

Houston Veteran's News

March 2000

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

Your wandering vet finds his mind wandering to the subject of alternative training methods. As we get older – us veterans by definition are older runners - it becomes necessary for most of us to run less and rest more. A middle ground, for folks who feel that they must do “something” every day, is to try some form of cross-training, or maybe a lower-impact-type running. Possibilities range from the obvious and easily available: bike-riding, aerobic workouts, or aqua jogging; to the esoteric: square- dancing, cross country skiing, or adventure-training. Benefits include giving running muscles a break from their usual motions, less pounding on the joints, occasional extreme-cardiovascular efforts, and the mental refreshment gained from exercise that is different or unusual. Think about it. We veterans tend toward being comfortable with the normal routine. It has worked for so long, why change anything? I’ll tell you why. We’re in a rut! Give your legs a rest and your fitness level a jolt at the same time. Try something more exciting than changing from clockwise to counter-clockwise on your usual running loop. You could develop a

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Houston Marathon Veterans January 16, 2000



2000 & HOT

This symbol represent the hot sun beating down on all of us on January 16. Maybe we thought last year was hot, but this year was worse.

Men’s winner was Stephen Ndungu at 2:11:28 about 4 minutes faster than his winning time last year and his third victory in a row. Also with her third victory was Women's winner, Tatiana Pozdniakova at 2:32:25, one minute faster than last year.

The last official Runner was 4646 at about 5:33:00. 6,783 men and women started the race. The heat caused several hundred to finish over 5:30 with some people still coming in at 7:00.

The Marathon had Pacers for the second time in history and even the experienced pacers struggled with the hot and humid conditions.

Reports from the medical area indicated fewer heat-related problems than last year and only a handful of entrants were transported to local hospitals. The Pacers provided a guide to many runners, even those not

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Contact Arlen Isham at
“E” Mail - isham@flash.net
Fax - 713-988-9298

If you are not getting periodic “E” Mails with information, it means we do not have your address or a correct address. I have at least 40 “E” mail addresses that do not work.

Send me an “E” Mail to be added to our “E” Mail list.

PAST & FUTURE

Jan. , 1992, 8 years ago.

20 TH. Anniversary
Houston -Tenneco Marathon

1992 U.S.
Olympic Women's Trials

Filemon Lopez, Mexico, won in a 2:13:12, about 50 seconds ahead of Michael Heilmann of Germany.

Janis Klecker, Minnesota won the women's race in 2:30:12, only 14 seconds ahead of Cathy O'Brien of New Hampshire.

Along with Janis & Cathy, Franci Larrieu Smith qualified for the Olympics.

The men's master winner was Don Paul, at 2:26:56 and the women's master winner was

Nancy Prejean at 3:11:07.

Total entrants was ????. Of that number, 3,785 finished, 3,055 men and 730 females.

Weather was warm on this day in January, 1992.

Gene Askew headed up the list of 10 year or more veterans with 19 finishes. Jack Lippincott was second with 18, and Thomas Grubbs, Clent Mericle, and Bill Osgood tied for 3 rd with 17.

Joyce Gaskin led the women's list with 13 finishes.

The list was 62 people long. 6 people were first time 10 year veterans.

Race Calendar

- 4- 8 Bellaire Trolley Run 5K
- 4-15 Woodforest 5K
- 4-15/16 MS 150 Ride to Austin
- 4-17 Boston Marathon
- 4-29 Run for the Arts 5 K
- 5- 6 Bayou Bash Relay
- 5-20 Bay to Beach Mar. Relay
- 5-20 COMBAT Tri .3s/15mb/3mr
- 6- 3 Heights 5K

Daniel Jason, a 17 year veteran has wrote a book. I have read it and it is good.

See website for information

www.websitewinners.com

Arlen R. Isham
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Upcoming Events

**Mt. Whitney
&
Death Valley**

July 20 to 23

Call Arlen Isham
713-455-4858
Or see Website Below

<http://home.houston.rr.com/striders/>

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

Running is a big question mark that's there each and every day. It asks you: "Are you going to be a wimp, or are you going to be strong today?"

Tour de Bayou X-Country Series

Every Wednesday beginning on April 5 for at least five consecutive Wednesday. The Location for the race varies each week.

Call Roger Boak at 713-665-0757

Pick your top 50 Things to do before you die. Write them down and start to do them. We can only go around once and the clock is running.

Houston Marathon Veteran's Pacing Team



Houston Marathon Veterans Pace Team

Roger Boak, Steve Boone, Clifford Click, Jim Healy, Tim Henry
Robert Hoekman, Paul Hotzhauer, Arlen Isham, Charles Isler,
Steve Karpas, Diana Keinz, Robert Koester, Jack Lippincott
Jeff Ravlin, & Phyllis Thompson (Everyone not Pictured)

SPECIAL THANKS FROM THE HOUSTON MARATHON STAFF,
JACK LIPPINCOTT, & MYSELF FOR HELPING PACE.

Arlen Isham (4:59:20).

My personal experience was very good in spite of the hot day. I can not remember, who was the other person that helped with the 5:00 hour group. I could hear your group making noise back there during the walks. I do think my group can count down to 1 better than your group.

I really do not know how many I had at the start. Maybe a hundred or more. I did finally realize why my heart monitor didn't work. I knew 170 was high, since it has not been that high in many years. People who had transmitters on surrounded me and it was screwing up mine.

We had a great crowd all the way through the half, with walks every mile for one minute through the water stop

areas. I would give the mile splits to my neighbors and they would pass it back. It sounded like an echo. When we got ice a couple spots, it would get passed back. A real nice team. Still had a good group through 13. After the half, I added about 10 seconds per mile to the walk, and we still stayed on pace. At 20 miles, I was up to one minute & 20 seconds per mile for the walk. Started losing more people through the last six. Walked all the uphill by timing the walks with the hills and also with the water. For the last two miles, I was down to two ladies running their first marathon. Switched to a 4-minute run and one minute walk to keep them moving and we came in together at 4:59:20.

I waited around at the exit of the chutes for about 15 minutes and saw many of our group come through. The

best part of being a pacer is the appreciation from the people coming in.

Paul Holzauer (3:40)

This year's Houston Marathon was a blast. What I mean by this is, I volunteered to run as a "Pacer", to perhaps others in the Marathon.

Early last fall I spoke to Jack Lippincott about running the Marathon as a "Pacer". Jack encouraged me to consider running with a group of runners who want to accomplish their and could use a voice-of-experience along the course. After some consideration, I signed-up to pace the 3:40 group. My training took on a different meaning, because now I was considering all those who I would eventually be running with and working each mile together.

The night before the Marathon (as we all do), we dwell over our training, the next day's weather conditions and the goals we have set for ourselves. It then occurred to me that in the past I have always considered my own performance and now this year it overwhelmed me that now as a Pacer, there may be some 30 runners looking to or counting on me to run their pace, talking, supporting or whatever it takes to help them achieve their goals. Wow, this became big.

The Marathon turned out to be fun. I really enjoyed acting as a team-leader, encouraging, making jokes and whatnot in an effort to make it fun for those who ran with us. I fully endorse "Pacing" to my fellow runners. To go out there and use your experience to assist and help others accomplish their marathon goals. Your marathon will take- on a new meaning. And you get a neon yellow sun visor to wear.

Bob Koester (4:54)

Arlen: The 4:30 groups were much like yours. Clifford took a group that he

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whole new personality while you train! The newest trick is “virtual exercise.” Surf the internet looking for free workout tips, race info, and bargains on running gear. You can even get the old heart-rate elevated by checking out some websites that can’t be mentioned in this “family publication...” (Ask Arlen to email you his maintaining-perfect-form-while-beach-running film).

Earlier, I mentioned that veterans are “mature” runners. The average age of all active vets is almost 51 years old. Double-vets average 56+. So, more than half of us pay our AARP dues AND our running club dues. Hey; we represent “grey-power” at its peak! Let’s use it. Maybe we can get our congresspersons to pass a bill providing Medicare reimbursement for heart-rate monitors! Just as a preventive-medicine measure, of course. We don’t have to tell anyone that we use them on the track...

Be safe out there – on the roads and in the chat rooms...

Special Thanks to all the Veterans, who helped with the Houston Marathon Veteran’s Booth on Friday & Saturday.

Arlen Isham, Jack Lippincott, John Lippincott, Burke Randolph, Steve Craft, Chuck Waggner, Phyllis Thompson, Len Emge, Daniel Jason, Dan Dick, Bob Hoekman, John Ellis, & Esther Ellis.

Pacers Continued

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gathered that wanted to run through the aid stations and I took the group that wanted to walk. The walking-thru-aid-station-4:30 group was very cohesive in that they did not start running again after each aid station until the pacer started. In fact, it seemed that if I would have walked from the five-mile aid station to the finish line that the group would have walked with me. A fair bit of banter seemed to keep the group busy and the miles clicked off rapidly. For example, as you pointed out, when one gets to be a veteran, the years have also added up to being older. But this 4:30 group decided that I must be young and that running has just made me look old.

That was a real vote of confidence when you are trying to look like a running gazelle -- while trying to ignore the knobby bowlegged knees and grizzled face!

After the planned slow start (12-1/2 minute first mile), this group got onto the 4:30 pace by the 10-mile marker. By the 14-mile marker, the pace started slowing again and as the miles went past, this pace group dwindled down -- victims of the heat and humidity. We all agreed that the red flag warning of the weather conditions along the course had a demoralizing effect on our performance -- an example of the problem with mind over matter, if you don't know it's bad, it isn't. The revised stated goal of the group was "to finish" which this group seemed to accept and looked to the veteran pacer to assure for them. The weather made the 4:30 pace inadvisable and that's what a slow start and an even slower finish hopefully helped most all of them do.

Charles Isler (5:27)

Arlen, thanks for the opportunity to Pace during the marathon. I was OK for most of the race but developed large blisters on both feet and slowed to a snails pace. Since I was not in the snails pace group the blue dots faded from my eyes. Also your recommendation about pinning on the

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**1999 / 2000 HARRA IRONFOOT
AWARD WINNERS -
VETERANS**

Bill Duer
Richard Fredrich
Robert Hoekman
Jack Lippincott
John Phillips
John Wieser

Veterans Web Site??

It would be great to have a Houston Marathon Veterans Web Site.

Out there in Veteran’s World has got to be a veteran who would just love to help Jack Lippincott and myself put it together.

Hey, it can be something we can send information to, share ideas, send pictures of your adventures or stories, and provide links to Running Related items.

Call Jack if you would like to help do this. Jack and I are not good enough.

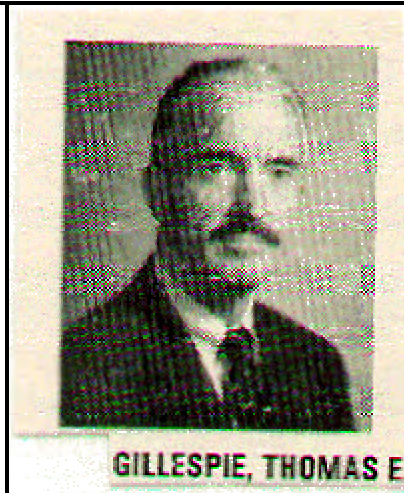
Jack Lippincott at 713-935-9202

William Van Pelt



This 24-year Veteran and professional Podiatrist is a long-time mover and shaker in the Houston running community. He has been a race director (and founder of the Village-5), race official, race committee-person (Houston Marathon and others), and a columnist at Inside Running Magazine for over 15 years. He is also a standout member of the American Medical Joggers Association, and a popular speaker at conventions and running expos. He started running in 1976 at the suggestion of a (now-famous) patient - Pete League, founder of our Houston Marathon. Bill was a smoker and non-exerciser, so his early involvement with the running community changed both his life and his career. His first fun-run was the Galveston Shrimp Run in 1976, and his first Houston Marathon was 1977, though he had already been the featured speaker at the post-race beef stew dinner in 1976. He has gone on to finish every subsequent Houston, as well as major marathons all over the country - and the world - including New York, Boston, Marine Corps, Chicago, London and Honolulu. So, a little plug: if any of you veterans are suffering "de agony of da feet," this is the man to see...

Thomas E. Gillespie



Tom is a radiologist, and if you've wondered why you haven't seen him in his usual running haunts around town, his practice has him OUT of town the biggest part of every week these days. He is currently burning up the logging roads in East Texas for about 40-45 miles per week, but plans to get back into some interval training this fall to prepare for the warm-up series. Tom was born in Belfast, Ireland, but grew up - and went to medical school - in Dublin. He started running in 1967-68, while in the service. Though he was in pretty good shape from playing racquetball, it took him some time to build up beyond a mile or so. A friend sent him a form for the 1977 Houston Marathon, so he gave it a try, and has finished all of them since then. Tom has also done a number of Bostons, and had a personal-best of 2:57 at Dallas in the early 80's. He has never dropped out of a marathon (yes, we always thought he was smarter than that) and especially likes New York, and the Dublin Marathon, where they serve cups of tea with milk at the aid stations! He has never really had any serious injuries, and plans to keep it up until he's "old and gray." (Hey, Tom; I saw you a few weeks ago, and - I hate to say it, but - you can take a break soon...)



Pacers Continued

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dots was a good one for I lost most of mine. All in all it was a great experience except I missed the photo. I could not navigate the fences around the convention center. Well maybe next year. Thanks for including me.

You guys did a great job. Early on the pacing was easy, but the heat and the extensive water breaks slowed everyone down. I did not do the best I could have, but for those blue buttoned folks who stayed the course, thanks for your courage. I will comment that the courage shown on Sunday was even greater than the courage shown a few years ago in the ice and rain. There are many stories of just plain not giving up and I saw and talked to many. As has been said many times, "I have stayed the course, and finished the race". Just a brief note on one small instance. The couple that were married on Sunday at the eight-mile mark, had met at the marathon last year. We passed them in Memorial Park. The person running next to me asked if they would return next year for their anniversary. The groom said yeeees, and the bride said he...ll no. The person asking the question said aha your first big disagreement. Will they return next year? Stay tuned?

Jack Lippincott (4:08)

I feel that I "sacrificed myself" to the hot weather just by showing up... had agreed to pace a 3:10 group - thinking we were overdue for a good day; that's what I get for thinking! already decided the evening before that 3:25-3:30 was more reasonable for the conditions we would face. turns out that was still wildly optimistic .my cooling mechanisms get a little less efficient each year, a process possibly accelerated by overuse at the Houston marathon... I did hold up the 3:10 sign at the start, and attracted two runners (only one of who was wearing the dots). I introduced them to each other, and wished them Godspeed... actually did run a 7:15 first mile, getting them on their way, but cut

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Pacers Continued

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way back immediately after. by halfway I developed those familiar, dead-leg feelings that used to not show up until at least mile 18. uh-oh, big trouble. by mile 17, I was doing my best Galloway imitation, and really pouring down the PowerAde & water at every opportunity. never ran a whole mile from then on, but didn't have the cramping or dizziness that I saw all around me. stay hydrated, folks!! my oldest son, jay, jogged part of my last mile with me downtown. shared with me that he was just about to leave when I showed up, figuring he'd missed me somehow. ended up with a "p.w." for Houston - 4:08, but not bad at all in the big picture. another notch in my heart-rate monitor!!

Diana Keinz (3:28)

The pacing went great! I kept a steady pace for my group...we were one minute ahead of schedule at mile two, I told them that it is hard to hold back much more than that the first couple miles. Then we were steady with a one minute 'cushion' throughout. However, by mile 16 I had lost all of them. (I did remember one persons name and she finished in 3:38). After mile 16 I kept every mile at 7:56 or 7:57. I finished in 3:28 and felt strong.

I really enjoyed doing the pacing for the group. It was a new way for me to run the marathon, i.e. being responsible for more than just myself. I also loved getting to use the upstairs restroom! I had about 10 people with me at the starting line and then during the marathon early miles a few more tagged along. After a lot of years of running, I know that for me, at least, the secret to marathon running is a steady pace and then heading for negative splits after mile twenty. So, that's just what I did. Hope you had a good run. I look forward to meeting you one of these days.

Veteran Profiles

We are doing profiles on all the "Double Veterans" As we do these newsletters, we should eventually catch up with all the 20 year Veterans.

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directly running with a Pacer, by showing how to run the race by using walking breaks and encouraging fluid replacement.

Fastest 2000 Houston Marathon time

20 + Years group was **Clent Mericle** at an impressive 2:54:05, not unexpected for a young guy in an old guys (persons) group.

20 Year group was lead by **Jack Healing** at 3:20:42.

15 Year group was lead by **Richard Campbell** at 3:20:30

10 Year group was lead by **John R. McKenna, Jr.** at 3:16:51.

Clent Mericle



Clent lives in Corpus Christi, so we don't get to see him in the Houston area much during the year. But, boy! Does he ever make up for it at marathon time... Clent started running as a sophomore at King High School in Corpus, in 1969. He had to give up the band - and his trombone - but he never looked back. He was running the mile in the 4:20's as a senior, good enough to get him a college track scholarship. Since he wasn't doing cross-country there, he got into distance training on his own, and tried the old Galveston Marathon in November, 1973. It took him two hours to do the first 20 miles, followed by a "crash and burn" 1:16 to do the last 10K, but he was hooked (sound familiar? Yes, we're all crazy the same way...) He came back just a month later and did the 2nd annual (December, 1973) Houston Marathon, finishing 4th place overall in 2:45. And that was just the beginning. Clent went on to win our race twice, in 1975 and 1977. He also qualified for the U.S. Olympic Trials in 1980. Today, he is still a tough competitor in the masters division at age 46 - but a relative youngster to be so high up on our veterans list. Clent stays busy in South Texas as a draftsman and designer, and puts in a lot of time working with young triathletes in his triathlon club "S.T.A.R. R.S." (South Texas Association of Runners, Riders, and Swimmers). He has also been a "Team-In-Training" coach/runner for the last two years, traveling to big marathons like Honolulu, Vancouver, Disney, and Rock 'n Roll. So here is a man who gives back to his sport way more than he gets out of it. We veterans are proud to have his name on our list...