

Houston Veteran's News

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

Fall 2006

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Record Breaking

THE VIATOR VET

Hey, running buds & buddies! The promise – and intermittent delivery – of cooler weather is upon us. So, shake off those summer doldrums, and let's get into some serious, heavy-duty TRAINING doldrums! We've all been hibernating – taking a break from long-distance training – over the long summer months (well, the sensible ones among us have. Wait; are there any sensible ones among us?) Anyway; the Warm up Series races begin in a matter of weeks here in Houston; and, yours truly can count on one hand my number of training runs done since January that were as long as the shortest of these races. It will be embarrassing if I can't make it to the finish line of, say, a 20K, when there is a marathon that needs completing only a few months away...

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On a partly sunny 51 degree morning, the 2006 Chevron Houston Marathon set new records in the 34 th running.

David Cheruiyot passed fellow Kenyan Wesley Ngetich near the finish to win by 8 seconds in a time of 2:12:02 in a highly competitive race.

Russian **Firaya Sultanova-Zhadanova** controlled the race early and actually led the female half-marathoners. She was trying to set a new female masters record, but foot problems later in the race slowed her to a still excellent 2:32:25, just missing the record by one second.

The men's half marathon winner was **Nicodemus Malak** from Kenya won in a new course record of 1:02:07.

The women's race was won by **Asmae Leghzaoui** of Morocco, 3 months after an operation to repair a sports hernia. Her time was 1:11:56 , at 5:29 pace

**Houston Marathon Veterans
January 15, 2006**



PAST & FUTURE

January, 1998

26 th annual— Twenty-two American women including five Texans—run the 2:50:00 or better Olympic Trials Standard when the Methodist Health Care Houston Marathon hosts the USA Women's Marathon Championship. Third see Gwyn Coogan of Colorado, who falls while reaching for a water bottle near the three-mile mark, recovers to take the lead at ten miles and never loses it with a finish time of 2:33:37

In the open race, Kenya's Stephen Ndungu wins the first of three consecutive titles with a time of 2:11:23.

Masters Male winner was Andrei Kuznetsov of Russia with a time of 2:16:45.

Masters Female winner was Claudia Kasen from San Antonio, with a time of 2:49:48.

There were challenging conditions after the ice year of 1997. 65 degrees at the start with 95 percent humidity and swirling winds.

We had 202 active vets, 71 streaking. There were 91 inactive vets. Jack Lippincott lead the streakers with 24 consecutive.

**NO MORE MAILING
OUT OF VETERANS
NEWSLETTERS
SEE MARATHON
WEBSITE FOR THEM**

Race Calendar

09-11 Houston Marathon Early Sign
09-30 Race for the Cure 5 K
10-01 Tri Andy's Tri 300s/10mb/3mr
10-03 Tour de Bayou, start, 1 st. week
10-15 USA 10 Miler
10-21 Palo Duro 50 m, 50 k
10-22 Chicago Marathon
10-28 Rocky Raccoon Trail Series
10-29 Iron Star Tri, 1.2 s/56 b/13.1 r
10-29 Koala / Lukes Half Marathon
10-29 Marine Corps Mar.
11-05 New York City Mar.
11-12 San Antonio Mar.
11-19 HMSA 25 K
12-09 SunMart 50 K / 50 M
12-10 Houstonian Lite 30 K
12-10 Dallas White Rock Mar.
12-10 Honolulu Mar.
01-14 Houston Marathon 2007
02-03 Rocky Raccoon, 100 m/ 50 m

Upcoming Events

www.adventureteam.com/
www.adventuresports.com/
www.outwardboundwest.com/
www.balancebaradventure.com/
www.parks.state.co.us/
www.colorado.com/
adventureracingconcepts.com
www.subaruprimalquest.com/
www.raidthenorth.com/
www.gravityplay.com/
www.csmevents.com/

Isham's Website

<http://users3.ev1.net/~isham/>

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/
www.runnertriathletenews.com/
www.hphoustonmarathon.com/
www.50statesmarathonclub.com/

Pacers Needed

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

**Contact Arlen Isham
713-455-4858**

INFORMATION CHANGES

Address, Telephone
"E" Mail, Etc.

713-455-4858

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

**VETERANS PACE TEAM TO
LEAD
2006 HOUSTON MARATHON**

**Who leads the Veteran's
Pace Team?**

The groups are led by the Houston Marathon Veterans, both men & women with at least 10 years experience running the HP Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Veteran's personnel as well as to experience the camaraderie of a team. The Veteran's team leaders make sure everyone runs at the right pace and has a good time. They'll be each team's personal coach, cheerleader, and guru for the day. Some chant, some sing, and some may struggle just like you. But all of them are experienced marathoners, who are running Houston to help the members of the team achieve their goal time.

**Are we going to go out right
on pace?**

More or less. Some pacers go out a little slower the first half of the race and try to do "negative splits". Others go out just a little faster so as to have some "cushion", just in case people have to slow down at the end. Either way, the idea is to run EVEN. That's what pacing is all about.

**Will we stop at water stations?
Will there be walking breaks?**

Depends on the pacer. We will be encouraging walking as an important part of the marathon pace team. Most will at least slow down at the water aid stations to make sure everyone gets properly hydrated. Some will stop and walk a few meters. Again, depending on the pacer. Most pacers will take walking breaks. Your pace leader will let you know the plan at the clinics and the team strategy will be reviewed before the start of the race.

I want all of you to start thinking about whether you want to be part of the team this year.

This year we will again be carrying red, white, and blue balloons. You can pass the balloons around to give the honor of helping leading your group to other people some of the time.

I look forward to hearing from you later this year if you are interested in leading a particular time.

I am extending the challenge early to be the closest to your goal and not go over. In addition, we hope our team will be more successful in being at least about 5 minutes around your goal, even if you go over.

This is very important. If you decide to be a Pacer, you need to be committed to running very close to your predicted pace. That means you almost have to cut your time from 15 minutes to 30 minutes slower than you could do by not pacing.

As I noticed from other Pace teams around the nation and at Houston in 2006, the Pacers finished within 2 to 4 minutes of their predicted time. That means if you lose your group, you stay at your pace and pick up people later in the race.

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

**Arlen Isham
Veterans Pace Team Coordinator
713-455-4858 for information**

Pace Team Goal Times

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

Pace Team Stories

Comments to the marathon office.

On the section asking what was most positive part of your experience:

The pace runner for 5:15 was very helpful, I could not have completed it without him and the other runners.

Terry, the 6 hr pacer, was very supportive and lead us to the finish line right on time; he mentored us throughout the course and made the journey a fun experience.

Qualifying for Boston. I traveled from Detroit and everything perfectly fell into place. Hotel was next to the expo, Josephine's Italian restaurant was conveniently two blocks away, starting line was out the front door and my pacer BILL took me to the promised land.

The pace group assistance! I used the 3:10 pace group to gage my race. It was VERY helpful. I reached my Boston Qualifying standard which was my primary goal!!!

Whole racing experience was great. I especially liked running with 4:00 hour pace team. The two pacers, Layne and Carlos, did a great job in pacing us and keeping us motivated. The crowds were fantastic. I had a terrific time. I'm looking forward to next year.

Enjoyed running with 5 hour pace team. Dr. Bob was wonderful and informative.

Robert Hoekman (5:00)

The weather at the start was good but got a bit warm, humid and windy after about mile 10. I elected to go with equal effort taking advantage of the early, good conditions to build a small pad and then giving a bit of the pad back, especially the last 10K. At various times I had from 25 to 50 people with me, ranging from age 25 to 53 and over half were first time marathoners. Late in the race I picked up several people who dropped from the 4:30 and 4:45 groups. Several

(Continued on page 4)

Jim Healy



Born: Oct. 2, 1933
 Where: Lakewood, OH.
 Age at 2005 Houston Mar.: 71

Married: Lanne
 How Many Years: 46
 Children: Laura & Dan
 Occupation: Retired from Schlumberger & ANC

Started Running: 1971
 Reason: Liked more exercise and to live longer than his Dad

Where: Houston– Huntwick Subdivision

Houston Marathons: 23
 First Houston Marathon: 1979
 Best Marathon: 1986 3:19:32

Other Runs: 5 k, 10 k, 15 k, 30 k, enjoyed triathlons, but have not done any since late 80's

Total Marathons and Ultras:

Training Mileage: Off Season
 In Season 20-30

Favorite Place to Run: Anywhere it is cool & hilly.

Favorite running Drink: Water
 Favorite running Food: Spaghetti

Other Hobbies: Fishing at our bay house at Smith Point, TX.

Other Stuff: Completed 1986 Boston Marathon in 3:34:38. Qualified with 28 seconds to spare when he qualified for Boston at the Woodlands Marathon.

Bruce Mansur



Born: Nov. 20, 1949
 Where: Kerowagi, New Guinea
 Age at 2005 Houston Mar.: 55

Married: No
 How Many Years: 46
 Children:

Occupation: Software Developer

Started Running: 1980
 Reason: Counteract effects of smoking

Where: Houston

Houston Marathons: 22
 First Houston Marathon: 1984
 Best Marathon: 2:59:34

Other Runs: 50 K & 50 Miles

Total Marathons and Ultras:

Training Mileage: Off Season
 In Season 42

Favorite Place to Run: Austin Town Lake

Favorite running Drink: Beer
 Favorite running Food: Fried Rice

Other Hobbies: Bike riding, donkey raising

Other Stuff: He does not really like running that much.

Pace Teams - Continued

(Continued from page 3)

people who started with me felt the warm, humid conditions and I advised them to drop back and try to hook up with the 5:15 group.

I think everyone who made it to the last 10K finished under 5:00 chip time. At mile 25 I told all who felt strong to take off and about 1/2 of the group went on. At 25.5 to 26 miles all the rest took off as everyone had the strength left to sprint a bit at the end. I happily watched them all sprint ahead and I crossed the line alone at 4:58:02.

Some pace group leaders sing, tell jokes etc but my people get educated. :-). They get my lectures about training methods, fluids, diet, health risks, sudden death, etc, etc and of course all the Houston runners get a pitch to join HARRA and do the HARRA races. I get them involved answering questions until mile 18. Then I start giving motivational talks and positive reinforcement to convince them that they are going to finish and finish strong

Everyone got the "honor" of carrying the balloons for one mile. Several asked to be able to carry at certain miles so their family could photograph them with the balloons.

As always the group was appreciative and everyone thanked me before taking off. Several found me in the convention center to express their thanks again which is always nice. People really do appreciate the pace groups and I am sure some would not make their goals without the help. I really enjoyed the group and had a great time.

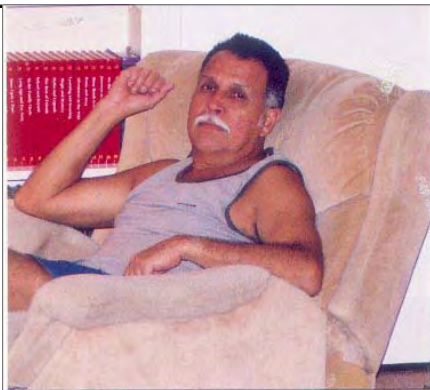
Thomas A. Radosevich (3:20)

Hey, Arlen - The 3:20 sign should have been just before the start line, on the east spectator side of the fence. We handed it over, mosh-style, just before the cannon.

Pacing was great ... fun and very rewarding. We had about thirty people at the start, and several others queried –

(Continued on page 5)

Manual Gonzales



Born: June 7, 1945
 Where: Kingsville, TX
 Age at 2005 Houston Mar.: 60

Married: Sue
 How Many Years:
 Children: Abel

Occupation: Retired from DuPont

Started Running: 1980
 Reason: To get in shape

Where: LaPorte High School Track

Houston Marathons: 22
 First Houston Marathon: 1983
 Best Marathon: 1986 2:57:38
 Houston
 Other Runs: 1/2 Marathon, 10K, 5 K, 10
 Miles, Boston, New York, Los Angeles
 Marathons

Total Marathons and Ultras:

Training Mileage: Off Season 30-40
 In Season 50-70

Favorite Place to Run: LaPorte High
 School track, Sylvan Beach –Morgans
 Point

Favorite running Drink: Diet Coke
 Favorite running Food: Chinese Food

Other Hobbies: Work around the house

Other Stuff: In 1989, he ran Los Ange-
 les Marathon (3:08:02) and New York
 Marathon (3:08:03).

Pace Teams - Continued

(Continued from page 4)

those big signs are a great idea - most of whom thought running straight splits was not a good idea. By about five miles, we collected those who had run on ahead, but we were also averaging a few seconds faster than necessary. We would see the Mile Markers, then slow down a bit for a sort of modified Gallo-way, then do another mile again a few seconds too fast. Having run a PR only the year before, I was a little too cocky that I could simply jog through a 3:20. I don't think the pace affected people as much as the humidity and heat (by 10:00 o'clock), but we only had two people left at Mile 20, when I realized that I was crashing/bonking/you-know-what-I-mean. I wished them well, and dropped back. I wish we had not abandoned our strategy of walking through the water stops, but the continuous "Wows!" as we ran steadily, and the obvious gratitude, made me resolve to train and plan better for next time. Thanks for the opportunity to give back. It's a great race.

Williams, Bob (4:30)

This year's 4:30 pace group was pretty lively from the start and consisted of about 20-25 folks of varying ages, shapes, sizes, and abilities. We had local

and out-of-state runners and even a nice lady from France, who allowed a few in the group to practice their linguistic skills, more or less. Most of the group did well for the first half, but some started to drop-off after that. Our pace was an almost constant 10 min. per mile with a short walk at each aid station for fluids. I spent a good part of the middle of the race talking to runners who were not in our group, but wanted to know about the pace teams, etc. with the idea of connecting up to one of them on their next Houston Marathon.

After my favorite part of the race—the belly dancers at the 610 Loop—the rollers on Memorial Dr. and Allen Parkway, along with the increasing heat and wind, seemed to further break our remaining group up as we headed back into town. I slowed just a little to try and keep the shrinking group together, but the pack still kept unraveling. By the last straightaway heading for the finish line, we were down to about 5-6 in the near vicinity on one another. Afterwards, I did stay in the chute, until the officials ran me out, for a few minutes congratulating those who couldn't quite stay with the group.

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Houston Marathon Pace Team 2006

Pace Teams - Continued

(Continued from page 5)

All-in-all, this was another enjoyable experience in being able to give a little back to the "running community" and I encourage other Veterans to consider this wonderful opportunity next year

Phil Carmical (3:40)

My comments about the race itself and pacing are pretty general....I think that this was one of the most pleasant marathons I've ever done. Great weather, nice people, very well-supported, with interesting water stops. The priests at mile 11 who were throwing holy water on people was a first....when I ran under the holy water, I had to resist the temptation to scream, "IT BURNS! IT BURNS!"

The hasher stop at mile 25 was the best I've ever seen. Usually, the Hashers are out there with a fold-up card table with tiny cups of beer on it, but these people were serious. They were dressed in costume, from "Animal House," playing loud music, with big cups of beer....2 of which I drank, by the way.

The group was great. We got a lot of people across the finish line, and I managed to motivate 2 ladies who were walking about 200 yards from the finish. I yelled, "If you get ahead of me, you're going to Boston!" They were walking, obviously hurting, but, when I screamed at them, they motivated themselves and crossed the line ahead of me! It was a great feeling.

Anna was terrific. Her infectious laugh is great, and she's so positive and energetic. I would love to run with her again. She fell down at mile 15, and, like a trooper, she jumped right back up and kept running. She's a tough lady and a great runner.

So, that's all I have for you, Arlen. Thanks, again, for this opportunity.

Anna Sumrall Helm (3:40)

That fence was a problem, wasn't it???

Is it really necessary for 1 poor guy to check 7,000 bibs?

Arlen, thank you for entrusting me with the 3:40 group; we really had a blast.

That stretch of the course from the park and down Memorial always chokes me up. With much balloon and arm waving, I managed to rouse the marathon fans into an even greater fervor, which I know helps all of the runners at that point.

It's a disappointment to lose people at the end, watching them hit 21 miles and just fall behind despite encouragement. I don't think they realize it just hurts for everyone at that point. Everyone I spoke with was pleased with the group, even if they didn't quite make it (most had PR's).

The only way I can see improving our results is to actually train with the folks. I envisioned forming relationships over 3.5 hours, but I found negotiating the crowds to be just brutal this year.

Phil, thank you so much for running with me. Let me know when you're in Houston for work again so we can meet for a run. I probably owe you a beer, too.

How about that fall at mile 15?? My knee looks pretty funky.

William Schroeder (3:10)

This was my second year being the 3:10 pace leader. It was fantastic to hear from people who had run with me last year and decided to join me again.

I had a very big group (40-50 runners). Lots of spectators were yelling, "look at that big group," "herd coming through," and "nice pack!" At the quiet parts of the race, which weren't many, I could actually hear lots of feet hitting the ground. Very impressive. I had people from Detroit, St. Louis, and New Orleans who specifically came to Houston to qualify for Boston. I found it very difficult to NOT pick up the pace around the large crowds of cheering spectators. The crowds were awesome.

I used the exact strategy as last year. At around 20 miles, I told the group that I

was going to slow the pace down so we would come in right around 3:10. At that point we were averaging 7:09 a mile. Quite a few runners kept on running at that pace.

At mile 22, something happened that didn't make me feel really good.. I accidentally stopped my watch! I didn't realize it until I had run around 3 minutes. I realized I was running somewhat blind. I relied on the split callers for our overall pace, but I never heard anyone calling out the overall time, so I couldn't refer to the Cliff Shot pace chart. I also didn't want to worry any of the runners with me, so I kept it to myself.

I must have done what I wanted because at the 25 mile mark we were at 7:14 mile pace, so I knew I had 25 seconds to spare. I still had no idea what my overall time was until, I saw the finish line and could finally read the clock. I was very happy to finish right around 3:10. I would like to say it was skill, but I think it was dumb luck. Better lucky than good, I guess.

This year there were more runners who thanked me after we finished. I even had one guy who wanted my stick with the balloons and "3:10" sign on it.

Last year, I pitched the stick at around 4-5 miles. This year I carried it the whole way, but it was also not near as windy as last year. Funny thing is that my left arm hurts more than my right and I carried the balloons in my right arm the most. This year's race was much more rewarding for me because I was very unsure about my physical capability to run 3:10. My training had really fallen apart the last 6 weeks leading up to the marathon due to personal issues, but once on the course and with so many fellow runners counting on me, I put all of my troubles behind me for a little over 3 hours and enjoyed the day. I was much more the cheerleader this year and really had a good time.

Layne Mashburn (4:00)

I just have to say that it was a fantastic experience. It was my first time to pace. Had a bit of a shaky start due to my getting in the wrong line and winding up in

(Continued on page 8)

Dan Dick



Born: May 8, 1948
 Where: Indianapolis, IN.
 Age at 2006 Houston Mar.: 57

Married: Terry Dick
 How Many Years: 38 Years
 Children: Anne, Larra & Daniel
 Occupation: CPA/CFO
 for 1859 Historical Hotels

Started Running: 1978
 Reason: Father's heart surgery

Where: South Bend, IN.

Houston Marathons: 22
 First Houston Marathon: 1982
 Best Marathon: 2000 Austin 2:58

Other Runs: Best Houston marathon and best run at 2:59 , 2002. Most memorable was Boston in 1992 with time of 3:03

Total Marathons and Ultras: 37

Training Mileage: Off Season 40
 In Season 80

Favorite Place to Run: Galveston Beach at sunrise;

Favorite running Drink: PowerBar Endurance before race and St. Arnolds after race.

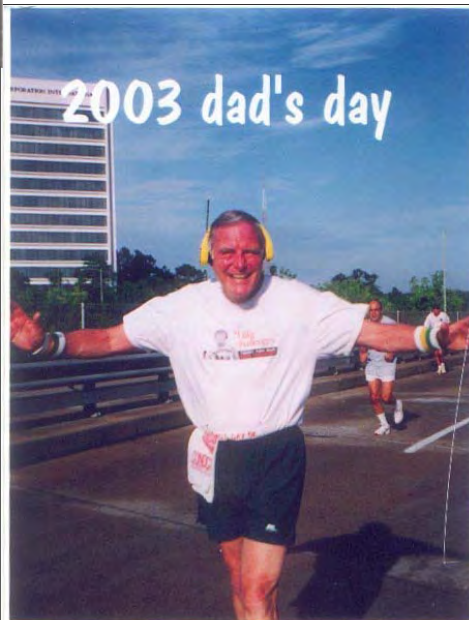
Favorite running Food: Carraba's before race and Star Pizza post race.

Other Stuff: Most enjoyable Houston Marathon was in 2005 when all three of his children participated

Information Booth at EXPO Chuck Isler - Chairman

Chuck Isler is now heading up the information booth at the Chevron Houston Marathon Expo. He needs you to volunteer to work 1 to 2 hour shifts on Friday and Saturday.

Contact him at: 281-440-6532



Chuck Isler

Houston Marathon Veterans Booth Marathon Expo



Veteran's Profile—When Newsletter Date

| | |
|---------------------|-------|
| Jack Lippincott | 12/99 |
| Bill Osgood | 12/99 |
| Tom Gillespie | 03/00 |
| Clent Mericle | 03/00 |
| Bill Van Pelt | 03/00 |
| Arlen Isham | 11/00 |
| Louis Waddell | 11/00 |
| Jack Browder | 05/01 |
| Russell Effstrum | 05/01 |
| Charlie Viers | 05/01 |
| Ray Boytım | 03/02 |
| Clifford Click | 03/02 |
| Wayne Rutledge | 03/02 |
| Lonnie Brauner | 11/02 |
| Bob Ellis | 11/02 |
| John Ellis | 11/02 |
| Boris Balic | S /03 |
| Roger Boak | S /03 |
| Phil Smith | S /03 |
| Phyllis Thompson | S /03 |
| Daniel Jason | F /04 |
| Robert Koester | F /04 |
| Margaret Montgomery | F /04 |
| Lee Norris | F /04 |
| Maria Camacho | F /05 |
| Robert Eury | F /05 |
| Stan Kelley | F /05 |
| Stephen McNeil | F /05 |
| Gerald Meyers | F /05 |
| Jesse Smalls | F /05 |
| David Stephens | F /05 |
| Tony Allison | F /06 |
| Dan Dick | F /06 |
| Bob Fletcher | F /06 |
| Manual Gonzales | F /06 |
| Jim Healy | F /06 |
| Chuck Isler | F /06 |
| Bruce Mansur | F /06 |

Pace Teams - Continued

(Continued from page 6)

the back of the back corral. I had to work my way up thru the crowd to the proper starting position. I had great help in my job. Carlos Reyes was there the whole way with good advice and a bagful of helpful supplies for our group. I also had a couple of friends who joined the group and helped.

My watch was on the fritz and Sara Shannon used her watch and pace chart to keep us on track. We went thru the 1/2 with 2 minutes in the bank just as we planned. Though I did not get a head count, our group was large. We used some short, but vocal cheers to let the crowds know we were coming, and that seemed to help our morale.

There was an accident on the Westpark Overpass as two of our group fell on the hill. We did well until mile 16 when the rising temperature seemed to take its toll. Slowly we started to lose people.

Coming down the final 6 miles we encouraged runners who were feeling strong to go on and run ahead of us. The headwinds also affected the last part of the race. I almost lost the balloons in the final stretch.

At the finish line, several runners thanked us for the pacing. One of our members qualified for Boston and was extremely pleased. As a pacer, I also received a lot of recognition from the spectators. All in all, it was a great time.

Arlen Isham (5:15)

Houston Marathon # 28 and my 7 th year to Pace. I was really worried about this one. After pacing (5:30) at the New York Marathon on Nov. 6, I never really was able to get back into training mode. I was planning on doing Texas Trails, and got a bad cold which hung on through Christmas, then relapsed after the New Year. Could I make the Pace even though I dropped down from my normal 5:00 to a slower 5:15 (12:01 per mile pace).

Race morning went well and we lined up well. Team was ready. Lots of ques-

Tony Allison



Born: August 4, 1955
Where: Humansville, Missouri
Age at 2006 Houston Mar.: 50
Married: Yes
To who: Amy Allison
How Many Years: 11 years+
Children: Two daughters. Ashley (21)
senior college and Taylor (17) senior in HS
Occupation: Energy/Natural Gas

Started Running: 1982
Reason: To lose weight and stay in shape
Where: Houston- 1st marathon was in
Houston in January, 1983

Houston Marathons: 22
First Houston Marathon: 1983

Best Marathon: 1987 Houston in 2:58:32

Total Marathons and Ultras: 73 as of
8/28/06

Training Mileage:
Off Season: 150 miles per month ave.
In Season: 150 miles per month ave.

Favorite Place to Run: Training – The
Woodlands (home); Marathon - Boston

Favorite running Drink:: PowerAde dur-
ing runs, Shiner Bock after runs

Favorite running Food: Pasta before runs,
Gu during, Mexican food after marathons

Other Stuff: Anything weird or unusual or
very special. Running Antarctica in 2007,
have run 2 marathons in the same weekend
on 2 occasions. I realize this is normal for
crazy people, but thought I'd mention. I
have 24 of 50 states, but will probably
complete the 7 continents before I finish
the 50 states.

tions before the race as normal. I was going to do a 30 second walk at the 6:00 and then one minute at the mile markers, walk the water stops and the hills. This would produce about a 11:50 pace average to build a couple minutes cushion before the half, then adjust as necessary, and try to find the finish line. My normal bit is to count down to walk and count down to run. Later in the race, we would yell charge as we began to run again. We were team 5:15.

Fellow 10 plus year veterans, Bob Koester and Carl Lindsey joined me at the start, and they were co-pacers the whole race, including even leading the pack for 4 miles after I took a pit stop at mile ten. It took me some sub 11 minute miles to catch up and my heart beat told me that I might pay for this later. As it turns out, Bob & Carl may need a little more pace training, since apparently they missed one or two walks, so the pace was a little faster.

I caught them just about 14 and we settled back into our normal 12 minute pace. Walked up the Westpark hill and cruised through the Gallery area. We talked about possibly seeing President Bush again this year on Woodway, but he was not out. I also was passing around the balloons for people to carry. It was going to be warm, so early in the race, I told the runners to pour water over their heads, and also to remember to eat something. My food was Clif shots about every 3 or four miles, Gatorade at each water area, some extra water to drink, and then one over my head. I get warm.

Heading back toward down town, we switched to a walk every four minutes for the last 6 miles, and even switched to a walk at every 3 minutes to try to keep the group moving. One of the amazing things about this, is our Pace only dropped about 15 seconds per mile with the extra walks. Runners were dropping off the back, so at the end, I probably had about 15 left going into mile 26. Down the last mile, I was slowing down to encourage other runners behind me to pick up the pace, start to run, you can make it, etc. My last mile was my slowest, since part of it, I was running backwards to cheer. Probably better than

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Pace Teams - Continued

(Continued from page 8)

forward, since just after mile 25, I tripped and almost went flat on my face.

Really nice to see my wife again at the finish area, and other close friends who cheered me in. Finished at 5:14:38 chip time and then forgot to turn in my chip, since I spent about ten minutes congratulating runners and receiving thanks in the finish chute area. An example of the success of Pacing is the runner who told me he picked our group up at 19 and it saved him.

Kathryn White (4:15)

Once again, I had a fantastic time pacing this year. My compliments to you, and others that helped, with organization of the group for the event.

The following is my best attempt at describing the event for me and the 4:15 pacer's. At the start, I made it to the 4:15 position with about 30 minutes to go; luckily, since it seemed to get rather crowded quickly after I arrived. Fred was already there encouraging the runners and getting their names. He did an awesome job at remembering them.

We started off not quite as slow as I planned, probably due to the corral start. We were able to get on pace by about 4 miles, and then ran our quickest mile of 9:10 shortly thereafter. At that point, we put on the brakes and ran the required pace keeping us about 40 seconds to a minute faster than total marathon time. At one point, we ran three miles in a row exactly at the required pace per mile.

We had a fairly large group through out with quite a few halfers that joined in as we merged. Pacer "Anita" was pretty funny all the way through. She was dead set to stay exactly with the pacers particularly right next to our shoulders, which was cool with me. However, we would occasionally bump shoulders or arms. She was very apologetic as were Fred and I. Finally, at about 15 miles, I told her jokingly that she was using all her energy apologizing and that we

should make a vow to apologize then for any incidental bumping the rest of the run.

Although it was hard for me to tell since most people were running directly to my side or right behind me, a friend of mine said we were still a healthy, intact group at about 19 miles. With Pacer's "Anita" and "Natasha", and several others still in toe, we hauled ourselves up and down the hills of Memorial and Allen Parkway passing quite a few people along the way. The group was able to maintain a relatively consistent pace and hit mile 25 about 10 seconds faster than the goal time. Most of the 40 seconds of time we were under at about 19 miles, was lost getting through the water stops, rather than the pace actually slowing.

At 25 miles, I told everyone left in the group to use what they had left and get to the line as quickly as possible. All they had to do is know that I would finish under 4:15 and stay ahead of me. They actually took me seriously and the pack surged ahead leaving me alone to battle the pacing demons to finish on time. The runners seemed very appreciative of the pacers, more so than I recall in previous years. I even heard some of the runners say that the pacers did way better than the "clif-people". Kudos to the other pacers for an effort well done.

Sign me up for next year.

Jim Healy (5:30)

This was my second pacer effort. Much improved over my first showing back in 2000, when I self-destructed on a very warm running day. Arlen, many thanks for helping me formulate a good plan for the 5:30 pace group.

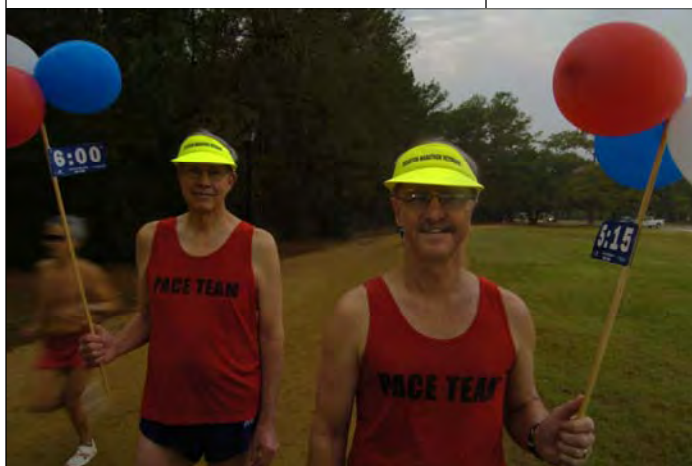
On race day I was quite apprehensive. Had a minimum amount of training with only long runs of 20K, 25K and 30K in the warm-up series. Throw in a Caribbean cruise I went on 2 weeks before the race too, and you know why I was sweating it. Felt I could draw on my 32 marathon experience on a good running day and that was about it.

The new "corral" set up created a major bottleneck! Only had a few minutes to find our position and assemble my group. Managed to do the following before start time:

- (1) Circulated a tablet to jot down their bib number and first name so finish results could be determined for each runner.
- (2) Announced we would use a 5 minute run/1 minute walk regimen, walk up all hills and through all water stations.
- (3) Announced that everyone would start their stop watches as we crossed the starting line.
- (4) Announced that we would plan to average a 12:18 pace as long as we could hold it. That would give a 7 minute cushion for degradation at the end.

Didn't have time to distribute a laminated pacer tag I prepared for each runner (12:18 pace incorporated) prior to the start. Each card had a hole in it with a rubber band for wrist attachment. I passed out about 6 of them to the runners near by.

I had a very spirited
(Continued on page 10)



**Bob Hoekman & Arlen Isham
Houston Chronicle Interview
Pace Team**

Pace Teams - Continued

(Continued from page 9)

group of 14 runners at the start ranging in age from 23 to 60, majority in their 40's or 50's. Most were women (11). Sharon Cayer (45) was the energetic runner of the group, high five'n many supporters along the way. A member of the Leukemia & Lymphoma Society, she was sponsoring a 22 year old boy named Chad. Eleven of the runners (79%) were attempting to complete their first marathon.

My newly purchased Timex with consecutive countdown/chime timer function made the 5 minute run/1 minute walk routine a snap to carry out. I counted down 10 seconds to run and walk times to alert everyone.

The race unfolded pretty much as scripted. We were 31 seconds off target pace at mile 6 due largely to the congestion caused by the half marathon folks but right on at mile 13 and 18. At mile 21 there were still 6 runners with me. About then I began counting sets of twenty a loud to the group to divert their

Veterans HARRA Iron Foot Winners - Fall 2005

Fred Steves
Paul Roche
Susan Middleton
Bruce Mansur
Jack Lippincott

Veterans HARRA Iron Foot Winners - Spring 2006

Richard Fredrich
Jack Lippincott
Bruce Mansur

attention from the task at hand. It worked well. In addition, we began doing a 3 minute run/1 minute walk routine. At mile 23 the core group was down to 5 runners. Since we had 3 minute to burn, I released them to finish at a better time.

Final race results showed that 8 (57%) finished within 4 minutes +/- of goal. Five finished between 5:40 and 6:02. Rebecca Kyles was DNF dropping out after mile 13. I finished at 5:30:01.

After the race several runners that were not part of the starting 14 came up to me and thanked me for leading them to the finish line and new PR's.

To summarize the race, it was a blast! Sign me up for the same pace group next year, Arlen.

Terry Fanning (6:00 Pacer)

We began the marathon running 4 minutes and walking 2 minutes, trying to average about 13:15 per mile, a little faster than the average of 13:44 needed to finish in 6 hours. By the half marathon marker we were 5 minutes ahead of the pace needed, about 2:55:00. This was to give us a little "wiggle room" as we knew that it was going to be hot on Allen Parkway. As it turned out we needed that 5 minutes, as it really became a warm day, much better for spectators than for back-of-the-pack runners.

Our group started with about a dozen men and women of various sizes and ages, most doing their first marathon. Keeping such a slow pace from the beginning left us without much of a crowd around us once we got past the point that the half marathon turned away from us. As we got closer to the finish, we picked up runners who saw our balloons as the beacon that they had to follow, if they wanted to be "official" finishers.

There are a few stories that could be told about our group. One of my favorite moments was when we were about a quarter mile past mile 21, in Memorial Park. We were still maintaining our 4 minute run / 2 minute walk. During the walk portion we had spread out a bit. There were seven women spread across

(Continued on page 13)

Fastest 2006 Houston Marathon times Veterans

If I have the wrong person in each of the groups with the fastest time, let me know, and I will make a correction in the next newsletter. Arlen

Fastest overall Veteran was **John Yoder** at 2:43:51. 2nd fastest overall Veteran was **Rich Fredrich** at 2:49:11.

Fastest overall Female Veteran was **Barbara Stoll** at 3:05:26.

Fastest in the 20 + Years group was **Clent Mericle** at 2:58:02. Fastest women in the 20 + group was **Susan Rouse** at 3:24:48.

The 20 Year group was lead by **Ken Ruane** at 3:18:09. No 20 year female runner.

The 15 Year group was lead by **Jeffrey Herd** at 3:11:43. The female was lead by **April Murphey** at 4:28:27.

10 Year group was lead by **Sam Musachia** at 3:29:13. The female was lead by **Rhonda Emerson** at 4:07:45.

Veterans age group placings were:

| | | | |
|---------------|------|-------|---|
| Clent Mericle | 2nd. | 50-54 | M |
| Dan Dick | 2nd. | 55-59 | M |
| Roger Boak | 3rd. | 55-59 | M |
| Jim Braden | 2nd. | 65-69 | M |
| Bill Duer | 4th. | 70-74 | M |

| | | | |
|------------------|------|---------|---|
| Marilyn Patrick | 2rd. | 55 - 59 | F |
| Phyllis Thompson | 4th | 60 - 64 | F |

Under 3:00 were:

| | | |
|-----------------|----|---------|
| John Yoder | 34 | 2:43:51 |
| Rich Fredrich | 48 | 2:49:11 |
| Richard Peoples | 45 | 2:51:50 |
| Keven Shannon | 47 | 2:58:59 |
| Matthew Padon | 37 | 2:59:55 |

If I missed or got this wrong, this is not easy to do. Can you help volunteer doing this next year?

Bob Fletcher



Born: 9-1-32
 Where: Lawrence, KS.
 Age at 2006 Houston Mar.: 73
 Married: Lou Ann
 How Many Years:
 Children: 3 Daughters
 Occupation: Retired Engineer

Started Running: 1970
 Reason:

Where: Houston, TX.

Houston Marathons: 20
 First Houston Marathon: 1978
 Best Marathon: 2:45:41
 Houston, 84
 Other Runs: Various

Total Marathons : 201
 Training Mileage: Off Season 30/Wk.
 In Season 70/Wk

Favorite Place to Run: Houston

Favorite running Drink: Blackstrap
 Molasses
 Favorite running Food: Oatmeal

Other Stuff: Gardening, woodworking,
 & indoor rowing.

Ran 50 marathons in 50 weeks at age 50 with average time of 3:08. 6th American to do marathon in all 50 states. 64 1st in age groups, 35 2nd age groups, 19 3rd age group, 35 sub 3:00 hour marathons.

Veterans News

Rich Fredrich - I had a 2:49:11 in my 17th.

Kerry Staats - As for other running stuff, 15'th Houston and 15'th Grandma's in the same year.

Brian Jenison - I have 20 consecutive Houston marathons. I did one of them several years ago on a severely sprained ankle just to keep the streak going. That's crazy. I also have 10 Ironman finishes and 10 Alcatraz swims. I need to get a life. That is some boring stuff.....

Suzy Seeley - Houston 2006 was my 12th Houston; 100th marathon. PR for Houston course 3:19:56. Austin 2006 was my 101st marathon and marathon PR in 3:14:27; 2/19/06. Won Seabrook marathon, 102nd marathon; 3/19/06

Bob McDowell - PR year & Boston qualifier was the BIG FREEZE marathon in 1997. Most spine tingling moment in a marathon – Running past the charred/boarded up Pentagon building 3 weeks after 9/11 during the Marine Corps Marathon and having some vets who were carrying the American flag start singing God Bless America. The whole running crowd joined in. A very emotional moment.

Mike Danke - I recently did the Houston Urban Adventure race with a partner I met that day. We would have done better, but we both ran in the morning. I have no idea how many miles I've done. People keep track of that? Recently did a 5K with a "post-celiac-diagnosis" PR of 22:20.

Fred Walsh - My PR marathon was at Cowtown in the early '90's, 1992, I think. My finish time was 3:01. That was the year that they flattened the course although I understand that they put all the hills back in recently. I had given blood about 3 weeks prior to the marathon because of a need at the office. During the race, I met a ER doctor who told me that giving blood before a marathon was a bad idea. He was a great guy to talk with. But, I eventually left him behind for my PR. Left his medical advice behind, also.

Morgan Lusby - My only accolade is that I keep track of all the miles I run (races and training) since I first started running in 1993. I just eclipsed 15,000 this month.

Ken Ruane - The 2006 Houston Marathon was my 20th. I ran a 3:18:09 time and was first in the 60-64 age group.

Michael J. McCormick - My near-term goal is to run 20 Houston marathons and then see how the body and will power holds on, and ideally I'd like to keep going...on-on. This coming year, my 15 year old daughter is planning to run the Houston half marathon for her 1st time. When we run together it is like running with a gazelle – sometimes she wants to race, and in a long enough run I can sometimes match her pace but I'm like an old freight train that first needs to build-up a head of steam before I've got any speed. Gracefully, she is running most days, getting stronger and faster so I'm beginning to see the torch passing onward and upward!

Steve Boone - Streaks-Houston 19 years 2007 will be number 20.- Austin 15 years there are 9 of us have completed all of them. Totals marathons 312, with 16 more for the rest of 2006 and hope to be at 331 for Houston in 2007. One of the co-founders of the 50 States Marathon Club with 1,141 members from all 50 states and 9 foreign countries. Co-race director for the Texas Marathon on New Year's Day in Kingwood, organizer of the Delaware Marathon and Breakers Marathon in Rhode Island. Most miles in one week-131 with five certified marathons. Old & Tired.

Don Oakland - My 2005 HM was my 20th, and was special on a couple of levels. One, at the 8-mile water stop, I managed to slip on some discarded cups and slide my right-foot into a pot-hole. After the obligatory exclamation (in fact, probably scaring a few on-lookers), my foot was definitely damaged (thought maybe a twisted ankle), so walked it off for a couple 100 yards, then continued on, jogging more than running. Made it through to the end, and after traversing

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Veterans News

(Continued from page 11)

(what seemed like miles back and forth across the George Brown), got to my car and took off my shoes. Right foot swollen, black and blue. Went to a Dr. two days later; x-rays showed multiple fractures in outer bones, requiring surgery to repair. After plates and screws inserted, have been okayed to star running again (carefully!). Anyways, blew my streak (20) in 2006, but was proud to get number 20 at Houston in 2005.

Number 20, a broken foot, and shaking hands with George Bush Sr., all in one day!

Leslie Hale—I must certainly include my streak of Houston marathons which now stands at 16...putting me now ahead of Bill Jenkins and that keeps me coming back each year!!

I would also add completing two 100 mile races including Western States and I'm looking forward to another 100 miler in November of this year to be held on our wedding anniversary...my husband plans to be in the support vehicle sipping champagne while I run!!

Jack McClintic & Tom Radosevich are the Co-Directors of the non-profit HARRA Power In Motion 10 week marathon training program.

For those of you that may have known him, I was informed that veteran **Joe Coronado** of Florida City, FL has passed away.

For those of you that may have known him, I was informed that veteran **Ed Buckalew** of Grand Prairie, TX. Has passed away a couple years ago.

The Viator Vet Continued

(Continued from page 1)

Speaking of our favorite event: it looks like entries for the half and full marathons will reach the 15,000 total cut off point much earlier this year. That happened at the beginning of the expo last year, and a few of our Veterans were caught short. Get those entries in right away! You know you are going to do it again; that's what makes us all the gang of crazies we are – and proud of it! I'd hate to see someone's official, growing number of finishes get stopped, just because the race would not accept their entry...

It was great to see a bunch of you come out to the early-sign-up/Charity party in the park a few weeks ago. Many of our Veterans did the instant donation thing on-site, and were showing off their high tech T-shirts as a result. There are now so many deserving organizations that have hooked up with the Chevron Marathon, that it is hard to choose which one we want to help out the most. This is just another feature of our first-class event that makes us feel lucky to be associated with it.

Finally, I would like to thank Arlen and all of his pacer guys & gals. You all have done such a good job over the last few years! The marathon bigwigs have now officially recognized your importance to the race by approving free entries for the first two pacers at each advertised pace. I know that the runners who have followed these leaders in the past were always aware of the fine job they were doing. We have received many a warm "thank you" from those running folks, who definitely appreciated the help. If those of you who have never paced have a chance to volunteer with that group,

Veterans Committee

Our group continues to grow. Jack & I have decided that **we need help** for some of the normal activities outside of the marathon weekend.

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

We **need 3 volunteers** to help with the newsletter. The task would be:

Research the results to find out who is the fastest in each veterans group, and also which veterans actually place 1 through 4 in the overall results, gather veterans information, and help with the actual newsletter preparation.

We **need 3 volunteers** to help with the Pace committee.

We **need 2 volunteers** to help with veterans confirmations.

**Contact Arlen Isham at
E" Mail -
arlenisham@yahoo.com**

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

Special thanks

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

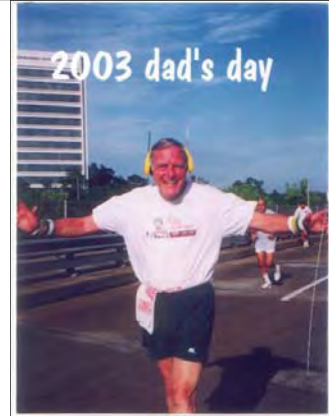
Contact Jack Lippincott at:

Note: Jack's "E" mail is JACKL6@hotmail.com. That is an "ell", not a 1 (one).

713-935-9202 - Hm. Phone

To help this year for the expo.

Chuck Isler



Boris Balic
25 Houston Marathons
Presentation by
Jack Lippincott

Born:
 Where:
 Age at 2006 Houston Mar.:
 Married:
 To who:
 How Many Years:
 Children:
 Occupation:

(Continued from page 10)
 all three lanes of Memorial Drive when it was time for us to start running again. I shouted for us to run and all seven started together, unconsciously forming a line of runners, shoulder to shoulder. I told a woman running alongside me that we were looking at a "Wall of Will", these women determined to continue their effort until they achieved their goal. My running buddy left me immediately so that she could join that line, leaving me alone to admire them.

Started Running:
 Reason:
 Where:

Born: Feb. 11, 1937
 Where: Pittsburgh, PA.
 Age at 2006 Houston Mar.: 69
 Married: Yes
 To who: Norma
 How Many Years:
 Children: **Kelley and Kristen**
 Occupation: Retired Manager, Alternative Fuels, CEMEX.

Started Running: Summer, 1975
 Reason: **For the Health of it.**
 Where: Houston

First Marathon:
 Houston Marathons:
 First Houston Marathon:
 Best Marathon:

Most of our group made the 6 hour mark, getting their medals. Almost every one of them wanted a medal, not caring for the mug that has been given each year, since I have been running this marathon. It was nice to see that this year the medal was of such a high quality.

First Marathon: Dallas, 1976
 Houston Marathons: 21
 First Houston Marathon: 1981
 Best Marathon: 3:40

Total Marathons and Ultras:

Total Marathons and Ultras: 43

Training Mileage:
 Off Season:
 In Season:

This was my second time pacing and it was as enjoyable this year as it was last year. Thanks for the opportunity to enjoy the marathon in a way that I had never imagined when I started this 20 years ago.

Training Mileage:
 Off Season:
 In Season: 20 to 35

Favorite Place to Run:

Favorite Place to Run: **Meyer Park and Memorial Park.**

Favorite running Drink::

Favorite running Drink:: **Powerade & Gatorade**

Favorite running Food:

Favorite running Food:

Hobbies:

Hobbies: Golf, singing (shower) & yard work.

Other Stuff :

Other Stuff: Bachelors & Masters from PITT. Needed 8 credits for a Doctorate. Taught high school German (Pittsburgh) and Night courses at Lamar University in Beaumont.



Pace Team & Veterans Booth