

Houston Veteran's News

March 2002

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

THE VIATOR VET

By Jackl

Hallelujah!! COMPAQ finally got Houston networked in with the weather gods, and provided us with a great marathon morning. That No-Excuses day resulted in a slew of "RYPRs" (Recent Year Personal Records) for our Veterans, and for lots of other marathon fanatics, too. Of course, it also led to a bunch of "BSGOTFs" (Be Stupid and Go Out Too Fast), of which yours truly is a foremost practitioner. But that's OK; we were blessed with many possibilities and opportunities, not just the all-too-familiar "WDW" (Worn Down by the Weather) scenario of the last few years. Let's hope this new climatic standard is followed for many races to come.

To continue my acronymic barrage, the AAAs (Arlen's Accompanying Angels), also known as the Marathon Pacing Team, did their usual sterling job of "moving 'em out, calming 'em down, and herding 'em in" this year. You know the old saying, "marathon runners keep it up longer?" Well, our Veteran pacers lend their expertise "where the runner meets the road," and make

Houston Marathon Veterans
January 20, 2002



Great Weather 30 th Houston Marathon

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 2002 Houston Marathon times

Fastest overall Veteran was **Rich Fredrich** at 2:44:51

20 + Years group was **Charlie Viers** at 3:29:47. Close behind in Second place in the 20 + year group was **Jack Healing** at 3:30:51.

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

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

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

Other veterans age group placings were:

Anna Thomsen	3 rd	45-49	F
Marylyn Patrick	2 nd	55-59	F.
Dan Dick	3 rd	45-49	M
Richard Vega	2 nd	55-59	M
Kenneth Ruane	1 st	60-64	M
Robert Fletcher	2 nd	65-69	M
Robert Ellis	1 st	70-74	M
Walt Washburn	1 st	75-79	M

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

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PAST & FUTURE

January, 1995

The Downtown 5000 makes its debut, drawing about 1,400 runners.

The 4,414 finishers among the 6,240 starters was a Houston Marathon record. 25- year old Tatiana Pozdiokova of Ukraine was the first female across the finish line with her clocking of 2:29:57. The male winner was 28-year old Peter Fonseca (2:11:52) of Canada.

47-year old Bob Schlau (2:26:43) was tops among the men 40 and older while 42-year old Russian Irina Bondarchuk (2:48:15) as the women's winner.

83-year old Clyde Villemez extended his streak of running and

completing every Houston Marathon.

Other top veterans were Gene Askew at age 74 who completed his 22 nd. Houston.

Four veterans have run at least 20 Houston Marathons.

The list of ten year veterans is 122 people long. 51 have streaks of running all there races in a row without missing a year.

21 new ten year veterans.

Race Calendar

- 4-06 Katy Tri 400s/12mb/3mr
- 4-10 Tour de Bayou
- 4-11 / 21 Senior Olympics
- 4-17 Tour de Bayou
- 4-20 Run for the Arts 5 K
- 4-20/21 MS 150 bike
- 4-24 Tour de Bayou
- 4-28 Speedo Womens Tri
- 5-01 Tour de Bayou
- 5-08 Tour de Bayou
- 5-18 Bay to Beach Mar. Relay
- 5-25 COMBAT Tri .3s/15mb/3mr
- 6-01 Height 5 K
- 6-16 Tejas Tri, 1/2 s/15mb/3mr
- 7-04 Run Wild Sports 5 K
- 7-20 Jeff & Brede's Tri
- 7-21 Katy Flatlands bike
- 7-28 Sugarland Duathlon 2r/10b/2r
- 8-24 Hotter "N Hell Hundred
- 9-?? Gater Run 5 K
- 9-09 Houston Marathon Early Sign
- 9-15 Cinco Ranch Tri
- 9-22 Tri Andy's Tri 300s/10mb/3mr
- 10-05 Brazosport 10 Mile
- 10-12 Race for the Cure 5 K
- 10-19 Palo Duro Canyon 50 Miler
- 10-20 Warm Up Series 20 K
- 10-27 Marine Corps Mar.
- 11-03 New York Mar.
- 11-10 San Antonio Mar.
- 11-10 Warm Up Series 25 K
- 11-16 Houston Press Dome 10 K
- 12-08 Warm Up Series 30
- 12-08 Honolulu Mar.
- 12-14 SunMart 50 K / 50 M
- 12-15 Dallas Mar.
- 01-19 Houston Marathon 2002

Upcoming Events

Houston Marathon Signup
See you all in September

Marathon Predictor

Take your 25 K time and multiply by 1.9.

Take your 10 mile time and multiply by 2.9.

Houston Veterans Website
Construction in Progress

www.compaqhoustonmarathon.com/

Isham's Website
All kinds of things

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

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

INFORMATION CHANGES

Address, Telephone
"E" Mail, Etc.
713-455-4858
Send to Arlen Isham
12803 Peoria St.
Houston, TX. 77015

Houston Marathon Veteran's Pacing Team

If I had to pick a **'Pacer King'** this year, it would be **Bob Patrick**, who was 44 seconds under his goal pace, and also ran his second half just 54 seconds slower than the first half.

PACER STORIES

Arlen Isham (5:00)

This was my 24 Th consecutive Houston race and 4 Th year to pace. After doing Disney world two weeks, ago, I decided to pace the 5:00 group. Great support by my wife and family around the course. As usual on race morning, many people had lots of questions. I had decided to do a one-minute walk every mile and also a 30-second walk at the 6:00 mark each mile. Since it is crowded on the Elysian Viaduct, the first walk was at mile two. I used this program for the whole race, only adjusting the walks a little bit to match water stops and the occasional hill.

At the start, we had at least 25, because we asked everyone to do a count. I repeated the count a couple time early and it stayed about the same. There were more than those because I would begin a count down to each walk and we were loud. At each mile mark, I would give the mile split and ask the group to pass it back. Our start delay was 2:19. The average pace for the first half was 11:18 per mile and we went though the half at 2:28:02 chip time. Our group stayed together very well through about 12, when I made a trip to the bushes. Unfortunately after that, I was unable to find everyone.

As I continued the program, I would pick up people here and there through the rest of the race, but did not get the big group back together. As time, passed, the runners with me would drop back and I would pick up some in front since I was passing lots of people, particularly after the 20-mile point.

Saw my son at about mile 20 and said hello. Also enjoyed the belly dancers.

About mile 25, the Hashers gave me a beer to drink and I said hello to some

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Houston Marathon Veterans Pace Team

Roger Boak, Diana Keinz, Sanden Gunner, Steve Boone, Lonnie Brauner, Fred Steves, Marcy Kurtz, Wes Monteith, Lee Norris, Bob Williams, Bob McDowell, Clifford Click, Leonard Topolski, BobHoekman, Bob Patrick, Paula Boone, Phyllis Thompson, Arlen Isham, Boris Balic, Phil Smith , & Chuck Isler -Not all pictured.

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

2002 Houston Marathon

Thanks to all of you for pacing. You contributed something extra to the marathon.

First, closest to their pace time without going over. Our winner was Bob Patrick who was 44 seconds under his 4:45 Pace goal. Congratulations Bob.

The following people were next.

Wes Monteith 1:35 under 4:00 Pace.
Arlen Isham 1:46 under 5:00 Pace.
Lonnie Brauner 2:25 under 3:45 Pace.

Also to be congratulated are the following Pacers.

Bob Hoekman was closest to his pace time with a great 28 seconds over 4:30.

Next for the "over" Pace group are:

Bob McDowell 0:49 seconds over 4:15
Paula Boone 2:41 over 4:45 Pace.
Steve Boone 3:55 over 3:45 Pace.

Now a special category. (Negative Splits) - Ran second half faster than first half.

Phyllis Thompson 1:59 under
Clifford Click 2:42 under
Boris Balic 11:12 under

Lee Norris was amazing that his first and second half marathon were only 17 seconds difference. Other pacers who ran their first and second half marathons within 2 minutes difference were Bob McDowell, Arlen Isham, Lonnie Brauner, Marcy Kurtz, and Bob Patrick.

Wayne Rutledge

Ray Boytim

Pacers Continued

(Continued from page 3)

friends there. At this point, I caught a couple running friends, who were with me at the start and we went on in to the finish. My second half was 2:30:02, with my second half being 2 minutes slower than the first half. Under my 5:00 pace goal by 1:46.

This was the first time that I used two walks through the whole race. The result was a very quick recovery, even considering this was my second marathon in 2 weeks. I was walking around fine. My wife said I looked very comfortable, probably the best since I ran Honolulu in 1982.

It was nice to get some nice thank you's from people who came in after me and also in the mail. I am looking forward to my 25 Th next year.

Marcy Kurtz – (4:00)

I just wanted to follow up with you about my pace group so you wouldn't have a heart attack or worse--get mad at me! when you saw that I finished so far ahead of the 4-hour group I was pacing. I told my group I would run a 3:52 to a 3:55 race...right around or just under a 9-minute mile. When we got to six miles we were averaging 8:45 miles. I told them we could slow down...but there were about 5 of them who said they thought the pace was good so we kept that pace to 18 miles...around there I had to exit and pee (again!!!) and when I got back on the course I only found two of my runners...one dropped back around 20 and then the last one dropped back just before 21. Up to 20 we were exactly on an 8:45 pace per mile. When I was alone before the 21-mile mark...I just picked up the pace and ran as fast as I could to the finish....hence the quicker finish time.

All but one in my group came in under 4 hours....I have one who came in at 4:05....I probably took them out a little faster than they needed to go...but all seemed to have good races. Hope you're not mad at me...just wanted to give you a

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Wayne Rutledge was born in Baker, Montana, but began his running career locally in 1972 as a Klein High School freshman. He says he only started because they forced all the football players to run track in the spring. However, he obviously took to it like a fish to water, running a mile in 4:26 before graduating. He kept getting faster while attending San Jacinto Jr. College, with a 4:21 mile and a 15:26 in the 5,000 Meters, both run in 1977. That same year, he tried his first marathon – Houston – and completed it in 2:50, finishing 27th overall. Wayne continued racing while at Montana State University, including turning in a 3:20 in the 10,000 Meters. He eventually worked his marathon PR down to 2:44 (Houston, in 1983) and has continued to mix a remarkable amount of quality in with the quantity at not only our race, but in many other distance events from the half-marathon to the 20K, 25K, and 30K.

Wayne has a real life, as well. He works for a major bank, and he and his wife Laurie are raising four children - Tiffany, Samantha, Morgan, and Carson. He enjoys travel, golf, and landscaping, and at this point considers himself more of a recreational jogger, because of the other demands on his time. He still puts in 45-50 miles per week, but seldom gets out and practices the track interval training that he learned in the old days under several legendary high school and JC coaches, including our own Houston Marathon winner and Veteran, Danny Green. With 23 Houston Marathons under his belt - yet only 44 years old - the odds are good that Wayne will end up at the top of our Veterans' list one day. It looks like he has already figured out that turtles keep it going

After a relatively late start into the running life, this Air Force officer/bomber crewman (Korean War) has “exploded” for 157 marathons – including 23 consecutive Houston's – since 1978. Born in Munhall, Pennsylvania, Ray graduated from the University of Pittsburgh with a BS in Petroleum Engineering. He has three grown children and three grandchildren, and retired from Shell Oil in 1989.

In the late 70's, the company's doctor suggested exercise to lose weight. Obviously, Ray took that advice and “ran” with it, and he hasn't looked back. His best marathon - Houston in 1983 – was a 3:30. Not bad for a 50 year old! Other PR's include: 5K – 20:45; 10K – 43:55; and 5 Mile – 34:32. His usual training is 45-55 miles/week. He likes to do 5K's on almost any weekend, but also enjoys trail runs like the Sunmart 50K.

He is a member of the Bayou City Road Runners, the Fort Wayne Track Club, the 50 States Marathon Club and the 50 States and DC Marathon Group. This Spring, Texas, resident has “marathoned” all over the map. If you have a question about some distant race, Ray Boytim is the man to ask...

Clifford Click

Clifford Click's running career includes battles against arthritis, knee problems, and even errant drivers on the race course. But, you just can't keep this man down! Cliff was born in Reynoldsburg, Ohio, in 1934, and is a retired Environmental Engineer, with a Phd. in Bio-Engineering. He has a wife, three children, and six grandchildren. While he did some running in high school back in the early 50's, his serious training began in Houston in 1976. He decided he needed to "get in shape" to lower his blood pressure, and mainly just to feel better. He tried his first marathon in Crowley, Louisiana, in 1978, followed by the Dallas White Rock later that year. "Runner's Knees" developed during this early plunge into heavy-duty distance racing, so he didn't try his first Houston Marathon until 1980. Nevertheless, he has now completed 23 of them in a row. Locally, Clifford has run all the warm-up series events for many years, and also has ranged far and wide in his quest for long-distance glory. He's done many other Texas marathons including Dallas, Austin, Amarillo, and The Woodlands, and also completed 26s in Albuquerque, New York, Columbus, and Boston. "Dr. C" has even toyed with ultra running, doing 50Ks at both SunMart and Palo Duro. One of his memorable racing moments came when he was struck by a car at the 20 mile point in the 1984 Galveston marathon. After a few minutes of "down time," he not only went ahead and finished, but turned in a PR of 3:27. And most of us are proud of ourselves when we manage to run through "hitting the wall..." Though he gradually developed hip arthritis after that incident, Cliff got back into form in the late 80's with some chiropractic help, and eventually scored his all-time PR of 3:23 in 1991. When this guy takes a licking, he just keeps on "Clicking."

Pacers Continued

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report. I had a great time and I loved meeting people on the way who ran several miles at a time with me to keep on their pace. Thanks for the opportunity. Marcy.

"E" Mail received by Marcy - Dear Marcy, It was a wonderful experience to be lead by a great athlete like you during the Houston Marathon yesterday. With your support and advices, I was able to reach my goal which was to finish the race under four hours (my chip time was 3hrs 59 Min 09 Sec) It was a pleasure to meet you and I hope to see you again either at Memorial park for a long run or in a future race. Once again, I would like to thank you and I do appreciate everything you did for me. Sincerely, Jose C. Mendoza

Phillip Smith – (5:15)

Thanks, Arlen, for setting up the pacers, and thanks to Jeff Galloway for sponsoring us.

This was my second year of pacing the 5:15 group. We had about 10 people in the group at the start. About 5 were doing the half marathon and about 5 were doing the marathon. We started off near the back of the pack. It took us 2'50" to clear the start line. The first miles went real well. We were on 11'5" pace through 9 miles when the half marathon people left us to head back downtown. That left one person right alongside of me and several a bit further back. We were at 11'34" pace at 18 miles. I stopped to see my family and lost contact with the person that was alongside of me. I'm sure she was well ahead of me by the finish, and she surely reached her goal time of 5:15. I was slowing down a lot after 20, so the last two members of the 5:15 group left me about mile 21. They were looking strong, so I feel that they achieved the 5:15 finish time. I slowed over the last several miles and finished at 5:27'20" official time.

I enjoyed the camaraderie of the pacing group. I felt that all of us gained from each other's support. That is one of the

good things about the marathon - really strong peer support. I wish I could have met the 5:15 goal, but I'm glad I was able to help several people meet their half marathon and marathon goals.

Wes Monteith – (4:00)

Well I had a blast again and want to thank you for all your work in organizing us otherwise dis-oriented runners. I started with about 8 people in my group and with Marcie, the other 4:00 hour pacer. We crossed the line about 1:30 after the gun and stayed slow for about 4 miles. Most of my group got rabbit on me and took off, but 2 stayed with me until about 15 or 16. I stayed on my plan and was at the 25 mile mark at about 3:47:00 to 3:48:00 where I picked up 1 rabbit and also a friend who had fell behind. We motored in to finish at 3:59:42. I never saw Marcie after about 6 so I guess she really took off and I did not see my other 4 hour pacer from the start. Will be waiting for your report. Thanks again.

Diana Keinz - (3:30)

Thanks again for all your pre-race planning for the pacing group....I enjoyed the experience again. I had met the other 3:30 pacer before the race and took off with a group of a few men who wanted to do around 3:27....we got off to a fast, maybe too fast, start....I stopped for a pit stop and they kept moving, so I lost them around mile 8. (Actually, I was so hydrated I had to make three pit stops before mile 15...then I was set!) I was happy to finish at 3:25, and hope the other 3:30 pacer got those people in closer to 3:30.

Lee Norris – (4:15)

I enjoyed pacing, but I am not too sure that I did too much good. I attempted to stay on a 4:15 pace and did pretty well, but I drifted a little fast. I was up about a minute at 9 miles and was three minutes up at the half point. I was not too alarmed and sort of liked that amount of cushion for the inevitable slow down late

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Pacers Continued

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in the race. The problem was that I lost all of my paces. The other two 4:15 pacers were a little behind me and I guess all the clients thought three minutes up was too fast. Anyway I kept looking around for yellow dots from mile 13 to about mile 16 and there just were not any. So, I gave up and just ran what I felt like. At the finish, I was six minutes up on the 4:15 pace so it was slightly **NEGATIVE SPLITS !!** This is only the second time I have ever done that. It was a great race for me, but I feel bad that I lost all my paces. I still do not think three minutes up at the half marathon was unreasonable.

Good event. Hope I contributed.

Bob Patrick – (4:15) See below

Here's how the 4:45 pacing group went. Kept up even pace throughout with about 30 seconds walk breaks at each water stop. Finished at 4:46 gun time and 4:44 chip time so right on mark. At 13 mile mark only had 3 people with me out of about 12. At mile 18 everyone was gone. Looks like those who join Groups are too optimistic at the slower paces. Anyway, enjoyed the experience and will volunteer for a faster group next year. Would like to lead a 4:00 hour group.

Bob McDowell (4:15)

Had a good race. Pace was for 4:15 & my chip time was 4:15:49! For some reason, maybe the bigger crowd with the half marathon, our group did not stay together. Some that started with us were running the half marathon, so they split off at mile 9. The hardest part for me was adjusting the pace times called out for the 2-minute lag time in crossing the Start line. I was shocked when I looked down at my watch at mile 26 & saw 4:15 - I had to give it my all to finish before 4:16.

I had one runner, June, running her first marathon & she did stay with me until about mile 24. She finished in 4:20 & was very appreciative for the pacing.

Another 25 year old, Kevin, running his first marathon, fell in with us at mile 21 & he finished in 4:15. He said we really helped him finish. One other runner, Joe, ran with us for a long time, but I lost him along Allen Parkway & never saw him at the finish. Quite a few runners would run with us through out the race & lots thanked us for being pacers.

We followed the Jeff Galloway strategy of walking 30-60 seconds at each water stop. We told some jokes & I asked them lots of questions to keep our right brain working. This was my second year as a pacer. It adds a lot to the race - & the Elite Runners' Pass is a nice benefit!

In addition to enjoying being a pacer and having runners thank you for helping them achieve their goal, I "Ran for a Cause" the last 3 years raising money for Juvenile Diabetes Research Foundation (JDRF). I collected \$6,627 this year from pledges, in honor of 12 year old Caroline Rowley, who is a friend of my daughter, Katie. The pledges for 2002 equaled the combined collections for the last two years. Raising money for a worthwhile cause has added a new dimension to my running. After running 22 marathons, I wonder when I am going to stop, but knowing that I can help raise money for JDRF helps give me motivation to keep on running.

Had I not signed up as a pacer 2 years ago, I may not have listened to Jeff Galloway's talk about the importance of walking at water stops. That has definitely changed how I run marathons & helped me avoid cramps in my last few marathons.

Bob Hoekman (4:30)

The weather could not have been better and as a result far more of the people who started with me were there late in the race. Clifford Glick and I decided I would take a group out a bit faster than 4:30 and he would take a group a bit slower than 4:30. I'm not sure what happened to Lenny Topolski, our other 4:30 pacer, at the start as we could not find him but I did pass him at about 11 miles and saw him at the finish where he indicated he had gone out a bit fast and crated. We started out walking one min-

ute every mile. After the halfway point we started 1-1/2 minute walks every mile and the last 6 miles walked one minute every half mile. Our group was congenial and we had a lot of fun. Most of them were running their 2nd marathon and had a goal for the first time. Almost all were in their 30s and a couple in their 40s. One man was about 60 but we lost him before mid race. Felix Lugo, the American flag bearer, was running at nearly the same pace and we passed him several times, which was a welcome sight and inspired us.

The run/walk plan worked well for us and by the halfway point, we had made up the gun/chip deficit and about a 3-minute additional pad. The group discussed our goals and they decided they really only wanted to meet 4:30 by chip time, so we took slightly longer and more frequent walks in the second half.

All went well until mile 22. I live along the course at that point east of Memorial Park and my wife was waiting for me to hand off a shirt I had removed and tied around my waist. I wear gloves and was fumbling a bit to untie it at which point one of the reflectors between the road lanes reached up and grabbed my foot causing me to splatter on the concrete. My group stopped to help and with both my knees bleeding and a bruised rib cage I felt it was best to let them finish without me. One man was fading a bit and elected to stay with me and we struggled in finishing right about 4:30 chip time while the rest of the group finished a couple of minutes under 4:30. I feel the method works especially for less experienced runners. It is going to be difficult to evaluate recovery as I am really sore from my injuries is the fall. Also the good weather was a real factor. I had about 20 people with me at the start and some dropped and others joined on the course. At the end I had about a dozen who finished on goal. Last year I had 30 and only two finished on goal. Overall the race was a good experience and my group was most appreciative-in fact several of them were waiting in the finish area when I came in to thank me. I could have done without the fall. It turned out my rib cage injury was actually a cracked rib. It only hurts when I

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Running a Marathon from a Veteran's Point of View

By Bob Kirkpatrick

Me? A Veteran? I'm just a guy who 11 years ago was sitting around drinking a beer with a friend in July when somehow the subject of marathon running came up. Steve and myself both thought out loud how awesome it would be just to cross the finish line in one piece. Who cares about the finish time.

Well, as fate would have it, the very next Thursday was the first of 26 weekly articles in the Houston Chronicle about how to train for, and successfully finish, the Houston Marathon, which was exactly six months away. Of course, I just looked at the "just want to finish in the official time" training category and to my surprise, that first week of training included a 2 mile run on Monday, followed by a day of rest, then a walk on the third day, then another 2 mile run on Thursday. Heck, we were already doing this! Of course the schedule would get much more difficult, but the point is that this training schedule was presented in such a way as to make almost anyone feel comfortable that they could actually finish a marathon, if they put in the proper training.

My training went pretty good and then came Sunday, January 26, 1992, the day of my first marathon! Naturally I did not sleep very well the night before. I had never been so nervous. My Dad offered to pick me up and drive me down to the Marathon. He probably figured that way he would be close to the Medical Center where I would probably end up! As I was stretching out on the floor of the GRB, I was talking out loud as to what I thought my finish time might be. He just looked up over the newspaper that he was reading and said, "Just try and finish in the required time!" I bet he was as surprised as I was when he saw me coming down the final 50 yards to the finish and the clock read 3:49! My best Marathon time ever!

This past Sunday, January 20, 2002, I successfully completed my 11th Houston Marathon in a row. I am now a member

of Jack Lippincott's Veterans group. Although I turned 40 last fall, I am among the youngest 10% of this exclusive group! The requirement is that you must run at least 10 Houston Marathons in a row, and finish all of them in the official time. I still have never beaten my time from my very first Marathon back in 1992. All I can figure is that I was running scared and I was afraid to stop! I have managed to break the 4-hour mark 6 different times. Every year that is my goal, to break the 4-hour mark.

What have I learned over the years? Never wear a cotton T-shirt again! That was my first year rookie mistake. After I finished my first marathon back in 1992, I was standing there talking to my Dad and he asked, "What are those two different trails of red on your shirt?" Well, as we all know, if you run in a cotton T-shirt, without putting on Vaseline, you WILL have problems. For the next week, every morning when I got into the shower, I was reminded to never wear a cotton T-shirt again while running a marathon! Yeow!

What was the most memorable marathon? Well, two come to mind. First, the 1997 "Ice Bowl" marathon. How we all managed to finish without frostbite still baffles me. Thankfully the entire city was shut down the following day on Monday, and I could stay in bed because I could not move! The second most memorable marathon was just 2 years later in 1999, when we had the heat wave and 95% humidity. It was after that marathon that I had my first IV in the medical area. Wow, what a difference an IV makes!

I dedicated this years marathon to my Mother who passed away 3 days before Christmas. She was one of my biggest fans and probably saw me finish 6 or 7 of my marathons. I did think of her often this year as I struggled with my slowest marathon time ever. But quitting was never an option.

You see, the fact that we are able to even run marathons is a gift. Some years will be better than other years. I am already looking forward to next years Houston Marathon, when I will break that 4-hour mark. My advise to those who are really

struggling along Memorial drive right by Memorial Park; be sure to stop and walk and get rested up like I did this year, before you approach the Houston Racing Hoopla Station at mile 21 ½. **NEVER** let Dave Rainey see you walking!

**Charlie Viers
Runs his # 110
at Houston**

Pacers Continued

(Continued from page 6)
laugh..

Steve Boone – (3:45)
Paula Boone – (4:45)

Paula missed her 4:45 by 2 minutes 41 seconds due to a 2-minute pit stop. Next year she would like her own private portacan to be driven around the course and available upon demand.

Steve missed his 3:45 time by 3 minutes 55 seconds due to old age, 200 Th marathon jitters, and not having an "elite runner" portacan pass before the race... Arlen's fault.

We had a ball pacing other runners and it forced us to concentrate on our race planning. We could not find the "VIP" hot tubs and nachos that Arlen had promised us after the race. Next year, will it be possible to get visors and singlets in a color other than "Gatorade Green"?

And, Steve wants to thank everyone for their support in making #200 a very special marathon.

Bob Williams – (4:15)

I originally had requested the 4:30 group, which, in hindsight, would have been appropriate, but moved to the 4:15 group to better spread out the pacers. Normally, this would not have been a problem. However, I am in fairly heavy training for the RR100 on Feb. 23 at Huntsville State Park so my mileage for the week preceding the marathon was high. And, I'm still coming off an aggravating little knee injury that just won't go away. And, I could go on for awhile with some more whiney stuff, but, fact is, I just couldn't get in sync and get in by 4:15.

I really enjoyed meeting and talking to some new folks. They were sponges for information and really seemed genuinely glad to have someone to pace them. My group sort of fell apart after the 1/2 way point, but some did go on to meet the 4:15 goal -- too bad I wasn't one of

them!! This is something all veterans should experience sometime.

(It was also neat, although late, to have the Invited Runner pass to go "upstairs" to the john on Sunday morning!!)

Clifford Click – 4:30)

This was the 3rd time I had led a pace group and definitely the best weather for any Houston M since 1996. I told the group at the start that I would not be "fast" (under 4:30), since I could control that, but might run 4:35 or so, if I couldn't make the pace (with or without the "Galloway method" that I had never tried before). We crossed the start line at about 2-min (gun time) and continued to go very slow with the pack. I had decided to take most walk breaks on hills or at water stops, and so took the first on the Elysian St Viaduct grade! I tried 1-minute walk with 10-minute run, but going was too slow. By about 5 miles my group was behind about 6 minutes (chip) or 8 gun. After 5 miles the crowd thinned and I tried to pick up the pace, but struggled with this for the next 15 miles, gradually running 10 minutes and walking 30-45 sec.

As the miles progressed from about 16 on I noticed that I felt good and wasn't fading much- this was more enjoyable than any recent Marathon I'd run! Most of the group was ahead of me with the faster pacers, but occasionally someone would call out to see if I was on pace (no) and I told one young lady that she could get in at her pace by 4:33. By about 20 I felt quite good (not fast) and began to only walk up-grades or when filling my water bottle. About mile 24 an old friend and fellow veteran, Stan Kelly, caught up and we ran in together, finishing 4:36 chip, 4:37+gun. The flags were a great way to finish! The Galloway method worked and gave me the

Steve Boone
Running his # 200
At Houston

~~most enjoyable 26.2 miles in a long time!~~ This was fun!

With the Galloway method, I ran a

"negative split" the second half- I'm sure this is the first time I've done that in a very long time- so here's another tribute to Jeff! I wonder how many others using Jeff's method found they made negative splits?

Thanks to Arlen and Jack and all the vets and supporters, the Houston vets is an outstanding organization.

Phyllis Thompson – (4:45)

Yes, I had a good pacing experience and I think others did too. There were 3 of us starting out to pace the 4:45 group. (My goal is to come in under 4:45 if the weather is cool. I don't know that I was entirely clear about this with the group, but it worked out.)

After the first two miles I had about 5 or 6 people with me. I didn't go out exceptionally fast--how could you from way in the back?---but I figured it was their responsibility to stay with me as I had on the yellow hat.

My little group walked a full minute at every water stop (every mile). I called out time and counted down last 10 seconds. They helped me with the count-down as I would get confused sometimes. I also asked for their help in hearing the pace. I explained that pace was crucial and we needed to know how fast we were going. Of course the first pace we heard was something like 12 minutes. I assured them that this was because it took us over a minute (two minutes we learned at finish) to get to the start and that our pace should drop every mile.

What amazes me when I run with others is that many don't seem to have any idea what pace is comfortable for them and don't understand how important it is to know your pace and run within yourself. I also always help them with their form: relax shoulders, lower arms, swing arms when legs are tired, think power, etc. They don't seem to know this either. When I'm responsible for others it helps me do my best too.

At mile 9 we lost 3-4 of our group as they were half-marathoners. I was left

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Pacers Continued

(Continued from page 8)

with Elaine, Jenny (24) and Barbara (56). Our pace was now under 10:40, and everyone seemed comfortable with this and it was cool so I felt it was acceptable.

Around mile 11, my cell phone rang (new age racing) and I told my daughter when to be at mile 20. At mile 15 I called my son in Georgia because he has run from 15 to the finish with me for the previous three years. I missed him, but I had other helpers. Later I called my ex-husband, who was coming in at 17.5 for 2 miles. This enabled me to give him my short sleeve shirt and continue the run in just my pacing singlet. It helped me stay cool, and being cool is critical for me. At the Galleria Elaine dropped back because her knee was really bothering her. I am sorry that I do not know her last name or age so I can't find her in the results.

Barbara, Jenny, and I were very strong. We kept bringing our pace down so from mile 17 on we were under a 10:30 pace. My daughter and a friend came in at mile 20 and provided more support. We kept up our one-minute walks every mile through mile 24. At mile 23 Barbara dropped back slightly and ran with her son. She finished 3 minutes after me. At 24.5, Jenny began easing ahead, and I gave her the green light to gun it to the finish. She was looking good and she finished a minute ahead of me.

I didn't walk after 24 and had my best finish in more than five years (we've had 4 hot days and one cold, rainy one in the past 5 years) because I do much better in the cold. I did 4:34:07 gun time and 4:31:57 chip time (10:28 pace). Not too bad for my 20th Houston marathon at age 59. I was really excited that we finally got some decent weather. We all finished way ahead of 4:45, but Jenny and Barbara could handle it.

Thanks for arranging the pacers. It was fun. I hope to be on the starting line in 2003!!!!

Note received from a lady in Phyllis's pace group. Thanks for a great run. I followed one of the "pacers", Phyllis Thompson, #2492, for almost the whole time. She was warm, encouraging, steady and a wonderful help to me.

Chuck Isler – (5:30)

I finished my 5:30 pacing going across the finish line a 5:25:+ Close. My group stayed in pretty good shape for about 1/2 of the Marathon but only one or two stayed fairly close through the finish. Pit stops and other delays caused the dispersing of the troops. New course is great more scenic hilly, but I miss some of the old stand-by locations.

I had a group of 8 women and one man. It was an eager and excited group. We planned to get off to a quicker pace than the one we needed to finish (5:30) but the start line congestion and the position we were in at the start threw us off course almost immediately. We stayed together for the first 13-14 miles. There was some tailing off, but I know that at least one of the pace participants in my group finished within one to two minutes after me. Others got caught up in the crowd and I did not see any others finish. One of our group was a hydration trial participant. One off our group was concerned about when to remove her windbreaker (garbage bag) I encouraged her to leave it on until we crossed Allen Parkway because we were experiencing periodic cold currents at various spots in the new course hills and underpasses.

Nothing really funny happened in our group. However, running at the same pace was a runner who apparently had decided that he would spread "cheer" along the course. This runner appeared to be in his 40s or 50s. When he would spy an attractive person in the crowd cheering the runners on, he would move to the side of the course, put his arms around that person and plant a huge hug and or kiss on them. I didn't wait or slow down but in the course of several miles he had approached several recipients of his happiness at his running the Marathon. I did not see any exuberant response from any of his "victims" nor did I see any face slaps. He sure was enjoying himself. The one minute walk at the

water stops is one thing, maybe he has found another pacing tool that is not in the running books.

PROS and CONS

Phyllis B. Thompson

A Response to "Behind Marathon Time Limits" by Jon Warren

Only 1% of the population has run a marathon. What does that mean? It doesn't mean I need to deny slower runners (or joggers or fast walkers) an official marathon time in order to feel good about my personal marathon. The reward is the self-knowledge and personal satisfaction acquired during the experience. I don't need to close a course in five and one half hours so that only the persons averaging 12 mph get official times and medals and mugs and finisher shirts and the world knows a marathon is an extraordinary event. Anyone who attempts a marathon knows it or soon finds it out and most of the rest of the world doesn't know it and doesn't care.

Even the weekend of the Compaq Houston Marathon, very few people know how long it really is. "Twenty miles? Or is it twenty-four?" And they have no idea what it's like to run twenty-six-point-two-miles.

"Oh yes, my brother-in-law runs marathons or something. I think he ran a five mile race last month." They don't really care about finishing times. Try to explain that you lowered your pace by ten seconds a mile—at great personal exertion—and this lowered your finishing time so you finally "broke" four hours or four hours fifteen or whatever and their eyes glaze over.

It doesn't matter when the course closes. They don't really believe running a marathon borders on subhuman. "Oh yes, I'd like to do a marathon if I could find some free time." The implication is that if only he/she had had two free Saturdays last month, this would-be-could-be runner would be on the course too. But unlike you, dear runner, this would-be has a life that involves "more important activities." So if you are running a marathon because you want other people to think it is accomplishing something great and challenging that should be cherished forever, forget it.

They don't. They won't.

I do it for myself. I don't care if thirteen-minute milers or fifteen-minute milers are wearing the same shirt I am. Do you know how many people who never put one foot on the course are wearing marathon shirts? I give a shirt to each person who runs some miles with me, and all these supporters walk around in their shirts after the race. True, it's not a finisher shirt. How many people know the difference? Some years the only difference is the word "finisher" in letters so small I can't read them without my bifocals. The public certainly doesn't see the word.

The more people running (jogging, walking), the more crowd support we all have. How many in the crowds know that the Houston marathon used to have world-class competitors and now it doesn't? How many come to see the elite--skinny people zipping through the streets in their underwear--run by? A few. The crowds come to see their spouses, mothers, fathers, sons, daughters, friends, and neighbors. They come to support people they know, to marvel, and celebrate an accomplishment they don't understand.

Fortunately, a marathon is long enough to embrace all groups and include all of them. The elite can dash off and be back at the finish when half or more of the participants are at the halfway point or trying to get there. The serious non-world class runners can go for their PR's and be recognized within their groups and running clubs. The recreational runners can enjoy the course, talk with companions, wave at the crowds. Those in training for another event can run slowly or quickly, as their training schedules dictate.

Don't confuse disciplined paced walking with the inferior marathon achievement. Jeff Galloway has changed the way many---including sub four-hour marathoners---approach the task. This method has also made it possible for much slower persons to train and complete the course.

The marathon has already seen many changes. When I ran my first, the

Houston Tenneco double loop course in 1983, we ran without power bars, PowerAde, Gatorade, gu, gel or any other nutritional substance on the course in shoes of much simpler design and very ordinary clothes. Does that mean that today's competitors using all those helps are making a "lesser" effort that should be disdained by those who ran when it was really tough?

The arrival of trained slower-paced marathoners in hordes is just another change. Invite them to join the race. Leave the course open in Houston at least six hours. Perhaps someday as much as 2% of the population will have run a marathon. That's fine by me. I have my personal achievements, my personal bests, my new goals. They can have theirs. It's a long course. There is room for all, and all don't have to view the experience the same way.

(Phyllis B. Thompson has run 27 marathons including the Houston Marathon 1983-2002 and qualifying for and running the Boston Marathon. She has always finished under 5 hours.)



