

Houston Veteran's News

December 1999

Arlen R. Isham & Jack Lippincott

THE VIATOR VET - JACK L.

THE VIATOR VET
LIVIN' LA VIDA LOCA

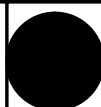
Ricky Martin's monster hit about the life of a local invited runner should serve as a challenge to all of us Ten Year Veterans (TYV). And what a life it is, too, at the Houston Marathon. There's a private preparation area, uncrowded restrooms, massage tables, snacks, and a last-minute escort to the front of the race start. And who really deserves this special treatment? Is it those undernourished little five-minutes-per-mile foreign people, who don't know Westcott from West U? Or is it our Noble Repeaters, who savor the sores of San Felipe, welcome the wounds of Woodway, and appreciate the agonies of Allen Parkway, year after painful year? And are there any "big bucks" waiting at the end for our fearless Vets? Any invitations to the Olympic Trials? Heck, no! But TYV's are folks who never trouble themselves with negative thoughts such as, "Why don't I quit doing this to myself?" And we all know why, don't we? Right?? Uh, WAIT a minute, do any of us KNOW why? C'mon, somebody?? Well, we still have a month or so to come up with a good answer to that question. If anyone does figure it out, let me know...

Meanwhile, the serious preparation period is here, with its usual tantalizing hints of cooler weather - leading us to dream of just such a day on race morning. (HA!) Yes, it's finally cool enough to justify the longer training runs, the warm-up series of races, and the little lies to our spouses that cover up those extra workouts (YOU know what I'm talking about). It's basically the most exciting point in our annual orgy of Houston Marathon related events. Right now, ANYTHING is possible. THIS is going to be the year that we finally break four hours (or, three, or five, or whatever). The truth is, we are all eternal, unapologetic, and unrepentant optimists. THAT is what REALLY makes the Veterans - and all marathon runners, for that matter - special. We not only seek out the best that is in us during a race, but always believe that we can and should strive for something better in the next one.

Remember, Pacing Teams were a solid and popular success last year. They will be better than ever this time around, and there is room for more Vets to be pacers, too. Additional information on this method of adding extra fun to your race experience is elsewhere in this issue, and coming your way by email soon.

Please train hard but stay well. See you on the streets, all you street-fighters...
jackl

Member



eterans who have indicated they may want to be a Pacer for the 2000 Houston Marathon.

Roger Boak	2:50
Steven Karpas	3:10
Steve Boone	3:30
Bob Hoekman	3:40
Diana Keinz	3:40
Dave Holzhauer	3:40
Clifford Click, Sr.	4:15
Robert Koester	4:30
A r l e n I s h a m	4:45
E w i n g E v a n s	5:15

Pending Answer

Len Emge
Larry Ganss
Michael Goodger
Jim Healy
Tim Henry
Lee Norris
Susan Rouse
Wayne Rutledge
Others?????????

If you are interested:

Contact Arlen Isham at:

"E" Mail - isham@flash.net
Fax - 713-988-9298

At check-in for the January, 2000 Marathon, we will be awarding long sleeve veterans T-shirts to finishers who have completed 10, 15, and 20 Houston Marathons as of the January, 1999 Marathon.

In addition, all ten-year veterans can buy an embroidered golf shirt or traditional long sleeved shirt with the chevrons. You will receive your order blank in the mail by Dec. 10. Cut off for orders is December 18 for delivery at registration. Call Austin O'Toole at 713-877-6825 for information.

PAST & FUTURE

Jan. , 1990, 10 years ago.

18 Th Annual Houston Marathon

Paul Pilkington of the USA won the men's race in 2:11:13

Maria Trujilo of the USA won the women's race in 2:32:55

Juhn Custy, 41, took first master at 2:28:07 and Susan Havens at 2:59:09

Houston's weather on race day 1990 was 45-degrees at the start, but warmed under a bright sun to 65 degrees by 11:00 a.m.

The list of 10 year or more veterans was 57 people long. 12 people were first time 10 year veterans.

Clyde Villemmez at the age of 78 was the only veteran to run all 18 Houston Marathons.

Jack Lippincott lived in Sante Fe, NM.

A total of 3,249, 2,689 males and 560 females, finished out of the registered 4,842.

Veterans Newsletter

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Race Calendar

**12- 5 30 K
12- 5 Dallas White Rock Marathon
12-11 Texas Trails 50 K / 50 M
12-12 Jingle Bell 5-mile
12-31 Miles to Millennium 5 K
1- 8 Run for the Arts 10 K
1-16 Houston Marathon
1-29 Fine Arts 5 K**

12 Person Relay Houston to Austin

March 24 & 25 2000

**How about two or three
veterans teams**

Call Arlen 713-455-4858

Upcoming Events-Marathon Expo.

Pictures needed - 20 Year

**Gary Baroski
Clifford Click
Wayne Rutledge**

Pictures Needed - 15 year

**Dan Dick
Ramon Gomez
Evan Groutage
George Guidry, Jr.
Kenneth Herd**

Pictures Needed - + 20 Year

**Jack Lippincott
Willard S. Osgood
Thomas E. Gillespie
Clent Mericle
Bill Van Pelt
Rick McMahan
Louis C. Waddell
Ray Boytim
Jack Browder
Russell Elfstrom
Charlie Viers**

Send to Arlen Isham

Houston Marathon Veteran's Pacing Team

If you are a veteran and want to be a Pacer, we need you to decide now!.

Call Arlen Isham to ask questions and to volunteer

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.)
3:10	7:14
3:40	8:23
4:00	9:09
4:15	9:43
4:30	10:18
4:45	10:52
5:00	11:26
5:15	12:01

How can I join?

Just drop by the Veteran's Pace Team booth during the Houston Marathon Expo. on Friday , Jan 14 and Sat., Jan. 15 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 15 minutes before start time to find your team and get organized. All Pace Team leaders will carry a sign 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 EVEN. 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.

Jack Lippincott

THE VIATOR VET

Currently at the top of the Veterans' list, Jack was 28 years old when he ran his first Houston Marathon in 1975. His time was 3:56, and he proceeded to have PR's at the race over the next four years, culminating in a personal-best time in 1979 of 2:36.

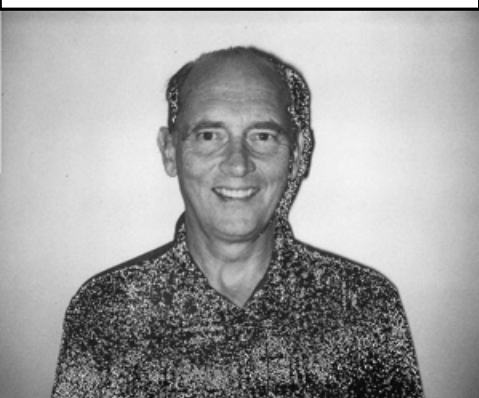
Jack has now completed 20 additional Houston's, for a grand total of 25, and doesn't plan to quit anytime soon. He has finished 20 other marathons, including 5 Bostons, so more than half of his career 26-milers have been Houstons.

Jack's unbroken string at our event includes a seven-year change of residence to Santa Fe, New Mexico, in the 1980's, so for a while he was one of the out-of-state veterans, too. Though only 53 years old today, Jack has his eye on Clyde Villemetz' long-standing Veteran's record: an official finish of the race at age 77. Twenty-five down, twenty-five to go...



The Wisdom of George Sheehan

"The race is a theater where we willingly suspend our disbelief, and there we act out our own drama."



Bill Osgood

W.S. "Bill" Osgood

Right behind Jack L. on the Veterans' list, with 24 finishes in a row, is Bill Osgood, age 64. This man is a streaker by nature, and not just in the Houston Marathon. He has run EVERY day since October 12, 1981!

Also, he only missed six days in the four years prior to that, so Bill is our poster-boy for dedication. He has finished 45 total marathons (every one he's started, of course) and his best time is right at three hours. This is excellent, considering he was almost a master-runner when he got started.

Since 1975 he has logged over 37,000 miles, sometimes over 2,600 in a single year. All in all, we couldn't have a better example, up there at the top end of the list, of what being a Marathon Veteran is all about.

Side Stitch by Dana Summers

