatively quiet initially, it flared up around mile 15. Eventually the combination of burning feet and pins n needles in my toes took their toll, and at mile 18 I told Bob that I would have to do more walking and less running.

I slowed down to a 4:2 run:walk program, and Bob kept going. Pretty



**Veterans Long Sleeved
Shirt 2009**

quickly the 2-3 minutes we had "in the bank" dwindled to a withdrawal instead of a deposit for me, and by mile 20 I was right on a 5 hour pace. However, I knew that Allen's Parkway was still ahead, and that 4:2 wasn't fast enough for 5 hours. Despite liberal smearing of Vaseline at aid stations, and 4-6 advils along the way, the burning and pins n needles hadn't subsided. At this point I was running the flats and downhill's, and walking the uphill's. Along Allen Parkway I did pick up two runners, who were hoping to finish under 5:15, Joe and Dan, so we hung together for the next couple miles.

Surprisingly, given the condition of my feet, I finished in 5:07. Even more surprising was finding out that Bob was probably only a minute ahead of me due to his own problems. Seems like the 5 hour pace group just wasn't having a good day. Still, you couldn't ask for better weather, and while we hung together the group of 20 -30, 5 hour runners was definitely a fun group. I hope some of them hit the target time!!

500 Bob Hoekman - Starting In October I knew my training was not as good as planned due to a recurring muscular strain in my abdominal wall. But, I thought I was good to go and 5 hours seemed easily doable. Michelle Wolpert also had medical issues with Morton's neuroma problems, so our pace team of semi cripples approached the start line with some trepidation. The weather was great and we had a good group. Our plan was to run/walk 5:1 and built a 2-3:00 minute pad at the half way point and we did that easily. I was feeling good but Michelle was feeling foot pain. At about 17 miles Michelle went to 4:2 run walk and I continued on at 5:1. At 21 miles my abdominal wall misery and spasm hit with a fury. I told the pace group to continue on and I would finish best I could gimping in at 5:06:33 looking like the Hunchback of Notre Dame. Our pace group was great and I enjoyed the race and them immensely. I just wish I could have finished the race with them on time.

(Continued on page 10)

Pace Team Stories

(Continued from page 9)

515 Terry Fanning - The 5:15 group went very well for 22 1/2 miles. The group gathered at the start line under the sign held by my co-pacer, Richard Jares. Unfortunately Richard and I got separated right at the start. He went forward to put the sign on the right side of the start line while we waited in our area for the race to start. I never saw Richard again. Apparently he crossed the start line ahead of us and maintained his steady pace far enough ahead of us to be out of our view.

Our group was the largest I have paced so far. There were 25 to 30 people who joined in our 5/1 run/walk. Some were raising money for charity including two for the Leukemia Society, one for The Food Bank and one for cancer. There were also a few who were running in memory of a loved one. It is an honor to be able to help them.

We stuck to our 5/1 run/walk from the very start, even on the overpass over I-10 in a very big crowd of runners, up until we got to the Westpark overpass, where we walked the entire uphill. After the Westpark overpass we went right back to the 5/1 run/walk. In the first couple of miles of the race we were about 30 seconds behind pace. We made up for it well, making the half marathon about a minute and a half ahead of pace. We had a good group who seemed to enjoy the run as much as I did. At Mile 20 we had almost the whole group intact and were about 1 minute ahead of pace. In Memorial Park we had a couple of



Pace Team & Veterans Booth

runners go ahead and a few fall behind. A few runners who had gone out too fast and were walking on Memorial Drive joined us for a while.

Maintaining the pace alone kept my mind strongly upon my watch, something I am not accustomed to (last year in the 5:30 pace group I forgot to wear my watch, depending on Arlen to keep the pace). Concentrating on it in the earlier part of the race took some getting used to. After 4 or 5 miles my watch became the most important part of my gear. Around Westcott Street the warmer temperature had an effect on me, causing me to sweat heavily and breath harder on the run portion. By the time I got to the uphill from Memorial on to Shepherd, I decided to walk extra to Allen Parkway and told my group to go ahead without me. We were still a little ahead of pace. Some of the group joined me but most went ahead. On Allen Parkway, I walked the uphill's and ran the downhill's. I also enjoyed a cold beer from friends with the Hash House Harriers (God bless the Hash). I finished at 5:23:04.

It is my strong desire to pace again next year.

515 – Richard Jares - The weather was great for runners. I was concerned that after 3 days of rain that it might be rather humid. But with 48F at the start and climbing to 65F with a north wind at 10 mph, it was ideal conditions for long distance running in Texas. The sky was sunny and clear.

The various pace groups spaced themselves at progressive intervals. Some folks from previous years, like Carl and Ed, gathered around me with the big 2' x 3' pace sign. Some new runners to my pace group, like Carlos Reyes, Amy, Ruth, Carlos Perales, and Christy gathered and chatted while we waited our turn at the start line.

I clarified for some that the 5:15 stood for 5 hour and 15 minute marathon, not 5 min 15 sec per mile pace. If we ran at 5 min 15 sec pace we would be competing for \$20,000 to \$30,000.

Mostly we talked about the running strategy we would follow. This strategy was successful in former years of running for 5 minutes at 11:00 min/mile and walking for 1 minute at 13:30 min/mile. I told them that we would walk through water stations and adjust to walk up inclines like viaducts, under and over passes, etc.

In the strategy, I planned to pick up 3 to 5 minutes on the pace schedule in the first 16 to 18 miles and expect to lose that time at the 20 to 26 mile markers. The reason is that weariness, the sun, and the heat will take its toll on the brave souls that dare to complete this feat.

As it turned out, when I moved to the left side to put down the 2'x3' pace sign at the start line; a small contingent and I were separated from my co-pacer Terry Fanning. I never saw their balloons and we were not ahead of the 5:00 pace group. The crowds of runners were large.

Since we were pacing by our chip time, I forged ahead with my loyal , merry band. I used the Garmin GPS to give instant pace info and the pace arm band to check the mile markers against my stop watch. At the half way point, we were holding 3 minutes ahead of pace schedule. As we went past the belly dancers (Mile 19), we were holding 2 minutes ahead of schedule. We either missed President Bush (the elder) or he had left by the time we got to his location.

I counted down from 5 to 0 when we changed from running to walking and visa versa.

By mile 24 we were down to 1 minute ahead of pace schedule, because of walking the grades along Allen Parkway. Some of the runners, like Carlos Reyes and Amy, that were with Terry Fanning at the start, showed up at miles 22 through 25, Some of the original group pushed on to finish quicker, like Carlos Pereles and Ruth. Some others fell off pace, like Christy and Ed, and still came in with respectable times.

It is always curious to me to see how
(Continued on page 11)

Pace Team Stories



Rolling medal racks constructed by the marathon veterans for the Houston Marathon



Houston Marathon Warehouse Banners



(Continued from page 10)

many folks I might have been leading. I really can't tell during the run, because they are usually behind me. A check of the 5 hr 15 min + or - 5 min, shows 359 crossed the finish line including 8 from Galveston County. A survey of the 5 hr 15 min + or - 2 min, shows 154 souls got the coveted marathon award, including 2 from Galveston County. 36 Galveston County residents were finishers in the Houston Marathon.

I finished in 5:15:05, this is the closest to pace goal that I have done in the 3 times I was a pacer at Houston.

I am looking forward to help another 300 to 400 people reach their running goal next year.

Many thanks to UnderArmour for sponsoring the Houston Marathon pace team.

530 Arlen Isham - Sunday, I finished my 32nd consecutive Houston Marathon while leading the 5:30 pace group. It was a good day to run with mid 40's at the start and warming up perhaps to a little over 60 by the time us slow people finished. The plan was to walk twice per mile, walk the hills, and walk the water stops. The walk breaks were moved around to hit the hills. I was able to keep a good group of runners with me through the whole race by increasing the walk breaks from twice per mile for one minute through mile 16, to 3 times per mile for 40 seconds through 20 miles, and then 4 times per mile for about 40 seconds through the end. It was interesting to see that the mile splits did not drop that much until mile 25 and 26, when I put in extra short ten to 15 second walks to help the group keep moving. Our slowest mile was 13:00 on mile 26. My final time was 5:28:48, probably about 30 seconds faster than I planned. First half and second half splits were 2:43:03 and 2:45:46 respectively as expected.

Jim & I worked well through the race until he dropped back after a pit stop and pulled a muscle. Jim covered the back

of the group and I had the front. We passed the balloons around letting the runners be the leader for several minutes. That also gives us a little break. I had to make a quick pit stop on University and took about a half mile to catch up. Pictures at various points show a large group of maybe about 50 or more through the half marathon, and it dropped down gradually through the end of the race. We would lose people and pick up people. I did still have about 20 or so around me the last couple miles. Some people went on ahead and in one case finished about 5 minutes faster. One young lady carried the balloons much of the last 8 miles.

I took two "E" caps during the race to minimize the possibility of cramps. The weather was deceptive, so I kept reminding people to eat their "GU's" and drink.

Jim Healy - 5:30 (12:36 per mile pace)-

My 28th marathon and 4th year pacing. Exciting getting back to pacing after a 3 year lapse. Being hooked up with our veteran's leader, Arlen Isham, I knew the team pacing responsibility would be in good hands. I agreed to be the traveling secretary/ motivator, my specialty.

Armed with a paper tablet and pencil at the starting line, I signed up as many runners drawn to our 5:30 finish sign as I could before the starting gun went off. Bib number, name and number of completed marathons were recorded. I found this procedure to be extremely useful in the 2007 race. The info provided a way to quickly identified who in the group would probably need help and a means to determine the race results for each. This year, I had 30 runners sign up, twice the number that signed up with me in 2007.

Arlen was equipped with not one but two high tech watches to track every conceivable aspect of our race progress. One watch gave the splits at each mile marker while the other (Garmin 305) gave the pace directly. His plan was run/walk, walk through all water stations and up all hills with a starting run period of 6

(Continued on page 12)

Pace Team Stories

(Continued from page 11)

minutes. Arlen expertly guided the team to a 5:28:49 finish.

Our race group had 13 (43%) runners who had not completed a marathon. Of these, 10 ran the total distance. A total of 22(73%) finished. 8(27%) did not finish. Unfortunately my pacing effort ended abruptly under the 59 overpass (16+ mile point) while making a pit stop. I strained by left ham while exiting the port-a-can. From that point, I struggled to finish with a disappointing 5:58:40 finish time.

Felix Lugo - There is a level of stress that is associated with the 6 hour group. Specifically, we only have the 2 minutes before cushion and not the luxury of having a 2 minute window afterwards. Last year we came in at 5:57:35. This year was a bit closer at 5:58:58.

For the most part our 6 hr group fared well. We had many first timers. From the onset we adopted the 4/2 strategy set by our predecessors of running 4 minutes and walking 2 minutes.

I explained to our group that our first two miles may be off a bit but ensured them that by miles 3 and 4 we would be on track.

Our personal strategy was that I would keep track of the mile splits and Sylvia would keep tabs on the 4/2. Our group also participated as some of them were wearing pace bands. At each mile marker I would call out the splits and someone from within the group would call out how close we were according to



Veteran's Profiles

Veterans HARRA Iron Foot Winners - Fall 2009

Douglas Carlisle
German Collazos
Yong Collins
Dusty Cook
Mark Fraser
Robert Hoekman
Thomas King, Jr.
Jack Lippincott
Felix Lugo
Michael Luna
Richard Peoples, Jr.
Tom Radosevich
Kevin Regis
Kenneth Ruane
Donna Sterns
Fred Steves
David Stockton
Kathryn Vidal

Veterans HARRA Iron Foot Winners - Spring 2010

Victor Aguirre
Roger Boak
Mark Fraser
Edward Fry
Annie Hadow
Tomas King, Jr.
Jo Ann Luco
John Phillips

the pace band..

Outside of the Elysian Viaduct we walked all of the inclines. This included WestPark Overpass, the train trestle on Memorial Drive, Shepherd incline and Allen Parkway. .

The group stayed together until we got to Tanglewood, then some went ahead and others began to fade. I believe due to the fact that we were out there the longest, the heat was a major factor with our group..

We had a few who began with us that
(Continued on page 13)

Veterans Committee

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

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

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

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

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

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

Special thanks

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

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

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

Pace Team Stories

(Continued from page 12)

stayed with us to the end. We made it up from those that we lost along Tangelwood as we picked up additional runners along Memorial Drive. As we came across them we explained our strategy, pace and splits. We made believers out of them as they stayed with us and crossed the finish line with a minute to spare.

All in all we had a very positive marathon. Of course until we crossed the finish line. But that is yet another story.

The only negative Sylvia and I had was before we left the Convention Center. As is the norm we decided to use the restroom before we headed to the starting area. What a shock we received when we went upstairs and noticed long lines at the men and ladies' restrooms. At first we thought we were in the wrong area. We tried finding other bathrooms, but were quickly and rudely turned around by police officers and a marathon official.

We went back and stood in line. I took notice that most of those in line were regular runners who decided to come upstairs. There was not a marathon official there to monitor the situation. While we did make it to the start in time, if the lines had been any longer we might have missed it.

Nonetheless, Sylvia and I are ready to come back for a third year if at all possible.



Pacer Balloons



**Pace Team Introductions
Lugo's**



**3:40 Pace Team
Carlos Reyes**



**4:15 Pace Team
Murray & White**

Veteran's Perks

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

- 1) Veterans would receive a special runner's bib – in order to receive bib, runner must be registered by November 1st!
- 2) Veterans would be allowed to register through Oct. 15 for the 2011 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 2011 race.
- 5) The top Male and Female veterans would be granted Elite status.
- 6) Veterans 25 years and up will receive a complimentary Banquet ticket if there is a banquet.
- 7) 25 year free entry will only be next year going forward, recognition at banquet, 2 banquet tickets and 25 year golf shirt.

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

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

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

Finally for the 2011 race, veterans with 5 to 9 Houston marathons were allowed early entry into the race avoiding the lottery.

Top 20 Veteran Men & Women's Chip Times

Viator Data Master Dalton Pulsipher

	First	Last	Sex	Age	GunTime	ChipTime
1	Andy	Gardner	M	29	2:40:56	2:40:55
2	Richard	Peoples	M	50	2:55:42	2:55:40
3	Bernie	Babinat	M	45	2:56:12	2:56:04
4	Matthew	Padon	M	41	2:57:27	2:57:25
5	Kevin	Regis	M	50	2:57:42	2:57:37
6	Garrett	Rychlik	M	42	2:58:17	2:58:10
7	John	Yoder	M	38	2:59:40	2:59:33
8	Rich	Fredrich	M	52	3:01:21	3:01:18
9	Alexander	Valdez	M	40	3:03:46	3:03:35
10	R	Ybarra	M	51	3:06:27	3:04:56
11	William	Henderson	M	47	3:10:06	3:09:57
12	Jeff	Eisele	M	39	3:10:13	3:10:02
13	Mike	Baron	M	56	3:14:34	3:14:18
14	Thomas	King	M	41	3:15:59	3:15:57
15	Ben	Sopchak	M	54	3:21:46	3:21:24
16	Blair	Zimmerman	M	60	3:22:50	3:22:23
17	Kenneth	Ruane	M	68	3:22:52	3:22:29
18	Rudy	Serrato	M	52	3:25:09	3:24:45
19	Jeff	Nash	M	48	3:25:16	3:25:05
20	Robert	Hahn	M	28	3:25:53	3:25:41

There are 415 active veterans, 141 of them are streaking. The average age of active vets is 53. There are 484 inactive Vets.

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

90 veteran women and 325 veteran men finished the 2010 Chevron Houston Marathon.

There are 15 active 70 + year old Vets

Named below are the 70+ vets

Name	# Finishes	Age
Ray Boytim	32	77
Louis C Waddell, Jr	32	70
Boris Balic	30	73
Jim S Healy	25	76
Bill Duer	24	76
Lee Miksch	24	73
Carl Lindsey	22	70
Jim Braden	20	74
Gunnar Sanden	19	70
John Fredrickson	19	71
Cliff Burgess	16	71
Dan Shuff	14	74
Jim Schleisman	14	76
Nelson Harbison	11	70
Don Brenner	10	70

1	Barbara	Stoll	F	48	3:04:54	3:04:52
2	Caroline	Burum	F	44	3:07:42	3:07:39
3	Marlene	Hicks	F	44	3:15:43	3:15:22
4	Suzy	Seeley	F	50	3:23:06	3:23:03
5	Susan	Rouse	F	51	3:28:37	3:28:02
6	Donna	Sterns	F	56	3:29:20	3:29:18
7	Caryn	Honig	F	44	3:33:11	3:32:19
8	Carole	Uttecht	F	54	3:33:21	3:32:55
9	Kristen	Foxley	F	43	3:33:44	3:33:15
10	Annie	Hadow	F	45	3:38:46	3:38:24
11	Robin	Proctor	F	46	3:38:46	3:38:27
12	Rhonda	Emerson	F	52	3:45:50	3:44:36
13	Leslie	Russell	F	43	3:51:10	3:49:21
14	Yong	Collins	F	55	3:51:09	3:49:54
15	Holly	Vreeke	F	39	3:52:46	3:50:09
16	Claire	Greenberg	F	47	3:53:20	3:51:58
17	Carol	Schmidt	F	50	3:53:42	3:52:43
18	Margaret	Halsey	F	53	3:55:35	3:54:59
19	Eva	Luckey	F	55	4:01:15	4:00:28
20	Janice	Burkes	F	54	4:05:00	4:03:13

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

**Fastest 2010 Houston
Marathon times
Veterans**

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

**Marathon
Age
Group
Winners**

						Age Group
First	Last	Sex	Age	Chip Time	Place	
Caroline	Burum	F	44	3:07:39	1	
Blair	Zimmerman	M	60	3:22:23	1	
Donna	Sterns	F	56	3:29:18	1	
Kenneth	Ruane	M	68	3:22:29	1	
Candy	Ludwick	F	61	4:38:46	2	
Yong	Collins	F	55	3:49:54	2	
James	Schleisman	M	76	3:53:52	2	
Marylyn	Patrick	F	65	4:33:21	2	
Richard	Peoples	M	50	2:55:40	2	
Suzy	Seeley	F	50	3:23:03	2	
Bill	Duer	M	76	4:55:54	3	
Kevin	Regis	M	50	2:57:37	3	

**ChipTime was
used for all of
these rankings**

**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.**

Grouping	Sex	First	Last	# Finishes	Age	ChipTime	WavaTime
Over 30	M	Clent	Mericle	34	56	3:37:00	3:08:48
Over 30	N/A						
30	M	Charlie	Viers	30	68	4:07:28	3:10:33
30	N/A						
Over 25	M	Tony	Allison	26	54	3:42:54	3:16:10
Over 25	F	Susan	Rouse	27	51	3:28:02	3:05:09
25	M	J	Reed	25	53	4:18:50	3:50:22
25	F	Marylyn	Patrick	25	65	4:33:21	3:30:29
20	M	Rich	Fredrich	20	52	3:01:18	2:43:11
20	F	Carol	Schmidt	20	50	3:52:43	3:29:27
15	M	Richard	Peoples	15	50	2:55:40	2:39:52
15	F	Robin	Proctor	15	46	3:38:27	3:23:10
10	M	Garrett	Rychlik	10	42	2:58:10	2:52:50
10	F	Christine	Brasseaux	10	46	4:34:03	4:14:52