Houston Veteran's News

THE VIATOR VET - JACK L.

Member

t is a great time to be a Vet!!   No, I don't mean a horse doctor (or a cat psychiatrist, or a dog podiatrist). I mean a Methodist Health Care Houston Marathon Ten Year Veteran; or, MHCHMTYV, for short.   Really, that isn't so short.   Anyway, there are exciting things happening this year, and us old marathon "fogies" are right in the middle of them!

First, many of you filled out the veterans' survey last January. Thank you! Lots of people - including Very Important People, like Marathon Committee Members and Race Directors - paid close attention to what you had to say. They know that long years of marathon experience actually means more than just sore feet, pasty/sun-deprived skin and no discernible life outside of Memorial Park. Well, doesn't it? Let's hope so. ANYway; this newsletter, our extreme gratitude for which goes out to Mr. Arlen Isham - Double Veteran, Trail Master, Double Dipper, Senior Editor and Publisher Extraordinaire…wait a minute; my train of thought just derailed. Gosh darn it. That happens more and more often to us Double Veterans…

ANYWAY.   This newsletter is a direct result of some wonderful ideas mentioned in that survey. We hope this is a regular mailing soon; more regular than once per decade, too. The marathon office will help with copying and postage, but we need your pictures, ideas, articles and

eterans who have indicated they may want to be a Pacer for the 1999 Houston Marathon.

Clifford Click, Sr.
Len Emge
Larry Ganss
Michael Goodger
Jim Healy
Tim Henry
Arlen Isham
Robert Koester
Lee Norris
Bill Osgood
Susan Rouse
Wayne Rutledge
Bob Sipple
James Tuscany
Charles Waggner

If you are interested:
Contact Arlen Isham at
"E" Mail - isham@flash.net

PAST & FUTURE

Jan. , 1989, 10 years ago.

17 Th Annual Houston Marathon

The first race which started with dual starting lanes and finish line at the George R. Brown Convention Center.

A course record 2:10:04 by Richard Kaitany of Kenya.

Veronique Marot of England won the women's race in 2:30:16.

Unlike the raw, blustery cold of 1987 and the humid heat of 1988, Houston's weather on race day 1989 was nearly ideal— considering the heavy fog. Despite reduced street-level visibility to only a few dozen yards, the crisp coolness invigorated many runners on to personal bests.

Total entrants was 4,524 including 3,660 males and 864 females.

The list of 10 year or more veterans was 55 people long. 25 people were first time 10 year veterans.

Clyde Villemez at the age of 77 was the only veteran to run all 17 Houston Marathons.

Jack Lippincott lived in Sante Fe, NM.

Arlen R. Isham
12803 Peoria St.
Houston, TX. 77105

Race Calendar

12 Person Relay

Houston to Austin?

March 1999

Upcoming Events-Marathon Expo.

Pictures needed - 20 Year
Eric Andel
Ray Boytim
Jack Browder
Russell Elfstrom
Bob Ellis
Charles Viers

Pictures Needed - 15 year
Tony Allison
Joe P Barry
John H. Black, Jr.
Jeff Cains

Robert M Eury
Roger Goddard
Manuel A. Gonzalez
James Graham
Ray Hodges
Joe Huerta
Daniel Jason
Harold Kaufman
Bruce Mansur
Margaret Montgomery
John Roberts
Jesse Smalls
David Stephens
Harry Vroulis

Pictures Needed - + 20 Year
Jack Lippincott
Willard S. Osgood
Gene Askew
Thomas E. Gillespie
Clent Mericle
Bill Van Pelt
Rick McMahan
Louis C. Waddell

Send to Arlen Isham

"The difference between a jogger and a runner is an entry blank. "

George Sheehan

Houston Marathon Veteran's Pacing Team

What is a pace team?

It is a group of runners who run together during the marathon. They share the same finish time goal (anything from 3 hours to 5 hours) and help one another stay on pace. Running together gives the group a collective energy and enthusiasm that supports and enhances everybody's marathon experience.

Who leads the Veteran's Pace Team?

Groups are led by the Veterans, men & women with at least 10 years experience running the 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.

Does this really work?

You bet! The Veterans Pace team is similar to other pace teams such as the Runner's World Pace Team, which has successfully led thousand of runners to complete marathons on pace at St. George, Big Sur, Dallas White Rock, Chicago, and Rock 'N Roll. These participants tell us that the Pace Teams make the marathon more fun and exciting than they could

have imagined.

What paces will the Veteran's team be running?

Finish Time (hours)	Pace Per Mile (Min.)
3:05	7:04
3:16	7:30
3:30	8:00
3:43	8:30
3:56	9:00
4:09	9:30
4:22	10:00
4:48	11:00
5:14	12:00

+ Others to be added.

How can I join?

Just drop by the Veteran's Pace Team booth during the Houston Marathon Expo. on Friday, Jan 15 and Sat., Jan. 16 to sign up. (Note: Registration isn't mandatory to join. If you can't make it to the booth, you're still welcome to join a pace team on race day.) The official Houston Marathon Veteran's pace team booth will have more information and a schedule of when and where our special pre-race orientation clinics with the Veteran's will be held.

What goes on at the clinics?

At the clinics, we'll introduce the Veteran's pace team members who will be leading pace teams. We'll go over everything you need to know (like how to find your team on race day morning). Veteran's team personnel will also answer generic question from the crowd on race preparation, strategies, and other related topics.

How do I meet up with my pace team race morning?

We'll have big Veteran's Pace Team signs at the start. All Veteran's pacers will be nearby wearing distinctive red caps. Plan on getting there approximately 30 minutes before start time to find your team and get organized. All Pace Team leaders will wear a special bib identifying 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". Other s 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 UNDER. That's what pacing is all about.

Will we stop at water stations?

Depends on the pacer. Most will at least slow down at the aid stations to make sure everyone gets properly hydrated. Some will stop and walk a few meters.

Will there be walking breaks?

Again, depending on the pacer. Some will take walking breaks and some won't Your pacer will let you know at the clinics and before the start what the team strategy will be.

interesting tidbits for fellow "super-runners" to chew on (but remember, a lot of them are vegetarians)

Enough rambling. The Really Interesting Stuff this time around is the Marathon Pacing Teams, the leaders for which will come from within our very ranks! Speaking of "very rank," some of you do NOT shower right after running, but instead head straight to Bubba's, or One's-a-Meal, or 59 Diner or wherever. I was at the next table last Saturday, and PUHLEEZ! give us a break next time! You know who you are… Oops - more rambling. ANYWAYS! Elsewhere in this issue, and soon to come in official marathon literature, are more details on this pacing deal. It's an opportunity to have a very positive impact on our sport, and in this, our favorite race! Let's try to support it as a group, whether each of us is participating, or not.

Until next time - be careful on the roads, all you roads scholars…

Jan. 1998 Marathon Veterans Survey

Comments Regarding Veterans Long Sleeve "T" Shirts & Golf Shirts – Question # 6

(2) etc.   Means it was repeated twice.

1. Nice, but should be free
2. Suggest Gray shirts.
3. Hand out Veteran's shirts at the end of the marathon rather than waiting a year. (2)
4. Charge extra, if necessary, for name & dates on golf shirts.
5. Appreciate the shirts & special recognition at the dinner. (10)
6. Great., nice touch, or good. (10)
7. Finisher's shirts only, do not have the other short sleeve "T" Shirt.
8. What about a deal for Vets where they trade the extra shirt for the Vet shirt. If a Vet signs up early, they get an "In-training', before marathon, finisher, and Vet. Shirt. (2)
9. Could not be better.
10. We have paid entry fees for 10 years. We should not have to pay
11. or Veterans Shirts.
12. Likes the long sleeved shirts with Chevrons.   (3)
13. Likes the opportunity to get the golf shirts. (7)
14. Let people that want extra shirts, pay for them.
15. Change colors on the golf shirts each year.
16. 15, 20, & 25-year shirts should be different. (2)

Suggestions for improvement for the Houston Marathon – Questions # 7

1. Wants to go back to a 2 loop
2. Requested a special parking lot for the morning of the marathon for Vets. (2)
3. Special number system for Vets, different color numbers.   (2)
4. Reserved Port a cans for vets.
5. More Port a cans along the course, most areas had lines.
6. Wants more recognition of the veterans, new category (Brother-Brother).
7. Best in the country.
8. 1998 Hoopla seems less. Missed some of the music. What about prerecorded crowd noise in spots?
9. Could not find a bus after 13 to 22 miles when he wanted to drop. Apparently difficult to recognize bus to pick up dropouts.

Clyde Villemez

The first Veteran - Numero Uno - Clyde Villemez, Sr., was 61 years old when he ran in the inaugural Houston Marathon in 1972.   He finished 59th out of 73 finishers (his son, Clyde Jr., finished 2nd - to Danny Green).   Clyde Sr. then proceeded to complete 14 more of them in a row, with official finishes. He fell off the pace a bit in his 16th, but came back with another official finish - as a 77 year-old - in 1989. That is still the record for oldest official finisher, in spite of the recent raising of the limit to 5 and ½ hours. Clyde ran a 4:52 that year!! He continued as the grand old man of the marathon, usually finishing - but in over 5 hours - for another 6 years. This was in spite of cancer surgery after the 1990 race… Now that is dedication!! Clyde finally hung up his marathon shoes, as an 83 year old, after the 1995 race. He has left a bunch of goals that we "younger fogies" can continue to shoot for.

10. Race later in the year, such as mid to late Feb..
11. Veteran's picture was done early, better organization . (2)
12. Move the official time back to 5 hours. (2)   Drop the 5 K.
13. Availability of hot food for the late runners was very bad.
14. Excellent job of supporting the runners in spite of the heat.
15. Picture of Veterans in the result (2).
16. Make sure walkers that start early do not affect results. (2)
17. Be consistent on the location of the PowerAde. Which side of the street? Balloons to mark that table. Everyone is always asking which table. (3)
18. Eliminate the Allen Parkway segment, the hills are difficult. Use a more level street.
19. Better than Boston and New York in execution.
20. Consider a Veterans lunch or dinner for socializing and brainstorming.
21. Well organized, well-planned event. (3)
22. Enjoyed massage, but need more therapist.
23. Set qualifying times to get in the race if we want it to be more elite.
24. Earlier start than 8:00 a.m. (2)
25. Add weight division & age groups for weight divisions.
26. Reserved area for Vets to meet their families after the marathon.
27. Reinstate minute per mile markers at the start.
28. Too many bands in the last two miles, not enough in the first 15.
29. Do not eliminate the glass mugs, those are my only trophies.
30. Increase the time limit to 6 hours, which would allow more people to be official.
31. Possible new course, keep the Western theme.
32. Don't have two water stations within two-mile markers and put the water station just past the mile marker to be more consistent. Also fits with new concept of walking at the mile markers. (2)
33. The first mile is very congested., bridge is very tight.
34. "Make it shorter, 35 degrees F, clear, crisp, low humidity, and no wind
It works, don't fix it

Houston Marathon Veterans Pacing Idea.

Yes answers from Veterans

7:00+	Pace 3:05 Marathon	(1)
7:30	Pace 3:16 Marathon	(1)
8:00	Pace 3:30 Marathon	(2)
8:30	Pace 3:43 Marathon	(2)
9:00	Pace 3:56 Marathon	(3)
9:30	Pace 4:09 Marathon	(0)
10:00	Pace 4:22 Marathon	(2)
10:30	Pace 4:35 Marathon	(1)
11:00	Pace 4:48 Marathon	(1)
12:00	Pace 5:14 Marathon	(0)
13:00	Pace 5:40 Marathon	(1)

???? Pace   (1) Dependent on Training
   (1) Maybe

Gene Askew

Close on the heels of Clyde Villemez as a veteran, and eventually replacing him at the top of the list, was Gene Askew. He ran his first Houston Marathon at age 53, in 1973 (the second annual Houston event). He would eventually complete 21 more, officially and in-a-row, before falling off the pace (he was just slightly over 5 hours) in the 1996 race, at age 75. Several more remarkable things about Gene need to be mentioned. First of all, his wife Lida. She is also a Veteran, running ten of them before calling it quits. Gene and Lida were the first husband and wife veterans, and the only ones for quite a few years. Gene also has competed in as many Boston Marathons as Houston's, becoming one of their "invited" runners, and an institution up there just as he is here. Gene continues to toe the line at the Houston race - an inspiration to us all!