

Houston Legacy Runner's News

Summer 2015

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

Jack Lippincott & Arlen R. Isham

THE VIATOR VET - JACK L.

Well, the hot weather is upon us. Don't worry! It will all be over in only six or seven more months... ;-) Hey; this is the time of year that we prove just how tough – and crazy? – we really are. Cutting back on the frequency, and distance, of our precious long runs is the smartest thing we can do; so, of course, that is NOT what most of us do. It is so darned hard to let go of the shape we have beaten ourselves into, right? You see, learning from past mistakes, such as repeated overtraining, is definitely one of our strongest weaknesses! But that is our legacy; or, we would not be running 26.2 miles over and over again, right? And, maybe that legacy truly adds some “verity” to our new collective description as “Legacy” runners. I am slowly getting used to this new “hashtag”; so, do your best to get your own mind right about it, as well...

OK; our marathon has now “deep-sixed” the wildly controversial lottery from its entry process. (The avoidance of that game-of-chance was one of our most treasured Legacy-perks). It has been replaced with about 27 serial-and-circuitous registration dates (well, maybe not quite that many; and, anyway, we also get to pretty much ignore most of that system, as well). It is a blessing that we only have to remember one date – November 1st, by which time we must register. But, I urge you NOT to wait until anywhere near that “ultimate” deadline. Instead, get yourself registered NOW. You know you want to do it; so, sign on the dotted line and make it official!

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Utopia for Ethiopia

The country's dominance continues via the top 3 men's runners, and top 5 women's finishers in the marathon. For the 7th year in a row, the Stetson cowboy hats were awarded to both the male and female runners from Ethiopia.

Near perfect running conditions helped make a competitive race.

Birhanu Gedefa came from behind in the last mile to win the Houston marathon in a personal record of 2 hours, 8 minutes, 3 seconds, while fellow Ethiopian Yebgual Arage also came from behind for a PR, winning the women's race in 2:23:23.

Gebo Burka broke away from Debebe Tolossa at the 23-mile mark, extending his lead to 14 seconds by the 25-mile mark, but Gedefa closed the gap quickly, passing his countryman with a quarter-mile to

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**Houston Marathon Legacy Runners
January 18, 2015**

2015 Houston Marathon Legacy Group





2015 OFFICIAL RESULTS

Race Winners Utopia for Ethiopia

(Continued from page 1)

go, beating his previous personal best set in Rome in 2012 at 2:11:30 and winning his first marathon.

Aaron Braun in seventh place 2:12:54, was the top American men's finisher. Flagstaff, Arizona's Kellyn Taylor finished in 6th place at 2:28:40 in her marathon debut as the top American female.

In the Men's U.S. Half marathon championship, Flagstaff's Diego Estrado won with his 1:00:51, and the Women's U.S. Half Marathon championship was won with Sacramento's Kim Conley's 1:09:44.

Lane Boyer of Texas won the men's division of the Aramco Houston Half Marathon in 1:08:51. Angela Spadafino also of Texas won the women's race, finishing in 1:16:18.

Sunday's Chevron Houston Marathon and Aramco Houston Half Marathon jammed the streets in and around downtown with thousands of runners, representing 50 states and 29 countries; and the weather didn't disappoint with sunny skies and cool temperatures.

THE VIATOR VET Jack Lippincott



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Every year, one or two of our gang fail to get that done until it is too late (maybe we are remembering the "good old days," entering at the Expo. Sorry; THOSE DAYS ARE LONG GONE). Let's not miss out just because we are getting old and forgetful. Mostly, that forgetfulness is a positive trait – thankfully, we are unable to remember what those last 6 miles feel like...

Do not forget that it is possible to find a slot in our Pace Team group; they usually have a couple of openings each year. It is a very rewarding pursuit; and, it comes with even more perks...!

ANY ways; you all have a great Summer and Fall. Because I try to avoid the hard surfaces these days, you can look for me on the trails; and, just call me trail-er-trash!

Best Pace Team Performances

Kathryn White was the Pace Team Queen by hitting her 4:30:00 goal at 4:29:48. Miguel Pena was the Pace Team King by hitting his 3:30:00 goal at 3:29:55, five seconds under.

Heidi Zimmerman and Marnie Staehly were the best team by both of them hitting their 3:40:00 goal at 3:39:49.

18 of the 29 Pacers achieved being within 2:00 under goal. Lee, Pena, Hoge, & Brown did a great job within 10 seconds of their goals. An amazing ten pacers were within 13 seconds of Goal time. Twelve of 14 pace goals were achieved by at least one pacer.

Pace Team Stories

John Yoder (3:00) - After a 3 year pacing absence, I decided to pace the 3:00 group along with Kerry Lee. After running the Chicago Marathon in October I was left with lingering piriformis pain which morphed into groin pain. This severely cut my mileage down for the bulk of marathon training. I was

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LEGACY PACE TEAM TO LEAD 2016 HOUSTON MARATHON 17th Year

Who leads the Legacy Pace Team?

The groups are led by the Houston Marathon legacy veterans, both men & women with years experience running the Chevron Houston Marathon. They'll provide runners with a unique opportunity to interact face-to-face with Legacy veteran's personnel as well as to experience the camaraderie of a team. The Legacy 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?

Some pacers go out a little slower the first part of the race and then run a little faster in the middle of the race and then steady to the end. 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 soon 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 2 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 past year, the Pacers finished within 1 to 2 minute 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.

Carlos Reyes
Veterans Pace Team Coordinator
713-724-7605 for information
Arlen Isham, Co-Chair

Pace Team Goal Times

3:00
3:10
3:20
3:30
3:40
3:50
4:00
4:15
4:30
4:45
5:00
5:15
5:30
5:56



Jon Yoder

Pace Team Stories

(Continued from page 2)

hardly able to run anything in double digits until about 2 weeks prior to the race. I have no idea how I was able to pace on such little training but the fact people were counting on me to perform was a great motivator to get the job done.

Our start didn't go quite as planned as the crowds were unbelievably thick the first couple miles and we hit the first mile split at 7:24. I had planned to go out first mile about 8 seconds slower at 7:00 as most all of us needed a little warm-up, but not that slow. No worries though and we made up the time and then some after the first 6 miles.

Came through the half way with 40 seconds to the good. Later seeing photos taken by friends and MarathonFoto we learned we had a group of around 30-35. One funny story was when fellow pacer needed to hit the porta potty. He sped up from the group and then caught back up to us the following mile. Once he took off everyone around was like, "What should we do? Do we follow him? I can't run that fast!" After reassuring every one of his plans everyone relaxed, and Kerry caught up to us a lot faster than I expected.

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Pace Team Stories

(Continued from page 3)

A marathon is 26.2 miles and whether you're pacing or racing, that's a long way to run. Fatigue will hit you every time. After about mile 20 our group had dwindled to around 10 or so. Still had 20 seconds to the good which was perfect but with Houston, I prefer to run even effort over even pace and the hills of the final miles dictate keeping a few seconds in the bank.

While the temperature was near perfect I did think the humidity was rather high and I didn't enjoy running in the wet shirt. At least there was no wind. The fact I developed only minor groin/piriformis pain was a true blessing. However I did feel the lack of long runs and I felt very tired the last 10K. Oh, and my feet hurt too. Darn that concrete!

By mile 24 our group had dwindled even more and we were down to 6 seconds ahead of schedule. At mile 25 I was shocked to learn we were 6

seconds over schedule. I turned to the guy beside me and told him this and said we need to get moving. Picked up the pace a bit and he followed. So relieved to see we were back in the green by mile 26 and cruised in to finish in a very respectable 2:59:47.

One of the things that I love best about pacing is seeing the joy on people's faces who finish in their goal time. And even months from now at various races having people come up to me and thank me for helping them achieve a sub 3 hour finish. It really makes it all worth it!

3:30 Miguel Pena - It was so much fun getting to pace the 3:30 group for a 2nd year in a row. Dan and Lilia, perennial pace team extraordinaire, loaned me the spot 2 years ago and I knew I had some of the most consistent shoes in the pace biz to fill. Last year was my first pacing experience and I made some rookie mistakes that caused me precious seconds. I did good, but nowhere close to the lead. My main personal race goal this year was to win the best pacer spot. I was going to be 8 minute



Miguel Pena, Pace Team King

mile machine.

It was a spectacular day for racing. I think everyone was put at ease by the optimal PR conditions. I had an enthusiastic and certainly nervous crowd with me at the start. I was lucky to have the same pacing partner as last year so we did some quick catching up.

Our group was from all over the place.... I had one guy from New Brunswick, Canada that contacted me via twitter in December after reading the pace profiles from the Marathon

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2015 Houston Marathon Pace Team

Houston Marathon Pace Team 2015

John Yoder, Kerry Lee, Erik Dill, Lilia Vazquez, Dan Greenberg, Miguel Pena, Kevin Evans, Heidi Zimmerman, Marnie Staehly, Veronica Hoge, Norma Evans, Elizabeth Beltis, Mandy Jellerichs, Devin Brown, Kathryn White, Rhonda Emerson, Charles Hurst, Stephen McNeil, Hung Nguyen, Ken Fattmann, Fred Ward, Page Nelson, Terry Fanning, Richard Jares, Kim Johnson, Felix Lugo, Carlos Reyes

Not all in the Picture

Pace Team Stories

(Continued from page 4)

website (how small the world is with social media). Once again, the new start had us off in a flash and I think we were only about 10 seconds behind after the first mile.

The crowd support along Waugh/Gray/Kirby was very good. There were some pinch points though and I worry about the expanded field next year. Kevin, my pace partner, and I were pretty close to each other and we were hitting my splits about dead on. West U was out in force as always. Some of the group took advantage of bananas and orange slices from the neighborhood folks.

We started to see some of the more confident folks leave the nest between miles 10 and 18. By mile 20 we had the core group that was going to try to finish with us. I had one girl stuck to me like glue who was asking for splits almost every ¼ mile. I thought she was with me till the end, but popped off somewhere around 22. Kevin, my accomplished fellow pacer, unfortunately had knee issues around 21 and also popped off the back of the group.

I was solo and feeling great. I was getting so much strength and energy from my group, and I was happy to keep their spirits up as best as possible the last 3 miles. I let them know that we had 2 tough miles coming up along Allen Parkway, and if they would grit their teeth and trust their training through this section, it would be 1 more flat mile home. I tried to rev up the crowd as much as possible.

We came cruising into downtown and I finished with about 8 people in my vicinity that had been with me the whole way. There were lots of hugs all around and I was asked by a fellow runner for my pacer stick as a souvenir, which I gladly gave. It was an excellent day and I am thankful for all the other volunteers' efforts. I think we gave the folks a good show. Houstonians were out in force in many spots. And, I achieved my race goal which was the cherry on top of a great day.



Dan Greenberg 3:20—I am going to be honest, I was thrown off from the very beginning with the way the GRB was the reverse of what we are used to. With a single exit point, it was too congested trying to get out after the pacer picture. Getting to the corrals wasn't an issue and despite HUGE lines for the portos we were in position and ready to go in time to sing the national anthem and send off the elites.



In the corral, just before we began, I did a quick check to see who was planning to run with us and I explained we would be running even splits the entire race, nothing fancy. There were more runners planning on running with us than I expected. Since 3:20 isn't a Boston qualifying time for anyone, and last year's group was small, I didn't expect as many but as I learned throughout the race this group was made up of many 45+ year old men who wanted to stay well clear of their Boston cut at 3:25.

The start seemed quite a bit better than last year, we were able to get on pace quickly and had plenty of room to run. Unfortunately, there were a few runners who had started out of position but it wasn't much trouble navigating around them. The weather was about all we could ask for and by mile 2 the arm warmers and gloves were being shed and we were ready to settle in.

The group stayed together and the pace was even for the first half, we went through the midway point about 14 seconds under our goal time so things were looking good. The crowds on Kirby and Bissonnet were fantastic and the energy really kept us going. This was an important point to keep on the Garmin and make sure we didn't let the crowd make us run too fast :) When we hit Post Oak and into the Galleria area the wind and tall buildings made the pace feel a bit

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3:20 Pacers Lilia Vasquez & Dan Greenberg



No Line Here

Pace Team Stories

(Continued from page 5)

different but the group stayed together into Tanglewood, which was the first of about 5 or 6 mislabeled mile markers. I'm not sure what happened but the mile markers were not where they should have been and it became frustrating because it was difficult mentally to see a marker so far past where it should have been. The clocks were placed correctly, so we were able to figure the pace correctly. By mile 20 the mile marker flags were back in the correct position.

We started to lose runners at about mile 17 and into the park and despite the tough mile through the park and onto Allen Pkwy we still had a nice sized group running with us. Allen Parkway is always going to be a struggle as you head for home and this year was no exception. The group broke up a bit on the way in to downtown. We had several runners move ahead of us in the last mile and few that fell a bit behind but were able to hang on and finish right around 3:20. I finished up a little quick at 3:19:38, but felt like the group was paced well based upon the splits - we didn't get more than 3 seconds off the pace for any 5K section.

Great group, great day, great run. Looking forward to next year!

Heidi Zimmerman 3:40—Best Pace Team Winners - Marnie and I were a great team. We ran even splits and worked hard to keep our group together and energized. The weather could not have been more perfect and spectatorship was at an all-time high, especially along Allen Parkway.

We successfully brought in two women who ran with us from the very beginning to the end. One woman qualified for Boston with her finishing time and the other woman ran a 4 minute PR. We lost most of our original group between Tanglewood and Memorial Park.



Heidi Zimmerman

From Memorial Park into the finish we did pick up a few runners who hung on and finished with us. Marnie and I came in at 3:39:49. Our last mile was a little fast- we'll chalk that up to the crowd. I am proud of our pacing and that we stayed together for the entire race. It was a pleasure pacing this group again and I am glad we helped others reach their goals.

Marnie Staehly 3:40—The weather was perfect! We had a nice size group that started with us – a few with the hopes of qualifying for Boston. We tried to keep some nice even splits – even with my racing partner Heidi's "pit stops". She did a great job of running a little ahead and then running to catch up. We tried to continually motivate the group as well as talk to them to keep their minds off of running 26.2 miles. We had a 60 year old man running with us for a majority of the run that has only been running for 2 years. He was doing great! We also had another man that beat his last PR by over 40 minutes! We had 2 females successfully finish within their Boston qualifying times and they were so excited. I can honestly say that this was one of the more rewarding pace teams I have led – we were thanked by multiple people

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Legacy Profiles Which Newsletter Date

Clyde Villemez	09/98
Gene Askew	09/98
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 Effstrom	05/01
Charlie Viers	05/01
Ray Boytim	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
Susan Rouse	F /07
Marlyn Patrick	F /07
Joe Huerta	F /07
Leonard Topolski	F /07
Tony Alvarado	F /08
George Guidry, Jr.	F /08
Will Hrachovy	F /08
Brian Jenison	F /08
Bob McDowell	F /08
Lee Miksch	F /08
John Phillips	F /08
J P Reed	F /08
Ken Ruane	F /08
Harry Vroulis	F /08
Bob Williams	F /08
Bob Luchsinger	F /09
Richard Rekieta	F /09
Darryl Hees	F /09
Randy Rendon	F /09
Ernest Murry	F /10
Rudy Alvarez	F /11

**See Houston Marathon Website
under Legacy for past Veterans
Newsletters**

Pace Team Stories

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Marnie Staehly

after the run. A truly rewarding experience and the reason I love to do it! Thank you for the opportunity!

Veronica Hoge 3:50- My second time pacing the 3:50 group at the Houston Marathon turned out to be a bit more challenging than my first outing. Last year it was all fun and games as we had to make sure to slow down the last few miles down Allen Parkway. We still finished 30 seconds too early.

This year I was determined to not go out as fast and hung back a good minute from my pacing partner. In the end, I think this turned out well for those running with us as she was the front of the pace group and I was the caboose.

Not sure if it was the weather, or more likely the fact that I was probably not quite in the shape I should have been, but I was white knuckling it at the end. Thankfully, a friend had my back those last few miles and kept me in line. Somehow, I managed to cross the finish line with a chip time of 3:50:00. Have to admit, that part was fun.

Once again I had people thank me that I didn't even know were running with me. I also had a friend run her first BQ, and that was beyond rewarding.



Veronica Hoge

If I get the pleasure of pacing again next year, my goal is to hit those even half splits, which we all know is easier said than done.

Kathryn White 4:30 - The starting weather was ideal. Charles and I split from each other from about 4 to 11 miles due to the very crowded streets from the Heights through River Oaks. We both had sizable groups, at least that I can imagine, since I see only the few runners that are on either side of my peripheral vision.

I am generally fairly quiet the first half of the race, because of the nervous excitement of the runners, which is entertainment in itself. I focus on meeting my Golden Rule of Pacing. Stay consistently at goal pace and not banking time. Mission accomplished.

The second half of the race is my time. I am hitting goal pace the majority of the time without effort, but now the sleeping giant is awake. Focusing on positive reinforcement and encouragement is the name of the game. Little bits of local trivia accumulated over 22 years of running the race didn't hurt either. Mission Accomplished. I am often physically alone crossing the finish

**Checked bags
may not be retrieved
until after the race.**

**DID YOU
REMEMBER...**

**BIB NUMBER
cell phone
keys
water
clothing
chapstick**



**Kathryn White
Pace Team Queen**

line with all those that followed moving ahead in the final miles.

This race was no different. In the end you are never really alone, if not for the number of people that wait for you to finish to say thank you, the knowledge that you spend the day running with new acquaintances.

Carlos Reyes 4:45 — I had the distinct privilege of running with a Houston Marathon Legacy runner participating in his 33rd Houston race. Stephen McNeil and Julie McAllister had paced this group for the past several years but this year Julie was unable to participate due to a knee injury. That was my opportunity to step in at 4:45. At the

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Pace Team Stories

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start line I was surprised at the numbers of runners who knew Stephen by name and were all excited about undertaking another race under his guidance. We were the first group in the D Corral and reached the starting mat 22 minutes after the gun. There was a good deal of congestion from the numbers of runners until after mile 7 at the ½ Marathon turn around at which time our group was about 30 seconds behind our desired time. We had kept our group abreast of the splits at each mile marker and the plan was to slowly make up for our slow start after the congestion cleared. The 4:45 group enjoyed great participation and enthusiasm through about 24 miles where a large contingent of our group was able to speed up and finish with a very impressive push to the line.

Ken Fattman 5:00—Thank you again for the opportunity to pace 5:00 this year. We had a large group with a good mixture of first time and repeat marathoners. More than usual stuck with me to the last mile, then I encouraged them to kick it a little and get an even better time. This was a PR for several in my group. I ran the whole way while Hung utilized a 4 minute run/1 minute walk ratio but we finished within 14 seconds of each other (I was at 4:59:19).

I couldn't find anyone at George Brown race morning, so just headed to the corral without a pace stick. Instead, I ran the whole 26.2 miles carrying that large sign on metal tubing we were supposed to use just for lining up. It definitely gave our group visibility as a lot of spectators called out encouragement to the 5 hour group.

I don't know if anyone else has mentioned it but a couple of the mile markers (16 and 18, as I recall) were pretty far off (about 0.2 mile long).

Hung Nguyen 5:00—My co-pacer, Ken Fattman, and I decided to divide into 2 groups. Ken took a group run with a constant pace @ 11:27 and I took a group do a run/walk. We had a large group from the start. It took us about 25 minutes to reach the starting line. I did not implemented a 4/1 until the 1st water stop since it was so crowded. The weather was great. We were about 1:20 minutes ahead at mile 12. I decided to give some back by walking a little longer at the water stops. Our group was still remained a good size (we picked up more runner along the way) going to the Memorial Park. After the Allen Parkway hills, I encouraged runners to run in without walking (if they can). A few runners were able to do so. Despite using the different approaches, Ken and I were almost able to cross the finish line side-by-side. Ken finished at 4:59:19. I finished at 4:59:33.

After the race, I had several people come and thank me for pacing. They said they could not have run as good a race without our help.

Fred Ward 5:15—Page and I had questions about how we were going to run from about a dozen or so runners before the started. Page ran a run-walk and I stayed with a 12 minute pace, walking for a drink thru water stations. I had about six to eight for about six miles, then four till the half and two till mile 21, then one finished with me at five hours. She was excited.

Thru the marathon we talked about running, who did what, when, interacted with the other runners, spectators, and had fun. We caught Page's group at mile 18, right on a 12 minute pace. I picked up a runner for a mile or two but they would drop off.

After mile 21 I had one lady who had been with me from the start, I increased the pace a little and she was almost pushing me. We were like elite runners moving thru all the walkers all the way to the finish.



At the finish I gave her my 5:15 (band directing, magic wand, pointer stick) pacer staff and she carried it like a bouquet of flowers. Then she told me she had to wait on her husband, who I believe slowed at mile 8. It was a great experience.

Special thanks

To the Legacy Runners & Pacers, who helped with the Legacy/Pace Team Booth at the Expo each year.



2015 Pace Team Uniform

Pace Team



5:56 Pacer Kim Johnson



4:15 Pacers Rhonda Emerson & Devin Brown



3:00 Pace Group

Legacy Perks

Effective with the 2016 Chevron Houston Marathon, the Board has authorized the following “Perks” for all “Legacy” runners.

- 1) Legacy runners would receive a special runner’s bib – in order to receive bib, runner must be registered by November 1st!
- 2) Legacy runners would be allowed to register through Nov. 1 for the 2015 race, instead of being shut out when the cap is reached.
- 3) Legacy runners with thirty or more completed marathons would receive a complimentary entry to all future marathons.
- 4) Legacy runners with twenty-five completed Houston marathons at the end of the 2014 race would receive a complimentary entry to the 2015 race.
- 5) The top male and female Legacy runners would be granted Elite status.
- 6) 25 year free entries will only be next year going forward.

Legacy runners will continue to order a complimentary long sleeved Legacy shirt with stripes representing their respective anniversary years, 10, 15, 20, 25, 30, 35, & 40 at registration the next year after they achieve the anniversary years.

Legacy runners can order their respective long sleeved shirts or golf shirts from Jack Lippincott by filling out the order form available on the Houston Marathon website or Legacy runners website.

Finally for the 2015 race, entrants with 5 to 9 Houston marathons are allowed early entry into the race avoiding the lottery.

Look on the Houston Marathon website to see the newly added half marathon Legacy program. Susan Sternberg will be helping with that program.

Legacy Runners Updates

An e-mail was sent out to Legacy (Houston Marathon Veterans) to send back information.



Bob Hoekman completed his 100th marathon.



Jack Lippincott maintained his streak of consecutive Houston Marathon finishes, now numbering 41.

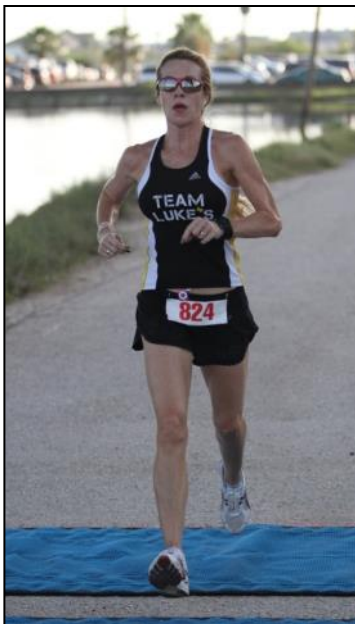
Mack Gibson, who suffered a massive brain stem hemorrhage in June of 2014, completed his 59th marathon with Dr. Gavin Britz who saved his life.

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James Thurmond - Sometimes I wonder if I have any marathons left in my legs. One at a time and I will see if I can make it to 26! I'm 69 and need to run two more marathons in order to be in my 70's for at least one marathon.

Randy Keith - I completed rim to rim (18.5 hours) at the Grand Canyon. I am running the Inca Trail marathon in Peru that finishes at Machu Picchu on June 10.



Parvaneh Moayed - Reaching 750th marathon / ultra by end of July. Three times 50 states finisher. Dual Guinness World Records Holder for more than 2 years now. Most marathons in one year (168) and most consecutive marathons (17). Two time Badwater ultra marathon finisher.

Houston 2016 will be my 16th consecutive Houston marathons and 825th life time.

Suzy Seeley finished her 200th marathon at Houston and is now at 205. Grandmas will be 206. I finished the 50 States (all under four hours) Oct. 2, 2011 at Wineglass marathon, NY. I finished the 7 continents May 4, 2014 in New Zealand (with June Harris!)



**Carly Caulfield
Truck load to GBR**



**Lonnie Brauner
100 Marathons Trophy
Woodlands, March 2015**



Steve Boone completed his 600th marathon.



Water Station Loaded on truck

Page 11

Houston Marathon Legacy - Medals					Top Individual Age Times Among Legacy Female runners this year					
Name	Gender	Age	Chip Time	Age Group Place	Age	Gender	Name	Time	# Legacies This Age	Number Finishes
Ute Eisele	F	71	5:13:12	1	32	F	Katherine Hallaway	4:39:08	1	11
Robert Hoekman	M	73	3:54:05	1	33	F	Amanda Duran	5:12:10	1	10
Donna Sterns	F	61	3:45:23	1	35	F	Robyn Wolverton	4:25:01	1	10
Jim Braden	M	79	4:34:29	1	36	F	Adrienne Pauly	4:20:24	1	10
Barbara Stoll	F	53	3:15:30	1	38	F	Maribel Aguilar	3:37:53	1	11
Brenda Hilton	F	67	4:23:33	1	39	F	Keli Williams	4:15:43	2	11
Caroline Chamness	F	49	3:21:58	2	40	F	Karen Boman	4:01:50	1	10
Roger Boak	M	66	3:45:27	2	41	F	Malinda Hernandez	4:54:21	2	13
Gunnar Sanden	M	74	4:03:03	2	42	F	Rochelle Ray	3:26:13	4	11
Suzy Seeley	F	55	3:31:48	2	43	F	Holly Stewart	3:19:22	5	17
Richard Peoples	M	55	2:58:35	2	44	F	Lisa Gonzalez	3:47:45	2	11
William Hall	M	77	4:50:08	2	45	F	Arburn Cain	4:12:40	2	12
Sally Sims	F	71	5:32:54	2	46	F	Lisa Korsten	3:35:24	8	12
James Wiley	M	68	3:51:43	3	47	F	Vicki Melnick	3:22:35	7	10
Don Winkley	M	76	5:21:16	3	48	F	Marlene Hicks	3:27:21	8	17
Yong Collins	F	60	3:59:03	3	49	F	Annie Hadow	3:51:38	5	17
<u>Heart Disease</u> If you have a family history of heart disease or currently are concerned about the probability of heart disease, consider joining the Century Heart Study. The University of Texas Medical School and Memorial Hermann Hospital are collaborating on advanced treatment of heart disease in the CENTURY HEALTH STUDY. It is a 5 year clinical research study looking at lifestyle factors, preventive health teaching and advanced heart imaging for treating and preventing coronary heart disease. It is free, you keep your heart doctor and potentially will live longer. You are not immune to heart disease because you are a runner. They need about 300 more people. http://www.uth.tmc.edu/pet/century-study/?src=d1					50	F	Robin Proctor	3:49:03	7	17
<u>Houston Marathon Race Numbers</u> <u>Finished</u> Marathon 7,004 Half Marathon 11,664 5 K 4,713 The registration cap was 25,000, split 13,000 for the marathon and 12,000 for the half. Switching was allowed which explains the difference in the results.					51	F	Beate Blakset	4:11:15	7	11
					52	F	Barbara Stoll	3:22:49	4	17
					53	F	Kimberlie Budzik	5:15:04	1	12
					54	F	Leslie Coleman	3:54:25	8	12
					55	F	Susan Rouse	3:44:13	6	29
					56	F	Suzanne Day	3:37:27	6	11
					57	F	Margaret Halsey	3:53:57	7	16
					58	F	Maria Camacho	4:49:41	4	31
					59	F	Yong Collins	4:09:25	2	15
					60	F	Donna Sterns	3:37:29	5	19
					61	F	Leslie Hale	4:27:00	4	24
					62	F	Helen Drab	5:27:07	5	10
					63	F	Elaine Bobigian	5:05:13	2	18
					64	F	Cathy Harris	5:17:53	1	11
					65	F	Geri Wood	4:00:29	2	11
					66	F	Brenda Hilton	4:26:15	1	11
					67	F	Marty Timpano	5:04:40	1	10
					69	F	Marylyn Patrick	5:29:54	1	29
					70	F	Sally Sims	5:15:40	1	13

Age	Gender	Name	Time	# Legacies	# Finishes
				This age	
25	M	Raymond Tam	5:27:36	1	10
27	M	Will Rommelmann	4:16:53	1	10
28	M	Timothy Feges	4:37:18	1	11
29	M	Joe Schwieterman	3:01:03	1	11
31	M	Nicholas Tofilon	4:58:34	2	10
32	M	Chris St Jean	5:03:22	1	12
33	M	Robert Hahn	3:23:39	2	15
34	M	Jonathan Tydlacka	3:37:03	2	19
35	M	Claudio Rodriguez	2:52:38	7	11
37	M	Jonathan Phillips	3:31:28	3	11
38	M	Jose Oviedo	2:43:09	4	12
40	M	Michael Defee	2:37:11	4	12
41	M	Stephen Baumgartner	2:57:43	5	15
42	M	Pete Jacobs	3:42:28	1	12
43	M	Peter Lawrence	2:33:21	11	17
44	M	Andrew Sharensen	2:56:59	7	10
45	M	Manfred Roenz	2:58:55	7	10
46	M	Matthew Padon	3:01:21	15	22
47	M	Garrett Rychlik	2:57:44	12	15
48	M	Jose Reyes	3:04:03	17	11
49	M	Francisco Garza	3:04:04	15	13
50	M	Bernie Babinat	3:09:39	14	17
51	M	David Nemoto	3:19:30	17	12
52	M	Jacob Tonge	3:16:27	16	12
53	M	Agapito Gaytan	3:28:53	24	14
54	M	Peter Schipperijn	3:20:41	19	16
55	M	Richard Peoples	2:58:35	23	19
56	M	Grant Bue	3:36:27	17	12
57	M	Rich Fredrich	3:16:32	22	25
58	M	Mark Girouard	3:21:41	21	10
59	M	Joe Melanson	3:22:25	19	16
60	M	Glenn Heumann	4:20:24	14	23
61	M	Francisco Balbuena	3:46:04	17	12
62	M	Ross Payne	3:53:28	17	10
63	M	Victor Aguirre	4:04:22	12	19
64	M	David Park	3:58:43	12	11
65	M	Andrew Chow	4:06:33	6	15
66	M	Roger Boak	3:45:27	10	32
67	M	Rudolph Rendon	4:36:32	3	31
68	M	James Wiley	3:51:43	8	11
69	M	Manuel Gonzalez	4:27:41	3	31
70	M	Phillip Hodges	4:52:29	3	14
71	M	Jim Peiffer	4:26:24	1	13
73	M	Robert Hoekman	3:54:05	3	27
74	M	Gunnar Sanden	4:03:03	3	24
76	M	Don Winkley	5:21:16	2	18
77	M	William Hall	4:50:08	1	17
78	M	Boris Balic	5:48:48	1	33
79	M	Jim Braden	4:34:29	2	19

Top Individual Age Times Legacy Men This Year



2014 Houston Marathon		Age	Finishes
New 35 Year Legacy			
Ray Boytim	M	82	35
New 30 Year Legacy			
Manual Gonzales	M	69	30
Richard Riekieta	M	64	30
Rudolph Rendon	M	67	30
Tony Allison	M	59	30
New 25 Year Legacy			
Andrew Bach	M	62	25
James Thurmond	M	68	25
Larry Teeter	M	55	25
Paul Cooley	M	64	25
Thomas Sanzone	M	68	25

2015 Houston Marathon				
New 35 Year Legacy		Age	Fin.	First Race
Wayne Rutledge	M	58	35	1977
New 30 Year Legacy				
J P Reed	M	59	30	1986
Jesse Smalls	M	69	30	1983
John McClung	M	55	30	1985
Susan Rouse	F	58	30	1986
Will Hrachovy	M	67	30	1986
New 25 Year Legacy				
James Stubbs	M	75	25	1987
Joe Pierce	M	59	25	1988
John McKenna	M	59	25	1991
Ken Goode	M	57	25	1989
Leslie Hale	F	63	25	1991
Lupe Gomez	F	62	25	1978
Malcolm Gibson	M	67	25	1990
R Don Ruggles	M	71	25	1991
Randall Keith	M	57	25	1988
Rich Fredrich	M	58	25	1989
Robert Hughes	M	66	25	1991
William Schneider	M	63	25	1988

2015 Houston Top 20 Legacy Men & Women's Times

	Name	Gender	Age	GunTime	ChipTime
1	Peter Lawrence	M	43	2:33:21	2:33:21
2	Michael Defee	M	40	2:37:11	2:37:11
3	Jose Oviedo	M	38	2:43:12	2:43:09
4	Claudio Rodriguez	M	35	2:52:46	2:52:38
5	Brian King	M	35	2:56:42	2:56:31
6	Andrew Sharensen	M	44	2:57:05	2:56:59
7	Stephen Baumgartner	M	41	2:57:49	2:57:43
8	Garrett Rychlik	M	47	2:57:59	2:57:44
9	Richard Peoples	M	55	2:58:35	2:58:35
10	Manfred Roenz	M	45	2:59:02	2:58:55
11	John Yoder	M	43	3:00:00	2:59:47
12	Joe Schwieterman	M	29	3:01:12	3:01:03
13	Matthew Padon	M	46	3:01:23	3:01:21
14	Jose Reyes	M	48	3:04:15	3:04:03
15	Francisco Garza	M	49	3:04:15	3:04:04
16	Casey Clark	M	43	3:07:44	3:07:30
17	Mark Berman	M	49	3:08:11	3:07:33
18	Bernie Babinat	M	50	3:10:45	3:09:39
19	Joe Killeen	M	55	3:14:14	3:14:03
20	Dennis Troland	M	49	3:14:43	3:14:16

	Name	Gender	Age	GunTime	ChipTime
1	Barbara Stoll	F	53	3:15:30	3:15:30
2	Tricia Hernandez	F	37	3:17:52	3:16:33
3	Holly Stewart	F	44	3:20:20	3:18:56
4	Sherry Bankhead	F	42	3:21:29	3:20:10
5	Lilia Vazquez	F	51	3:22:46	3:21:19
6	Caroline Chamness	F	49	3:23:06	3:21:58
7	Melissa Hurta-Crites	F	51	3:23:54	3:23:54
8	Caroline Burum	F	49	3:26:07	3:24:40
9	Jacqueline O Brien-Nolen	F	49	3:27:30	3:25:29
10	Suzy Seeley	F	55	3:31:48	3:31:48
11	Frances McKissick	F	52	3:39:40	3:36:00
12	Maribel Aguilar	F	39	3:48:46	3:43:15
13	Michelle Meyer	F	40	3:52:05	3:44:34
14	Donna Sterns	F	61	3:45:23	3:45:23
15	Nancy Winchester	F	47	3:48:39	3:45:41
16	Jennifer Korb	F	43	3:51:04	3:46:22
17	Lisa Gonzalez	F	45	3:49:49	3:46:37
18	Sue Wheeler	F	53	3:51:23	3:47:10
19	Carole Uttecht	F	59	3:49:00	3:48:55
20	Susan Rouse	F	56	3:51:50	3:49:41

Viator Data Master Dalton Pulsipher

Legacy Marathon Information.

There are 573 active legacy runners, 172 of them are streaking.

The average age of active legacy runners is 53.8.

There are 995 inactive legacy runners.

The average number of completed Houston Marathons for active legacy Runners is 15.1.

144 legacy women and 429 legacy men finished the 2015 Chevron Houston Marathon.

There are 20 active 70+ year old legacy runners. They are listed below:

<u>Name</u>	<u># Finishes</u>	<u>Age</u>
Boris Balic	33	79
Charlie Viers	34	73
Dan Shuff	19	79
Don Winkley	18	76
Fred Steves	27	73
Gunnar Sanden	24	75
James M Leonard	12	77
James Stubbs	25	74
Jim Braden	19	79
Jim Peiffer	13	71
John Fredrickson	23	76
Larry Lindeen	23	74
Luis Salinas	13	72
Phillip Hodges	14	70
R Don Ruggles	25	70
Robert Hoekman	27	73
Sally Sims	14	71
Suresh Shah	11	70
Ute Eisele	10	71

Look for a complete list of active Legacy runners on the Houston Marathon website under the Races, then Marathon, then Legacy Tab.

Also all past Newsletters.

**My thanks to :
Dalton Pulsipher
for results.**

**Fastest Legacy runners based on
number of Houston marathons completed.
Exactly 40 years, 35 years, over 30 years, 30
years, over 25 years, 25 years, 20 years, 15
years, 10 years.**

ChipTime was used for all of these rankings					
Grouping	Gender	Name	# Finishes	Age	ChipTime
Over 35	M	Jack Lippincott	41	68	5:06:37
Over 35	F	NA			
35	M	Wayne Rutledge	35	57	4:37:21
35	F	NA			
Over 30	M	Roger Boak	32	66	3:45:27
Over 30	F	Maria Camacho	32	59	5:33:22
30	M	J P Reed	30	58	4:33:48
30	F	Susan Rouse	30	56	3:49:41
Over 25	M	Larry Teeter	26	55	3:50:17
Over 25	F	NA			
25	M	Rich Fredrich	25	57	3:16:32
25	F	Leslie Hale	25	62	4:52:41
20	M	Edward Montana	20	43	3:34:03
20	F	Donna Sterns	20	61	3:45:23
15	M	Stephen Baumgartner	15	41	2:57:43
15	F	Nancy Winchester	15	47	3:45:41
10	M	Andrew Sharensen	10	44	2:56:59
10	F	Tricia Hernandez	10	37	3:16:33



GRB Medical Set up



Houston Marathon Warehouse



Houston Marathon History, Event Statistics

Year	Sex	# Finishers	Avg Gun time		Year	Sex	# Finishers	Avg Gun time
1972	F	1	5:11:55		1972	M	72	3:34:24
1973	F	2	4:43:11		1973	M	56	3:40:57
1975	F	4	3:51:02		1975	M	71	3:24:15
1976	F	10	4:04:31		1976	M	142	3:25:32
1977	F	22	3:58:33		1977	M	275	3:33:00
1978	F	32	4:01:59		1978	M	541	3:33:13
1979	F	123	4:04:13		1979	M	1074	3:36:11
1980	F	155	4:05:04		1980	M	1312	3:33:21
1981	F	153	4:03:19		1981	M	1383	3:35:28
1982	F	226	4:01:29		1982	M	1635	3:35:27
1983	F	249	3:57:31		1983	M	1811	3:35:23
1984	F	276	3:59:40		1984	M	1817	3:38:56
1985	F	297	3:59:04		1985	M	1583	3:39:27
1986	F	392	4:02:02		1986	M	2228	3:44:60
1987	F	444	4:01:02		1987	M	2405	3:44:08
1988	F	516	4:04:13		1988	M	2557	3:50:54
1989	F	538	4:00:33		1989	M	2657	3:44:36
1990	F	604	4:06:51		1990	M	2633	3:49:55
1991	F	716	4:10:07		1991	M	3129	3:54:01
1992	F	735	4:10:56		1992	M	3054	3:52:28
1993	F	734	4:08:57		1993	M	2791	3:51:01
1994	F	819	4:13:12		1994	M	3102	3:55:22
1995	F	1009	4:11:20		1995	M	3401	3:53:34
1996	F	1141	4:14:24		1996	M	3204	3:59:51
1997	F	1245	4:31:12		1997	M	3119	4:12:04
1998	F	1351	4:31:26		1998	M	3108	4:14:09
1999	F	1356	4:34:49		1999	M	3013	4:20:00
2000	F	1542	4:38:32		2000	M	3251	4:23:16
2001	F	1252	4:36:10		2001	M	2764	4:17:35
2002	F	1495	4:40:28		2002	M	2900	4:17:11
2003	F	1596	4:45:21		2003	M	3141	4:18:48
2004	F	1836	4:47:30		2004	M	3548	4:20:12
2005	F	2011	4:45:08		2005	M	3701	4:20:42
2006	F	1991	4:45:20		2006	M	3423	4:20:50
2007	F	2012	4:45:18		2007	M	3318	4:19:54
2008	F	2055	4:41:50		2008	M	3511	4:22:25
2009	F	1868	4:44:29		2009	M	3480	4:24:05
2010	F	2376	4:42:42		2010	M	3911	4:23:48
2011	F	2536	4:45:38		2011	M	4313	4:29:34
2012	F	2790	4:44:11		2012	M	4815	4:23:21
2013	F	2495	4:49:14		2013	M	4028	4:29:54
2014	F	2586	4:50:26		2014	M	4358	4:29:35
2015	F	2719	4:53:44		2015	M	4283	4:32:45

PAST & FUTURE

January 2007

First year with a load of new perks, including special number-bibs that will have a unique color-scheme. These include free entry to the race and for those who have hit the big "25" in past years. This will continue each year for the new members of the 25-club. For the top-of-the-mountain "triple-Veterans," it's now become free entry forever (or for as long as they can continue to officially finish the race the previous year – whichever comes first.)

The race had 17,179 registrants, and 14,985 made it to the starting line. More remarkably, 98.6 percent finished. The marathon started 5,564 and 5,435 finished. The half marathon started 7,407 and 7,348 finished.

In the men's marathon, Feyisa Tusse of Ethiopia crossed the finish line almost three minutes ahead of his closest competitor in 2:11:39.

Dire Tune, 21 came to Houston to set a course record and could proclaim "mission accomplished" 2:26:52 later by winning the women's marathon breaking the old record set 23 years ago by 59 seconds.

Ryan Hall separated himself from his competitors with a blistering 4:36 first mile, then ran the rest of the Aramco Houston Half Marathon alone en route to a U.S. half marathon record at 59:43.

In the women's half marathon, Elva Dryer pulled ahead in the final stretch, clocking 1:11:41 with a five-second victory over Kate O'Neil.

Jack Lippincott, Tom & Mary Ann McBrayer were elected to the Houston Marathon Hall of Fame.

Veteran Results

Fastest overall veteran was John Yoder, 2:43:30. 2nd fastest overall veteran was Rich Fredrich, 2:51:11 .

Fastest overall female veteran was Suzy Seeley, 3:25:43.

Fastest man in the 20 year group was Clent Mericle, 3:13:05. Fastest woman in the 20 year group was Susan Rouse, 3:39:59.

The 15 Year group was led by Roger Souders, 3:36:44. The female group was led by Kathy Roldan, 3:32:36.

The Pace Team Champion TEAM 3:40 was **Roger Boak** and **Susan Rouse**. They finished together at 3:39:59, one second under their goal of 3:40. Their second half splits were +0:29 and + 0:41 respectively, in other words, they only slowed 29 seconds and 41 seconds.

There are 290 active Veterans, 106 of them are streaking. Average age of active Vets is 53. There are 362 inactive Vets. The average number of completed Houston marathons (Active Vets) is 16.

Race Calendar

09-27 Katy Triathlon at Firethorne
10-10 Ten for Texas
10-11 Chicago Marathon
10-11 USA Space City 10-Miler
10-18 Tri Andy's Tri 300s/10mb/3mr
10-25 Warm Up Series Half Marathon
10-25 Marine Corps Marathon
10-31 Race for the Cure 5 K
11-01 New York Marathon
11-07 Rocky Raccoon 50 K/ 25 K
11-08 Ft. Worth Marathon
11-15 Las Vegas Marathon
11-22 Warm Up Series 25 K
12-06 San Antonio Marathon
12-13 Honolulu Marathon
12-13 BSC College Station Marathon
12-13 Warm Up Series 30 K
12-14 Dallas Marathon

2016

01-01 Texas Marathon
01-10 Walt Disney Marathon
01-17 Houston Marathon
01-31 USA Fit Marathon
02-06 Rocky Raccoon 100 M
02-13 Rocky Raccoon 50 M
02-14 Galveston Marathon
02-14 Austin Marathon
02-20 Surfside Marathon
02-28 New Orleans Marathon
03-05 Woodlands Marathon
03-13? Bayou City Classic 10K
03-20 Seabrook Lucky Trail Marathon
04-2/3 Texas Independence Relay

Upcoming Events

Volunteer at the Houston Marathon Expo

<http://www.50statesmarathonclub.com/>

<http://www.marathonguide.com/races/races.cfm>

<http://www.texasrunnertriathlete.com/ME2/Default.asp>

www.runnersworld.com/
www.harra.org/

Check out the Houston Marathon Legacy website

<http://www.houstonresults.com/legacyrunners>

INFORMATION CHANGES

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