

Houston Veteran's News

May 2001

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

NO MONEY

Well, the first Compaq Houston Marathon is in the record books, and the high-tech connection has brought some real exciting stuff to our race. The runners, the spectators, and the expo have all benefited from some new features, thanks to our rocket scientists in Tomball. There is the promise of more bells and whistles to come. As usual, we Vets are looking forward to what the future will bring, and are up for almost anything. Well, short of a permanent chip implant (although I'd take it, if it came along with a pacemaker that's set at seven minutes per mile; and, maybe a 365 day time-release viagra capsule)...

The latest controversy surrounding our favorite event is the time-limit debate, with the related discussions on starting time. This subject hits pretty close to where we Ten Year Veterans live, if only because we are generally an older - and mostly getting slower - group of runners. On the one hand, a lengthening of the official finish time limit could extend our personal streaks for another couple of years (as it would

(Continued on page 11)

The Pacers provided a guide to many runners, even those not directly running with a Pacer, by showing how to run the race by using walking breaks and encouraging fluid replacement.

Fastest 2000 Houston Marathon times

20 + Years group was **Clent Mericle** at an impressive 2::53:59. Clent was also first in the Men's Age 45-49 bracket. Second place in the 20 + year group was Rick McMahan at 3:20:21

20 Year group was lead by **Jim Healy** at **4:04:38**

15 Year group was lead by **Kenneth Ruane** at 3:10:13

10 Year group was lead by **Kerry Staats** at 3:04:02

Other veterans placings were:

Marylyn Patrick	2 nd	55-59	F.
Gunner Sanden	2 nd	60-64	M
Len Emge	2 nd	70-74	M
Gail Sabanosh	2 nd	45-49	F
Orville Kremmer	2 nd	65-69	M

If I missed anyone, let me know.

Houston Marathon Veterans January 14, 2001



Contact Arlen Isham at
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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

January, 1994

The 3,948 finishers among the 5,648 starters was a Houston Marathon record. Alevtina Noaumonva of Moscow celebrated her 34 th birthday by being the first female across the finish line with her clocking of 2:34;47. The male winner was 33-year old Colin Moor (2:13:34) of England, who was running his first 26.2 mile race in six years.

For the second year in a row, Russians scored a master sweep. Yuri Mikhailov (2:20:34) was tops among the men 40 and older while Irina Bondarchuck

(2;50:28) repeated as the women's winner.

Port Arthur's 82-year old Clyde Villemez (5:44) completed his 22 nd. Houston Marathon

Top Veteran was Gene Askew with 21 Houston Marathons.

The list of ten year or more Veterans was 97 people long.

11 new ten year veterans.

Race Calendar

- 8-05 Sugar Land Du
- 9-01 TX State Champ. Adv. Race
- 9-15 Gater Run 5 K
- 9-23 Tri Andy's Tri
- 10-06 BrazosPort 10 Mile
- 10-13 Race for the Cure 5 K
- 10-14 Lake Tahoe Marathon
- 10-21 Warm Up Series 20 K
- 10-28 Marine Corps Mar.
- 11-04 New York Mar.
- 11-11 San Antonio Mar.
- 11-11 Warm Up Series 25 K
- 12-02 Warm Up Series 30
- 12-08 SunMart 50 K / 50 M
- 12-09 Dallas Mar.
- 12-09 Honolulu Mar.
- 01-20 Houston Marathon 2002

INFORMATION CHANGES

Address, Telephone
"E" Mail, Etc.

Send to Arlen Isham
12803 Peoria St.
Houston, TX. 77015

Upcoming Events

Lake Tahoe Marathon

Texas Trails

Disney world Marathon

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.

www.runnersworld.com/
www.harra.org/
www.runningnetwork.com/
www.rrca.org/
www.runreview.com/

Our sympathy to the family of Dennis Deischl; he started running the marathon in 1986, and ran most of them since. In total, he had run 27 marathons since he started in 1986. He died of pancreatic cancer back on Feb 11th - with very little warning.

Thousand Marbles

If you put a 1,000 marble in a jar and begin to pull them out once per week, you only have 20 years of weekends left.

Houston Marathon Veteran's Pacing Team

Closest to Predicted Pace

Arlen Isham 4:45:00 4:44:55
Diana Keinz 3:22:00 3:22:08
Roger Boak 3:00:00 3:00:18

Within 3 minutes of Goal Pace

Richard Campbell
Gail Sabanosh
Lee Norris
Boris Balik
Cheryl Trimbur
Wing Evans

Lonnie Brauner - (4:15 Pacer)

Thanks for the opportunity ! It was fun and a new way of running a marathon.

I went out in 201 to the half with the idea the second half would be hot and slower by 8-10 minutes. Most of the runners with us were fine with that and ran very well! It turned out that it never got that hot and we ended 10 minutes faster than planned.

There were a couple PR's and there were some tears flowing from a few first timers!! That was great!!

Suggest that the pacer idea be marketed better for more participation. Suggest that pacers have their time posted on their backs rather than just a dot. Suggest that we have dots (or something like that) to give to the people at the race start as there were very few people with the dots and needed them (or would have taken them).

Bob McDowell - (3:45 Pacer) -

I really enjoyed being a pacer in the marathon yesterday. All of the 7 runners that started with me, for a 3:45 goal, came up to me after the race &

(Continued on page 4)



Houston Marathon Veterans Pace Team

Roger Boak, Diana Keinz, Wayne Rutledge, Richard Campbell
Gail Sabanosh, Bob McDowell, Robert Hoekman, Wes Monteith
William Buffum, Lee Norris, Lonnie Bauner, Robert Barnhill, Jr.
Anastasia Aourik, Jeff Ross, Arlen Isham, Boris Balik, Chuck Isler,
Cheryl Trimbur, Phillip Smith, Jeff Ravlin, Ester Ellis, Wing Evans

Thanks for Pacing

Bob Hoekman - (4:00 Pacer) -

The good and bad were as follows. I again had a very appreciative group of runners and the weather was improved from the last two years. I got my subgroup about 6 left) to 15 miles at exactly 9:09 pace and at that point my injured hamstring was screaming so told them to go on as I would have to slow down. I eventually finished in 4:11:something. I saw several of my group in the center and one man finished 10 seconds under 4 hours and the next best were two at 4:07. The rest ended up behind me. William Buffum finished in about 4:30, he told me, and Wes Monteith cratered at 22 miles, fin-

ishing in 4:05, after staying on pace to that point. He had 3 or 4 people still with him who went on to finish at about 4:00. We started with 30 or 40 people, plus people who joined us on the course for periods. To the best of my knowledge 4 or 5 people actually made the 4:00 goal. The weather definitely affected everyone in the second half of the race as it warmed up and the sun came out. Everyone who ran with me expressed thanks and felt they could not have done as well as they did without the pacing and several told me they had PRs.

Charlie Viers

Who says marathon runners haven't got enough brains? One of our veterans has plenty, and to spare. Charlie Viers earned a PhD. from Arizona, and is a college professor (retired) from Northwest State University in Louisiana. Born in Prichard, West Virginia, he was an irregular runner in high school and college. But he began to go at it seriously in 1971, for health, fitness, and as a group social activity. Charlie blazed through his first marathon – the Crowley Rice Festival of 1976 – in 3:08; but that was just the beginning. In 1980, at New Orleans, he reached a PR of 2:38!! His best Houston was a 2:44, that same year. He's done 23 Houston's, 9 Bostons, and marathons in 20 other states along the way – as well as Canada, Ireland, and England. This guy has been around! Altogether, he has completed 102 marathons (49 of them under 3 hours), 4 ultras, and countless shorter races over the years. His PRs include 16:35 in the 5K, 33:16 in the 10K, and 1:16 for the half-marathon. Charlie got this strong doing 85-90 miles per week back in the 1980s, and still puts in 50-60 these days. His son, Casey, is 28 years old; and get this - his father is 90! By the time Charlie gets there, he'll probably have about a thousand marathons to brag about...

Jack Browder

Corporate honcho Jack Browder likes to run by himself, except when he's running with other people... Actually, his Saturday mornings are scheduled for a "social run" with a group that does a hard 10-miler through River Oaks. Outside of that, he does consider most of his 25-30 miles per week to be quiet time. Jack is COO for eCORP, and has a lot to think about while pounding the pavement. He picks up his mileage – but only to the high 30's – in the two months prior to the Houston Marathon. He started doing those in 1979, and has 23 in a row, so far. His best time - a serious 2:49 – was back in 1982. Jack was born in Groesbeck, Texas (don't ask me, I don't know either). He and his wife, Becky, have two sons – Tommy, 13, and Ben, 5. He ran a little bit while in high school, but got into it as an adult in 1976, as a way to stay in shape. His father had open-heart surgery at age 42, and a fatal heart attack at 48. Jack is a very focused exerciser... Other than the marathon, he enjoys 5K's and 10K's, including the Bellaire Trolley, the Heights, Conoco Rodeo, and Baytown Heat wave (the late and great...) He also plays some handball and golf - but the golf isn't as much fun since his son Tommy started kicking his butt all the time...

Pacers Continued

(Continued from page 3)

thanked me for helping them set the pace. One runner, Rick - age 24, was running his first marathon and he finished in 3:45. I stayed with him until mile 22, when I made a pit stop, but I told him to just keep up the pace. I finished in 3:48:27 (my watch). After listening to Jeff Galloway on Saturday, I decided to try walking at the water stations & it really helped my legs. We walked 30 seconds at the water stops starting at mile 3 & stayed with that plan throughout. None of the other runners had tried that either & were a little skeptical, but all agreed that it proved to be a good plan.

I enjoyed getting to know the other runners in my pace group to take your mind off the race and it was a good feeling to know you helped other runners reach their goal. I think I'll volunteer as a pacer again next year (maybe for 4 hours, instead of 3:45!). The Elite Runner pass for the bathrooms was a nice benefit also!

Cheryl Trimbur (5:00 pacer ... gun time 5:02; chip time 5:01)

The night before the race I was ill. (Chills and flu-like symptoms) The morning of the race, I felt significantly sub-par but filled with adrenaline. I went to the church service and prayed my one-month training regimen (started long runs in December due to an i.t. band injury) and whatever illness I had would not impact my pacing efforts.

Our pace group consisted of five or six people off and on during the race. I know there were some folks who followed along behind but I'm not sure how many so I don't have
(Continued on page 5)

Russel Elfstrom

As a junior high cross-country, track, and football coach, Russell Elfstrom is a man who can do it as well as teach it. He lives in Deer Park with his wife Gina, and sons Ryne and Keith. He was born and raised in Texas City, and began running when he, himself, was in junior high. Along with coaching, he is an elementary school PE teacher, and got into Mara honing to stay in shape for his job. Keeping up with his teams will make him strong – if it doesn't kill him first... He's not only done 23 Houston's in a row, but has a New York City, and several Bostons under his belt. His best times in Houston are in the 2:47's, and he had a 2:45 at the Woodlands run back in the mid-80's. Russell has 33 total marathons to his credit so far. He logs 25-35 miles per week during the off-season, and likes to run 5K's every so often, "when he has time to train." His PR at that distance is a very impressive 16:02. No wonder this guy can lead by example!! However, he's not the fastest one in his own family. His son Ryne, a freshman at Deer Park High School, has already run a 4:30 mile this year. Dad has given up trying to stay ahead of the next generation...

(Continued from page 4)

an accurate count. Primarily, however, there were two gentlemen who stuck by my side until mile 22. They were great fun. We talked and joked the whole way. And, I'm proud to say that we hit the half-way mark exactly on 5-hour pace. We had hoped to be a little ahead of that as we banked a few faster miles early on, but a couple of bathroom breaks slowed the average to exactly 5-hour pace at the half. We maintained that exact pace until 22. At that point, I ran over to get some supplies from my husband and my co-worker who was dressed like "Zena." My pace group fell apart at this point. The guy who felt the freshest picked up the pace and ran ahead. The other guy fell back. I tried to catch up with the faster guy to see if he would go under 5:00. But, I went out too hard and my i.t. band seized up so I backed off and hoped the slower gentlemen would catch up. I crossed the line alone, but I was not alone for long. The runner who went ahead did break 5:00 and was waiting to thank me. That made the day totally worth it for me. I wish I could have found the other gentlemen who diligently stuck to the pace. I imagine he finished around 5:04 or 5:05.

This was a great experience for me. It was nice to meet some of the other veterans, especially Boris -- a very nice, funny gentleman -- who also led a 5:00 pace group.

I would highly recommend pacing to anyone. See you next year!

Wing Evans - (5:30 Pacer)

The 2001 Houston Marathon had no surprises worth mentioning. The organizers/volunteers did their usual wonderful thing and I appreciate them very much. There were four ladies starting with me. One

Pacers Continued

realized she was in the yellow rectangle group and should be in the orange rectangle group. Around mile 3 she eased on ahead. Another decided to jump ship and go with the Galloway group around mile 7. The other two were partners and dropped off the pace around mile 14. I just kept up a steady run aiming for the 5:30 curtain time, and finished at 5:28:32. I think the pace team is a great concept. Lets keep it going

Diana Keinz - (Fast 3:30 Pacer)

I had a great run on Sunday and lucky for me, the school where I work gives us MLK day off...so I've had a chance to rest a bit! My high goal was a 3:20:?? marathon, but realistically I wanted to be closer to 3:20 than 3:30 this year. I had a couple people with me at the start that I had met at the EXPO Saturday morning after the pacer meeting. We had a very steady run, but at the thirteen mile mark they dropped back. We had ALL felt great together up till mile 10, then some began to complain of a few aches. But....we were steady and on a 7:40 pace! I was just as glad to have them with me since it made me keep at 7:40. I felt good that morning and may have started out too fast if it weren't for the people who were depending on me to keep a pace. So...I was alone after the halfway mark, still feeling good, but by mile 15 my outer thighs were tightening. At mile 18 I knew I'd be in some real pain shortly and by mile 21 I hurt! I lost almost two minutes the last few miles and finished with an overall marathon pace of 7:43. I saw one of my people after the marathon...he did a 3:38. Thank you for including me in your group. I enjoyed meeting the other pacers and the experience,

(Continued on page 6)

Pacers Continued

(Continued from page 5)

once again, was very fulfilling!

Dr. Jeff Ross (4:30)

This was my first year pacing, and it will be a memorable one. Originally I had no intention of running the whole marathon this year, but rather a half, due to previous injuries. When I went to the veterans booth, and saw a need for a 4:30 pace, I felt, it's time to give back to the Houston Marathon, and for the first-timers. I signed up and it was the best thing I've done in running. At the start I offered my group, (about 20 plus rookies) to pace at 10 minute miles getting in at 4:22, and would take 30-40 second water stop walks. Many were excited about the choice. We then became the blue dots, and the rest was history. We had a ball, chanting cheers, songs, and referring to me as "their fearless leader". I loved it!!!! I kept them right at 10 minute miles for about 19 miles, then due to my inadequate preparation, I faded and finished at 4:41. No problem, I was happy, and I did not see a one of my pack fall behind. I was very proud of them, and felt we created a lot of excitement. I'm sure it will leave a lasting impression and memory. Thanks for the opportunity.

Esther Ellis (5:30)

Though my husband, John, has paced in the past, this was my first experience, so I was nervous. I was glad to hear that Paul Beveridge would be pacer for his group of runners using the Galloway method of running three minutes and walking one minute with the goal of finishing officially. He declined to be an official Compaq Houston Marathon pacer, so I stuck to my decision to be

the official pacer. After the pacer meeting on Saturday morning at the Expo, Jeff Galloway talked about running and walking, energy conservation, and enjoying the experience. He was so full of success stories and research data, that my worries flew out the window. On race morning, Paul used his experience to lead the group and keep them on the 3-to-1 schedule, while I wore the hat and stickers for the group to see. The pace did slow some at the end due to the warm weather. And as Galloway had promised, the runners that stayed with the group finished the marathon officially, had energy left, and wanted to do another one.

Arlen Isham (4:45)

On Saturday after the Pacer group presentation, I waited to listen to Jeff Galloway talk about the walk run method to do marathons. I have been doing it successfully for about 3 years and Jeff explained the different paces and how well it works even for 3-hour marathon people.

Previously, Dr Bill Van Pelt told how he would be missing this year's marathon for the first time in 25 years because of a heart problem. He said, "Always run a marathon like it is your last one". I made sure for Houston, that this was a key focus.

It was a neat experience walking to the start line carrying my 4:45 Pace sign. People that were interested in that pace started to gather around me. Many questions. We are off with about a 50-second delay from the gun to the start line. I had told our group that my goal was to go through the half marathon at about 2:20, which would give us about 5 minutes to slow down the second half of the marathon. Our plan was to begin a one-minute walk each mile beginning at mile two usually at the water stops and also to walk the

up hills. It turned out the walks actually were one minute, ten seconds since I would begin the count down to run again at the one minute mark since it was easier to remember. Early in the race, I felt hot and actually talked with the group about slowing down and changing the goal about ten minutes. My heart monitor was telling me I was working too hard, but then we turned back into a slight breeze at mile 3. From that point, the wind seemed to change with us around the course slightly in our face until mile 17-1/2. The cooling factor was enough to make everyone comfortable

So we hit the mile marks real steady all the way through, averaging about 10:35 a mile until mile 12. Mile 13 was the slowest mile at 11:16, since we walked twice to climb the hill at the overpass. We were right on pace hitting the half at 2:20:00. All during the race, the group would count-down to the walk with me and then count down to run with me. They also passed back the split times I was giving at each mile mark. It was like an echo going behind me. They

(Continued on page 8)

Arlen's Pace Group—5 Miles

Results survey—time limit— Houston Marathon

A total of 125 people respond to the question as to whether the Marathon should continue with the current 5 1/2 hour time limit or extend to 6 hours or more. The survey was sent to the approximately 700 people on the HARRA E-mail list . 34 (27%) of the responders indicated that 5 1/2 hours was fine while 91 (73%) felt like the finishing time should be 6 hours or more.

A copy of this e-mail and a response from Race Director David Hannah will be published in the upcoming (April/May) issue of Footprints. I also plan to select representative responses from both sides to be published in a future issue of Footprints.

My recommendation to the HARRA board is that they consider taking a position in support of extending the finishing time to a least 6 hours. Based on the survey results, that is what the majority of Houston area runners prefer.

More information on survey responses is as follows:

1) The consensus among those in favor of keeping the time limit at 5 1/2 hours was that the Marathon is a running event and not a walking event. They felt that allowing a pace of 12:35 per mile (a slow jog with some walking allowed) was more than sufficient . They want to keep the marathon as primarily a running event and not an endurance walk-a-thon. Many also felt like an increase in the time limit would increase costs and thus increase all ready high entry fees. Another concern is that a longer time limit would encourage more inadequately trained runners to participate.

2) Those in favor of an extended time limit were definitely more passionate in their thoughts and responses. Reasons provided were as follows:

- 1) Runners are getting older and slower;
- 2) Many new runners are less athletically inclined;
- 3) Marathons are now not only a race but an event;
- 4) Most marathons, including Houston, involve running for charities which brings in more slower runners and walkers;

- 5) Other warm weather city marathons have much longer finishing times;
- 6) Houston is the only major marathon left with less than 6 hour finishing time limit;
- 7) Many of the newer runners are not as competitively inclined;
- 8) Longer time limit encourages more new runners;
- 9) Increase in time limit will increase the number of marathon runners;
- 10) Increase will encourage more people to get fit and take up the sport of running.

3) The survey result of 73% in favor of the increase is most likely an even higher percentage if you consider the survey demographics. Although HARRA membership is open to all regardless of age or ability, the majority of our members tend to be veteran marathoners, most all of whom who have ran several marathons and most all of whom have ran under 5:30:00. Our members also tend to be more regular and more competitive which leads me to believe that they would favor the shorter time to a greater extent when compared to the general marathon running population.

4) Most everyone who responded has ran at least one marathon and most have ran at least one Houston. At least two responders had 26 Houston's under their belt. Many had also served as Marathon volunteers in one capacity or another.

5) Many runners, those on both sides of the issue, thought that the unpredictable weather and safety concern expressed by the Marathon was not a good enough reason to not extend the time limit. Many felt that it might be more of a cost or availability of volunteers issue rather than a weather issue. David Hannah has replied that to some degree cost is an issue but that Compaq has advised that they would cover whatever financial costs were associated with keeping the course open for another hour. He also stated that he felt the Marathon would be able to enlist the additional volunteers required.

The real concern, according to Hannah, is the health risk of running for a long period of time in the heat and humidity. He specifically mentioned hyponatremia, dehydration and hypothermia as several of the life-safety considerations. I would assume

that hyponatremia (see article in December 1999/January 2000 Footprints) is the real concern as it is a condition that can be fatal. Dehydration is less risky and less life threatening and hypothermia should not be a concern in warm and humid conditions.

Hyponatremia is easily preventable but only if the runner is well educated on the causes and puts into action the required steps to prevent it. Prevention also involves the race providing the proper fluids (those with sugar and electrolytes) and adequate amounts of those fluids for the runners, especially those at the back of the pack. In a nutshell

6) Many folks mentioned that they liked the 7:30AM start time but would like to see it moved up another 30 minutes to 7:00AM. No one suggested going back to the 8:00AM start time.

Comments from Paul Beveridge regarding increasing Houston Marathon Time .

I spent approximately 1 hour and 45 minutes on the phone this afternoon with Chuck Turrett (spelling) at his office, an attorney and member of the Houston marathon board of directors. I mention his occupation because what an attorney sells is his time and he took that much of his to talk to me about this issue. It was an interesting conversation to say the least . I will admit that I am both disappointed and encouraged by what we talked about and we really didn't spend too much time "beating the same horse" because I am not sure if it is dead or not. I did learn a number of things about the marathon, some of the obstacles they face, and some of the concerns that they have.

Bottom line from Chuck and the board is that 5:30 will be the time limit for 2002. That is fact, and we just have to live with it. BUT, he did say that he personally, and the board was not opposed to looking at this issue in the future and we even discussed ways to change the time limit, what problems that there were, and ways to solve those problems.

I told him all of my concerns about the lack of communication between the board

(Continued on page 12)

Pacers Continued

(Continued from page 6)

also started calling me the yellow man, since I had the bright yellow visor along with a yellow green singlet.

I am not sure how big our group was, but it probably was 20 or so at the half. After we turned on to Woodway, I added an additional 30 second walk in the middle of each mile. Our average splits increased over 11 minutes and bounced around between 11:01 and 11:32 even with 1:40 total walks each mile. After the Waugh Drive underpass, I told people that felt good to go on ahead, and there were 4 or 5 still with me. I told them to stay with me and we would finish at 4:45 and I came through the finish at 4:44:55.

I made sure to look around and enjoy the finish more than I have in several years remembering Van Pelt's comments. After the finish line, it was great to see people finish that had been with me most of the race and the thank you's. Pacing is a very rewarding experience.

This year, it would have been easy to drop off the pace and not run as well, but the responsibility of pacing brought me the best time since I was hurt two years ago.

Phillip Smith (5:15)

I enjoyed pacing the 5:15 group with Jeff Ravlin. We had about 10 people in the group. Our plan had been to run at an 11 min/mile pace as long as we could with the goal of getting past 20 miles with about 11 min/mile pace.

We started off near the back of the pack and it took about 1 min 24 seconds to get to the start line. The first several miles went just fine. We

were right on our planned 11 min/mile pace and feeling real good. I try to run through the water stops and take water while running. Some of the group did that and some stopped at each water stop. I stopped at about 6 miles to see my family and got behind the group. I caught up at about 8 1/2 miles. The group stopped at the water stop near 9 miles, and I ran through the stop taking water while running. Anyway I never saw them again. We were at 11 min 9 sec per mile through 9 miles. So we were running right on schedule and at a conservative pace.

I was at 11 min 19 sec per mile pace

Roger Boak 3:00 Pace Group

through 20 miles. Jeff passed me up at about mile 21. He said that he had lost track of the group too. My wife said that she saw several people with our group mark ahead of me at the finish. I finished in 5 hrs 7 min 54 sec. So I hope that the conservative start we established led to several of our group meeting the 5 hr 15 min goal.

Pacing was fun. I felt it helped several people to be on a conservative early pace. I enjoyed visiting with the people in the group, and I feel that we enjoyed each other's company.

Richard Campbell (3:30)

I lead the slower people in the 3:30 group. Wayne started out leading people in the 3:30 group at a slightly faster pace. Most of the people in the pacing group went with Wayne. I held very close to an eight minute pace all 26.2 miles. I am sorry that I lost the last of the people that I started with by mile 18, but there would be no way to make 3:30, if I slowed down. Starting a few miles earlier and continuing for most of the

rest of the marathon, I caught up to people from Wayne's group that had slowed down. I asked them how they were doing. They were getting tired and could no longer keep an eight minute pace, although, they were running only slightly off pace when I saw them. About mile 23, I saw a person with a red dot (signifying the 3:30 group) that was about 30 yards ahead of me and he was staying pretty close to an eight minute pace. I caught up to him the last mile and let him know that he had 15 seconds to spare to keep an overall pace of 8:00. Towards the end, he was able to speed up and he finished ahead of me. I finished at 3:29:31 (7:59 pace) and we both met our goals. I just wish that everyone in the 3:30 group would have met their goals.

William Buffum (4:00)

My experience at the 2001 Houston Marathon was wonderful. Since I was only one month out of surgery for prostate cancer, I had decided to do the best I could, but knew that I could have problems. Sure enough, I was on my 4:00:00 pace at the half-way point, but then started experiencing a variety of physical problems. I must have stopped five times to use porta poties during the balance of the race, and those stops killed my pace. Finishing in 4:29:0?, I believe that my actual pace was on target and the 29 minutes were the stops. Just to be able to run and to finish was my reward. It felt like I won!

Since returning to Miami, my recovery has proceeded quickly. I am back doing track and tempo runs, and looking forward to the 2002 Houston Marathon. Thanks for the privilege of running with the pacing team.

(Continued on page 9)

Pacers Continued

(Continued from page 8)

Chuck Isler (5:00)

I don't know if this qualifies, but when the marathon started I was going along at a faster pace than the typical 5:00 hour pace. A fellow was beside me and we started to talk. He said he was glad to have a pacer and asked the strategy. I told him my goal was to start a little ahead of schedule and allow for the taper at the end. We continued on and were within close proximity to Cheryl and Boris. I asked this man his age and he replied, 69. I asked him if this was his first Houston Marathon and he replied that it was. I then inquired as to what brought him to Houston to run. This is the astonishing part. He said that it was close to Mississippi and that he had run a Marathon yesterday. (January 13) and had taken a flight to Houston to run in Houston. We kept the early pace and stayed together for about 10 miles. Then a pit stop for him ("Don") and I never saw him again. Even though my own pace fell off in the second half, this experience is a very memorable one for me. I hope that when I am 69, I can even think about back to back Marathons.

History from early Houston Marathon - from Diana Keinz

Hi, Dad, Hi, Marlene, Hi Peggy, Hi Diana:

Peggy and I (and the girls--Lisa was out with friends) had dinner tonight at a Mexican restaurant, and she mentioned Diana's race Sunday morning--the Houston Marathon.

You may not know this, but I raced in the first Houston Marathon in 1972, at the age of 15. One of my

Cross Country team buddies called me up the night before and asked me if I wanted to run--I hadn't run at all since the end of the Cross Country season, a good month and a half before this marathon (we won a District Championship), but it seemed like a good idea to me...I remember thinking, "Sounds fun." I had no idea at all that such a race was anything special.

But I didn't have any running shoes... I had left them in my locker at the high school...so I put on a pair of sneakers. Mom was out of town and I had to ask a neighbor, Mr. Masterson, to drive me, and for some reason he agreed.

We got to the race AFTER the gun had sounded. I leapt out of the car as the crowd of runners went around a curve in the road, checked in with the official, and ran like Hell, catching up with the lead pack at about mile 1 (I was a damned fast runner then).

My buddies and I all kept up with the lead pack till mile 15 (Do you know, we actually mocked the older fellows who were running?) I was very sure we'd finish 1, 2, 3, 4, 5, 6, 7-- but then our lack of conditioning began to show...Also, my feet began to hurt, so I stopped and took my canvas sneakers off and, rather like popcorn kernels exploding, my feet became covered in nasty blisters...I literally watched them pop up (as I stood on the roadside, considering what to do). Some of our team had quit but I was quite determined to finish and decided to run the last ten miles barefoot....That was no real problem for me since my Freshman year I ran the entire season barefoot. A coach once took me aside and demanded that I wear shoes and I said, "Coach, I didn't wear shoes all summer long, so why should I now? I like to feel the road." (A footnote: I had actually forgotten this fact until

at my high school reunion a fellow came up to me and told his wife, "This is the guy I told you about who ran a whole cross country season barefoot...over sticks and stones and everything."). I'm not bragging at all--at the time I found it much easier to run barefoot; I do remember wondering why my teammates felt the need to use shoes; they seemed to be merely deadweight.

Oh, I should mention that there was no audience for this race...a stray wife or girlfriend or two (no females ran it)...A bit of a note: I recently observed the Columbus Marathon and the track was lined with cheering crowds--"You can do it!" "Don't give up!" "You look great!" I'll never forget mile 22 at my race--a cold mist falling, the pain unbearable, and a fellow in a passing car jeered at us, "Hey, you dumbasses!"

And we were idiots, too!

They served a jolly good beef stew (I can still taste it) at the finish line and a teammate drove me home...When home I said hello to the dogs and Kitty (no humans were home) and got myself some juice and cheese and sat in front of the TV. The morning had seemed quite casual to me.... I had simply gone out with some friends, done something, and now I was home and was going to watch some TV....I had no sense at all that I had done something special. Why, I had only gone and run, with my buddies, 26 miles...nothing odd there.

After about half an hour the phone rang and, naturally, I got up to answer it, only I couldn't get up. My legs had frozen...not stiffened, frozen. It was a very odd sensation--the phone ringing and ringing, self unable to get up. I tried to push myself up with my arms, which succeeded, except that my legs, once I was up, could not

(Continued on page 10)

Pacers Continued

(Continued from page 9)

support me--I recall losing my temper at such a ludicrous situation.

However, that evening, well, you can imagine the celebration at my achievement!

Your imaginings would be quite in error--No-one commented in any special way at all. I think I got a "That's nice, dear," from Mom...but nothing else. It was simply (to them) an ordinary day...and, frankly, it was ordinary to me, except that the temporary paraplegia was a novelty.

The next morning my legs were essentially planks of wood--so stiff--and I could not walk, so I got on my bike and rode 10 miles. I was surprised, actually, that I could pedal, but the moment I got off the bike my legs felt limber, and the day after that I began training for track season.

That I had run a marathon was nothing. When we mentioned it, in passing, to dear old Coach Taylor, he thought nothing of it...and it was nothing to us. Not a single person congratulated us and we did not expect that or miss that. We had simply gone on a long run, a long race, and had a hell of a lot of fun with it...We all had a bit of shame that some old men beat us (they were about 25 to 30) but we to a man (as we fancied ourselves then, though we were boys) ascribed that to a lack of conditioning, which may have been true. We were damned good runners.... For instance, each morning I rode my bike 3.5 miles to morning Cross Country practice, then ran 5 miles before school, then ran (usually) 6 10 miles after school, then rode my bike home again. Glorious days--I now find that I wheeze when I ascend our stairs!

When I ran that first Houston Marathon I was one of 176 racers, I did it on a lark, a last-minute lark, we ran 5 or 6 times around Memorial Park, I wore a pair of canvass tennis shoes then went barefoot, then all the racers had some stew together under a sort of tent. Now, Diana will be will be highly trained, will be wearing wonderful shoes, all sort of hoopla will surround the event, crowds will cheer as she speeds by, her family (us) will be thinking of her...and, by God!, she'll be racing with a computer chip in her shoe laces---and we here in Ohio will track her progress.

Can you believe it? I never even imagined such a thing back in 1972 as I plodded silently around Memorial Park in my bare feet, in the cold mist!

But do you know that even though Diana will be wearing hi-tech shoes, even though she'll know that her family around the USA will be tracking her progress on computers, even though she'll be surrounded by all sorts of cheering crowds, even though she'll finish with all manner of hoopla and congratulations....still, she must traverse 26 miles....26 miles....My task was easier because I had no idea what agony it would be. I did it then in ignorance; she's doing it in full knowledge of the pain that awaits her, and that is a far, far more courageous act. I did it once. She's doing it again. Again!?

Therein, family and friends, lies her courage.

(Continued from page 1)

have for both of our legendary early leaders: Clyde Villemez and Gene Askew). On the other hand, many of our Vets have been elite or close-to-elite runners, at least as far as age group racing goes. Would stretching out the finish time to six – or seven, or more – hours cheapen the efforts most of us have put in over many years? We struggled to break five (or four; or three) hours, in order to meet lofty personal goals. If, eventually, a same-day finish is all that's required for a mug or other finishers' prize, would we even refer to it as a "race" anymore? "Did you finish?" is pretty much a nonsense question for events with no time limit - such as the MS150. Will our race become an "event?"

Everyone seems to have an opinion, and my own tends to fluctuate between the extremes. At times, inclusiveness seems the proper course. Walkers, rollerbladers, grandmothers in motorized wheelchairs; all of these represent ways to "grow" our marathon – and thus keep it thriving. But another part of me hopes to keep the Houston race a little more exclusive, and a little more of a real competition. There is a special thrill there for ordinary folks like us. We put in a lot of work to finish a race with a serious deadline, especially while competing on the same course with world-class runners. This is all part of the mystique of running a big-time marathon. A footrace after all IS a race, either against other runners or against the clock. If we eliminate that clock, or keep pushing it back to where it is es-

sentially meaningless, then what do we have left? I guess you can see how my mind has fluctuated today. One more thing; where is Arlen going to find enough pacers to cover seven hours, seven hours and fifteen minutes, seven hours and thirty minutes, etc., etc.

Be careful when you're out on the roads; don't trip and bust your asphalt...

jackl

FALL 2000 HARRA IRONFOOT
AWARD WINNERS -
VETERANS

Anastasia Aourik
Bill Duer
Richard Fredrich
Robert Hoekman
Don Ruggles
John Wacasey

Marathon Growth U.S. and World-Wide

SANTA BARBARA, Calif. - (April 11, 2001) - April is marathon month across the country and the world--from Boston to Big Sur, from Paris to London and points in-between. A review of the 1999 and 2000 marathon data by the USATF Road Running Information Center indicates another period of growth here and world-wide. See tables and lists below.

The preliminary race data, from the larger and more established U.S. events, shows nearly an 8% increase in finishers for the same 116 marathons from 1999 to 2000, while outside the U.S., the same 32 marathons from 1999 to 2000 reported a 20% increase. If the Paris Marathon is excluded (it grew by over 10,000 finishers), the non-U.S. growth rate is an impressive 15%! In short, over the past couple of years, marathon mania has become global.

The demographic data indicate that numbers of masters are increasing (by about 2% of total race finishers per year) but so are the numbers of younger participants. As a result, the median ages of marathoners have remained steady over the last five years.

U.S. Marathon Growth

YEAR	Estimated # of Finishers
1976	25,000
1980	120,000
1990	260,000
1995	347,000
1996	396,000 (Boston's 100th)
1997	396,000
1998	419,000
1999	435,000
2000	451,000

2000 World's Largest Marathons (finishers):

1) Flora London, GBR	31,648
2) New York City, NY	29,375
3) LaSalle Bank Chicago, IL	27,889
4) Paris, FRA	27,596
5) Real Berlin, GER	23,039
6) Honolulu, HI	22,652
7) City of Los Angeles, CA	17,192
8) Marine Corps, DC	17,048
9) Suzuki Rock 'n' Roll, CA	15,918
10) Boston, MA	15,668

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5) Marine Corps, DC	17,048
6) Suzuki Rock 'n' Roll, CA	15,918
7) Boston, MA	15,668
8) Portland, OR	7,751
9) Walt Disney World, FL	7,660
10) Country Music, TN	6,349
11) Grandma's, MN	6,074
12) Twin Cities, MN	5,907
13) Houston, TX	4,699
14) Philadelphia, PA	4,266
15) St. George, UT	4,161

Demographic Breakdown

	1980	1995	1998	1999	2000
Women	10.5%	26%	34%	36%	38%
Juniors	5%	2%	1%	1%	2%
Masters	26%	41%	40%	42%	44%

Median Age

	1980	1995	1998	2000
Males	34	38	38	38
Females	31.3	35	34	35
Median Age Overall	37	37		

Median Times

In a sample of marathons from 1998 and 2000, the RRIC noted a continuation of the slowing trend illustrated by the difference in the finisher median times for each year. As always, due to the selective nature of the event, Boston had the fastest overall median time (3:41:10) in 2000. Of the five largest marathons in the U.S., the City of Los Angeles and LaSalle Bank Chicago had the greatest increase in median times (5:14:00 in 2000 compared to 4:50:00 in '98 for L.A. and 4:26:00 compared to 4:00:00 for Chicago).

Marine Corps added about 10 minutes to its median time (4:48:00 in 2000, 4:38:00 in '98, Whereas New York (4:21:30) and Honolulu (5:50:00) stayed about the same over the two-year period.

The marathons have once again been divided into two categories - classic "Runner Marathons" (like New York, Chicago, St. George, CVS and Philadelphia) and "Community/Festival Marathons" (such as

Disney, Marine Corps, L.A., Portland and San Diego) to better describe the great variation in time stats. Both Boston and Honolulu were treated as separate categories in the Median Time Table below due to their special characteristics.

- * 3:30:12 males in Boston Marathon
- * 3:55:25 females in Boston Marathon
- * 4:10:00 approximate male median time in "runners marathons"
- * 4:30:00 approximate male median time in "community marathons"
- * 4:30:00 approximate female median time in "runners marathons"
- * 5:10:00 approximate female median time in "community marathons"
- * 5:26:00 males in Honolulu Marathon
- * 6:24:30 females in Honolulu Marathon

Source: USA Track & Field Road Running Information Center

(Continued from page 7)

and the Houston running community, and he agreed that communication should improve. To this end I suggested to him that the board make a very public announcement stating that while the time limit for 2002 will remain at 5:30, on such and such a date in (April 2002 as an example) the marathon board of directors would meet with anyone wishing to be heard concerning this issue. If this comes to pass, I would consider it as much a victory as the time limit being extended because in the past these meetings have not been open to the running community (to the best of my knowledge anyway so this "fact" may be incorrect

I agree with him that they (the marathon board) can not please everyone since the time limit extension requests have ranged from 6, up to 8+ hours, and I totally agree with him that for health reasons, nobody needs to be on the streets of Houston, Texas 8+ hours in 80+ degrees, not even considering the radiant heat temperature coming off the pavement after being under the hot Texas sun for 7 or more hours.

What I, and I think many members of the Houston running community are tired of is a lot of different answers to why the time limit can't be information, thoughts, and supporting evidence, is critical.