



# The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

## Faces at the Finish Line: James Matthews By Don Wallace

*April 2008*



*James Matthews*

**Name:** James Matthews  
**Age:** 68  
**Running since:** Spring of 2002  
**Pacer member since:** December of 2002  
**Resides in:** Richardson, Texas  
**Family:** Claudette and I have been married for 8 years. I have two daughters who both live in Alabama. Claudette has no children.  
**Background:** I was born in York, PA and raised in Panama City, Fla. I attended the University of Wichita (now Wichita State). I am retired from the USAF where I was a Nuclear Reactor Operator and worked in weapons effects and testing. More recently I retired from Alabama Power Co. where I was a Control Analyst. I moved to the Dallas area in 1998.

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**Any special reason you started running?** Yes, due to a muscle atrophy problem with my right leg, and pain in my hip and knee, I began walking in February 2002 on the advice of my doctor. An examination had disclosed that my right thigh was about 2" smaller than the left thigh and the right calf was about 1" smaller than its counterpart. The doctor observed that I did not walk correctly but that I swung my right slightly outward as it came forward rather than picking it up. He suggested that I start a walking program and concentrate on lifting the leg. Otherwise, in a few years, I would be unable to walk.

Well, walk I did! Knowing the alternative could mean being confined to a wheeled chair gave me great incentive to get outside and pound the pavement. I walked short distances at first and gradually increased the distance to several miles/day. As my distance increased, my desire for better cardio and a faster pace also increased. The pace I needed in order to attain a better cardio workout was causing my ankles to become very sore and bruised. I started jogging intermittently and found that it was much easier than walking fast and offered two more advantages. My ankles felt better and I didn't have to concentrate on lifting my right leg as my running motion lifted my right foot naturally. Soon I was jogging full time.

**What is your favorite place and time of day to run?** I run every Saturday morning (when there is no Plano Pacer event) with a friend from my church. We have only missed one Saturday in the past 5 years (heavy rain and cold temperatures) when both of us have been in town and able to run.

**What is your usual weekly training routine and mileage?** I run 5-6 days a week, but never on Sunday; usually 3-5 miles a day except Monday when I run 6 or more depending on what length of race I am training for. In hot weather, I run on a treadmill at 24 Hr Fitness.

**Your times now are faster than five years ago. What's your secret?** Better training with more quality miles (faster pace and more hills). I think this was made possible by reduced joint problems, soreness, and pain thanks to a daily dose of liquid glucosamine.

**What is your most memorable race and why?** I lived in Mobile, AL for almost 20 years where the Azalea Trail Run is held annually. It is a very flat and fast course. The American Masters record for the 10K was set there and many well known world class runners have competed there. I have run this race 3 times and last year,

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## March Race Report - "Spring March" 5K, 10K and Jr. Sprint

We had perfect running conditions for our March races. The temperature was a brisk 52 degrees with cloud cover and light winds. A group of about ten runners were within 20 yards of each other for the first mile and a half. At the 5K turnaround, most of them continued straight ahead for the 10K race. Thirteen year-old Peter Lin had a step on James Royal in the 5K at the turnaround. James' plan was to stay close and attempt to outkick Peter over the last quarter mile. Little did he know, Peter's plan was to push the pace just enough to let the older guy huff and puff and believe he had a chance (i.e., he was toying with the old man!). Peter had no problem maintaining his lead across the finish line. A quick check of the Pacers easy-to-navigate online results shows Peter as the youngest overall male winner of a Pacers race. It's great to see our young runners perform so well. Peter's time of 19:12 translates into an impressive 87.7 age-adjusted Pacer score.

Maria Moore was the overall female winner. She proves you can volunteer before a race and still be ready to run an excellent time and win an overall trophy. Our outgoing president, Jerry Powell, put his extra hour of sleep to great use. Jerry won the Senior Male title in the 5K. Terry Gonzalez and Carol Lindenblatt won the Female Masters and Female Senior titles, respectively. We also want to recognize Carol Johnson. She came to her first Pacers race, became a member and won first place in her age group. Welcome to the club, Carol! Based on the recent volume of new applications, there are many new members for us to get to know better.

As mentioned earlier, the 10K was quite competitive. Seven runners were within steps of each other at the 1.6 mile mark. Fifteen year-old Jonathan Wyatt of Flower Mound led a group of Masters and almost Masters runners. He kept his lead the whole way to win in an impressive time of 37:47. Dan Clubb was just 12 seconds behind. Rick Reitman took the Masters title with a time of 38:23. This after losing his key at the start and having to go back to look for it. Three other runners broke 40 minutes with another just missing the mark. Jonathan's sister, Allie, took the women's title with a time of 43:49 which was 12th overall. Our hunch is this is the first time a brother-sister duo took overall titles in the same race. Congrats to the Wyatts! Mike Fields, one of the best Senior runners (55+) in north Texas was 8th overall and the first senior with an impressive time of 42:55. Renee Mitchell was Female Masters winner and Carol Creech won the Female Senior title.

Thanks to all our volunteers who made the race go so smoothly. In fact, 5K awards were completed by 9:10 A.M. and 10K awards were completed shortly after the Kids K. Be sure to check the website the week or so before the race and click on Volunteer Signup. It is a fast, convenient and helpful way for you to do your part in facilitating great races. We appreciate all our volunteers. A special thanks to the Plano Senior High students who volunteered again. You are awesome and really help our races run smoothly! Don't forget our Prediction Run on Tuesday, April 8 and our Spring Scamper 3K and 8K on Saturday, April 26. Bring a friend!



*Lin*



*Powell*



*Moore*



*Gonzalez*



*Lindenblatt*



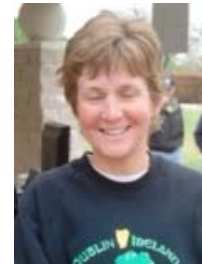
*Wyatt*



*Fields*



*Wyatt*



*Mitchell*



*Creech*

## "The Starting Line" Club Notes

**FROM THE PRESIDENT'S DESK:** Howdy Pacers! As your new president, I hope to continue what so many former presidents and volunteers have created: an outstanding local running club. Thanks for your support.

In my first month of leadership (if you can call it that), we have seen many firsts (or almost firsts). At our 5K in March, we had one of our youngest ever race winners, 13-year old Peter Lin. In the 10K, the first male and female were a brother/sister combo. At our April Prediction Run, we had an amazing 7 runners earn 5-Second Club designations. Predicting your actual time within 11 seconds often earns a top 5 finish and sometimes free pizza for a top three finish. This month that same prediction was only good for 14th place. The last time we had 7 predict within 5 seconds or less was August 2005.

Speaking of firsts, I believe we have one of the most outstanding websites for any running club in America. Results are typically posted within hours of a race. Photos and (sometimes) video are included in a race report within a day or so. The race results archives allows you to quickly find the results to past races. The information in the previous paragraph only took a few moments. You can click on your name to find your own personal history of results. Plus, the site is simple and easy to use.

We really want to encourage you to regularly visit the website for all Pacers-related information including the newsletter. My favorite new addition to our website is the Volunteer Signup link. You can click on this link and volunteer for an upcoming race. Each volunteer spot needed has a description and you can select the one you want. Most spots still allow you to run the race and are identified. It is a great tool! Thanks to Ruben Saguil for adding it.

Did you know there are 18 races scheduled for April 19th in the Metroplex area? The following week there are 9 races but the only one within 12 miles of Plano is our Spring Scamper 3K & 8K. We hope to see you there. Invite a friend!

**SAD NEWS:** The Plano Pacers share in the mourning of Dallas Running Club Past President Glenn Carter, who passed away on April 11. Glenn was DRC President from 2005-2006. He was also the founder and race director of the Trinity River Levee Run. Glenn's devotion and leadership in the running community will be missed by all.

Sadly, on the same day another DRC member, Arshad Ahmed, and his mother were killed in a local car accident. His father was also in the accident and is in intensive care at Baylor. His parents were visiting from India. Arshad had been training to run in the Oklahoma City Marathon. Our thoughts and prayers go his father and the rest of the family.

**YOUR TIME IS IMPORTANT:** One of our goals is for Plano Pacers events to be efficient as possible. At our March race, 5K awards were completed by 9:10 A.M. Kids K and 10K awards were completed by 9:45 A.M. At our April Prediction Run, awards were completed before 8:00 P.M. even though the race started a few minutes late. Occasionally, we will have a snag that will take a few minutes to correct.

Even if your schedule is tight we want you to come to our events. We'll work to keep you on schedule. And for those who aren't in a hurry, you get to meet and chat with some of the friendliest people you'll find. Where else can you meet people who actually care about your workout regimen from the previous week?!?!?

**A REQUEST FOR VOLUNTEERS:** When you are registering for your next Plano Pacers race, don't forget to take a few moments to volunteer for an upcoming event. The club depends entirely on our members to successfully put on the exciting and fun races held each month. We all need to give back a little and do our part! If you are interested in helping out at an upcoming race, please email us at [volunteer@planopacers.org](mailto:volunteer@planopacers.org).

**A CHANGE (IN NEWS DELIVERY) IS IN THE AIR:** Starting next month, the Plano Pace will be moving to an online format at our site: [www.planopacers.org](http://www.planopacers.org). As mentioned above, the Pacers Club has a fantastic website with tons of great features. Moving forward, look for timely club news and new monthly features online!

**REMINDER TO ALL PLANO PACER RACE PARTICIPANTS:** In order to ensure the safety of our runners, our children, and our animals at our club-sponsored races, please remember that runners are prohibited from participating in any monthly Plano Pacer race event with a baby stroller, pets, or skateboard/scooter/bicycle, etc. Racers who are found to be in violation of this rule will be promptly disqualified from the event in question. We appreciate your cooperation in this matter.

## Race Results

"SPRING MARCH" OVERALL RESULTS @ Harrington Park, Plano, TX 3/29/08

### 5K MEN TOP FINISHERS

1	Peter Lin	19:12
2	James Royal	19:14
3	Hiroshi Ishii	19:36
4	James Drumm	20:00
5	Manuel Houellemont	21:04
6	John Thornton	21:39
7	Chris Orth	22:16
8	Steve Johnson	22:18
9	Tad Wall	22:23
10	Keith Wolling	22:33
<b>Overall:</b>	<b>Peter Lin</b>	<b>19:12</b>
<b>Master:</b>	<b>James Royal</b>	<b>19:14</b>
<b>Senior:</b>	<b>Jerry Powell</b>	<b>22:42</b>
4- 6:	Yuichi Cowles	34:57
7- 9:	Hideo Ishii	24:52
	Kevin Gatherer	32:18
10-12:	Bobby Lovin	24:19
	Uriel Martinez	51:16
13-15:	Hiroshi Ishii	19:36
20-24:	Fidel Lozano	26:17
25-29:	Calvin Ly	23:24
	Marcos Chavez	26:15
30-34:	Benjamin Hillis	23:01
	Bobby Rodriguez	23:26
35-39:	Manuel Houellemont	21:04
	Brian Amend	23:38
	James Pfister	30:41
40-44:	Steve Johnson	22:18
	Jeff Breese	22:36
	Brian Falco	22:43
45-49:	James Drumm	20:00
	Chris Orth	22:16
	Mark Wodek	25:31
50-54:	Tad Wall	22:23
	Keith Wolling	22:33
	Vernon Hodge	23:17
55-59:	Jim Hallmark	23:43
	Peter Goodspeed	31:06
60-64:	Steven Kent	24:29
	Bob Wilmot	25:30
	Thomas Vaughn	25:57
65-69:	James Matthews	25:43
	Bill Swetmon	27:17
	Jerry Teffeteller	30:09
70-ov:	Roy Peyton	31:01
	William L Jones	58:34
Clydes:	John Thornton	21:39
	Joseph Gremillion	26:27

### 5K WOMEN TOP FINISHERS

1	Maria Moore	22:46
2	Debbie Laude	23:41
3	Terry Gonzalez	25:14
4	Carol Johnson	27:05
5	Margaret Peguero	27:08
6	Tami Ishii	27:29
7	Poonsiri Aswakogl	27:46
8	Tiffany Ahlfors	27:54
9	June Orth	27:58
10	Linda Breese	27:58
<b>Overall:</b>	<b>Maria Moore</b>	<b>22:46</b>
<b>Master:</b>	<b>Terry Gonzalez</b>	<b>25:14</b>
<b>Senior:</b>	<b>Carol Lindenblatt</b>	<b>28:49</b>
25-29:	Debbie Laude	23:41
	Tiffany Ahlfors	27:54
	Amanda Dent	31:31
30-34:	Joann Lin	29:29
	Julie Yu	30:45
	Kelly Robinson	42:33
35-39:	Tami Ishii	27:29
	Lori Barker	34:36
	Norma Madrid	34:37
40-44:	June Orth	27:58
	Linda Breese	27:58
	Keiko Yokeyama	31:28
45-49:	Carol Johnson	27:05
	Margaret Peguero	27:08
	Debbie Brewer	28:37
50-54:	Poonsiri Aswakogl	27:46
	Josie Deupree	50:59
65-69:	Ruth Olinger	35:50
70-ov:	Joanne Barnes	32:19
Clydes:	Norie Alvarez	42:07

### JR. SPRINT TOP FINISHERS

#### GIRLS 0-8

1	Samantha Gant	05:27
2	Abbey Erickson	06:24
3	Katie Fox	08:07

#### BOYS 0-8

1	Alec Amend	05:42
2	Yuichi Cowles	06:41

#### GIRLS 9-12

1	Karina Amend	05:34
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#### BOYS 9-12

1	Hideo Ishii	04:21
2	Joshua Vett	04:36
3	Malcom Lind	04:39



# Race Results

## "SPRING MARCH" OVERALL RESULTS @ Harrington Park, Plano, TX 3/29/08

### 10K MEN TOP FINISHERS

1	Jonathan Wyatt	0:37:47
2	Dan Clubb	0:37:59
3	Rick Reitman	0:38:23
4	Ryan Loehding	0:38:30
5	C Keith Grisham	0:39:22
6	Jerry Young	0:39:43
7	Thomas Chu	0:40:09
8	Mike Fields	0:42:55
9	Martin Leister	0:42:58
10	Gabriel Sapien	0:43:21
<b>Overall:</b>	<b>Jonathan Wyatt</b>	<b>0:37:47</b>
<b>Master:</b>	<b>Rick Reitman</b>	<b>0:38:23</b>
<b>Senior:</b>	<b>Mike Fields</b>	<b>0:42:55</b>
25-29:	Anil Devegowda	0:52:57
	Guru Mathur	0:58:01
30-34:	Tim Michalek	0:43:39
	Richard Greene	0:46:51
	Matthew Sunna	1:06:25
35-39:	Dan Clubb	0:37:59
	Ryan Loehding	0:38:30
	C Keith Grisham	0:39:22
40-44:	Jerry Young	0:39:43
	Jeff Hanson	0:44:06
	Joe Smith	0:45:01
45-49:	Thomas Chu	0:40:09
	Martin Leister	0:42:58
	Gabriel Sapien	0:43:21
50-54:	Andy Beach	0:48:01
	Mike Picard	0:48:08
	Sang Shin	0:51:08
55-59:	Kenny Gardner	0:47:11
	Ken Ashby	0:49:14
	Angelo Prieto	1:01:17
60-64:	Stephen Brown	0:57:04
65-69:	Bill Blackburn	0:51:22
	Tommy Farrar	0:57:35
75-ov:	Dewey Fambry	1:02:40
Clydes:	Ronald Combs	0:49:05
	James Dunn	0:49:51
	Dennis Chupp	1:00:26



### 10K WOMEN TOP FINISHERS

1	Allie Wyatt	0:43:49
2	Mallory Morgan	0:46:55
3	Leah Muriel	0:52:55
4	Renee Mitchell	0:53:56
5	Kylie Prather	0:54:05
6	Jessica Bresson	0:57:52
7	France Falcon	1:00:03
8	Kari Lane	1:00:21
9	Lisa Fox	1:01:28
10	Jane Burk	1:03:06
<b>Overall:</b>	<b>Allie Wyatt</b>	<b>0:43:49</b>
<b>Master:</b>	<b>Renee Mitchell</b>	<b>0:53:56</b>
<b>Senior:</b>	<b>Carol Creech</b>	<b>1:11:32</b>
20-24:	Mallory Morgan	0:46:55
	Kylie Prather	0:54:05
	Ashley Fischer	1:06:15
25-29:	Leah Muriel	0:52:55
	Jessica Bresson	0:57:52
	Kari Lane	1:00:21
30-34:	France Falcon	1:00:03
40-44:	Lisa Fox	1:01:28
45-49:	Jane Burk	1:03:06
70-ov:	Mary Ann Miller	1:18:14



# Race Results

## 5K "SPRING MARCH" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 3/29/08

PL	Name	Hometown	Age	M/F	Time
1.	Peter Lin	Plano	13	M	19:12
2.	James Royal*	Plano	45	M	19:14
3.	Hiroshi Ishii	Plano	14	M	19:36
4.	James Drumm	Garland	49	M	20:00
5.	Manuel Houellemont	Plano	39	M	21:04
6.	John Thornton*	Grnd Prairie	48	M	21:39
7.	Chris Orth	Richardson	45	M	22:16
8.	Steve Johnson	Plano	43	M	22:18
9.	Tad Wall	Mckinney	51	M	22:23
10.	Keith Wolling	Plano	54	M	22:33
11.	Jeff Breese	Plano	43	M	22:36
12.	Jerry Powell	Melissa	56	M	22:42
13.	Brian Falco	Plano	40	M	22:43
14.	Maria Moore	Plano	47	F	22:46
15.	Benjamin Hillis	Plano	31	M	23:01
16.	Vernon Hodge	Plano	54	M	23:17
17.	Mike Hammer	Lewisville	44	M	23:23
18.	Calvin Ly	Plano	27	M	23:24
19.	Bobby Rodriguez	Plano	31	M	23:26
20.	Chuck Falci	Plano	44	M	23:28
21.	Derik Vett	Carrollton	40	M	23:35
22.	Brian Amend	Richardson	38	M	23:38
23.	Debbie Laude	Plano	28	F	23:41
24.	Jim Hallmark	Plano	56	M	23:43
25.	Bobby Lovin	Frisco	12	M	24:19
26.	Steven Kent	McKinney	60	M	24:29
27.	Hideo Ishii	Plano	9	M	24:52
28.	Ed Burke	Plano	53	M	25:09
29.	David Wyatt	Plano	43	M	25:10
30.	Terry Gonzalez	Dallas	53	F	25:14
31.	Bob Wilmot	Plano	63	M	25:30
32.	Mark Wodek	Plano	46	M	25:31
33.	Paul Sheldon	Plano	42	M	25:34
34.	James Matthews	Richardson	68	M	25:43
35.	Thomas Vaughn	Mesquite	62	M	25:57
36.	Mark Kamenish	Plano	50	M	26:06
37.	Marcos Chavez		26	M	26:15
38.	Fidel Lozano		24	M	26:17
39.	Joseph Gremillion*	Plano	43	M	26:27
40.	Freddie Smith	Garland	63	M	26:38
41.	Carol Johnson	Plano	47	F	27:05
42.	Margaret Peguero		46	F	27:08
43.	Bill Swetmon	Plano	65	M	27:17
44.	Tami Ishii	Plano	36	F	27:29
45.	Poonsiri Aswakogl		50	F	27:46
46.	Tiffany Ahlfors	Plano	25	F	27:54
47.	June Orth	Richardson	44	F	27:58
48.	Linda Breese	Plano	41	F	27:58
49.	Mike Koskan	Plano	62	M	28:25
50.	David Smart	Plano	47	M	28:33
51.	Debbie Brewer	Plano	48	F	28:37
52.	Carol Lindenblatt	Plano	61	F	28:49
53.	Michael Nicholas		61	M	29:19
54.	Joann Lin	Plano	34	F	29:29
55.	Jerry Teffeteller	Plano	65	M	30:09
56.	James Pfister		37	M	30:41
57.	Julie Yu	Richardson	34	F	30:45
58.	Roy Peyton	Plano	72	M	31:01
59.	Peter Goodspeed	McKinney	57	M	31:06
60.	Rick Dawson		35	M	31:08

PL	Name	Hometown	Age	M/F	Time
61.	Keiko Yokeyama	Plano	44	F	31:28
62.	Amanda Dent	Plano	26	F	31:31
63.	Lori Austin	Frisco	49	F	32:08
64.	Kevin Gatherer	Richardson	9	M	32:18
65.	Joanne Barnes	Fairview	72	F	32:19
66.	Ed Humphrey*	Dallas	56	M	33:16
67.	Bobby Clark*	Allen	51	M	34:10
68.	Chris Slay		45	M	34:32
69.	Lori Barker		37	F	34:36
70.	Norma Madrid	Richardson	39	F	34:37
71.	Yuichi Cowles	Plano	6	M	34:57
72.	Dan Cowles	Plano	46	M	34:58
73.	Ruth Olinger	The Colony	65	F	35:50
74.	George Alvarez	Keller	51	M	38:11
75.	Norie Alvarez*	Keller	49	F	42:07
76.	Kelly Robinson	Plano	34	F	42:33
77.	Wickey Creech	Plano	61	M	50:49
78.	Andy McLaughlin	Carrollton	48	M	50:50
79.	Josie Deupree		50	F	50:59
80.	Uriel Martinez		11	M	51:16
81.	William L Jones	Plano	71	M	58:34

\* Indicates Clydesdale/Athena Runner



### KID'S K "SPRING MARCH" INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Hideo Ishii	9	m	4:21
2	Joshua Vett	9	m	4:36
3	Malcom Lind	9	m	4:39
4	Jacob Erickson	9	m	4:40
5	Samantha Gant	8	f	5:27
6	Karina Amend	11	f	5:34
7	Alec Amend	8	m	5:42
8	Abbey Erickson	6	f	6:24
9	Yuichi Cowles	6	m	6:41
10	Katie Fox	6	f	8:07
11	Jenny Orth	6	f	8:15

## Race Results

## 10K "SPRING MARCH" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 3/29/08

PL	Name	Hometown	Age	M/F	Time	PL	Name	Hometown	Age	M/F	Time
1.	Jonathan Wyatt	Plano	15	M	37:47	40.	Kari Lane		29	F	1:00:21
2.	Dan Clubb		35	M	37:59	41.	Dennis Chupp*	Mckinney	50	M	1:00:26
3.	Rick Reitman	Frisco	40	M	38:23	42.	Angelo Prieto	Plano	56	M	1:01:17
4.	Ryan Loehding	Carrollton	35	M	38:30	43.	Lisa Fox	Garland	40	F	1:01:28
5.	C Keith Grisham		37	M	39:22	44.	Dewey Fambry	The Colony	75	M	1:02:40
6.	Jerry Young	Plano	40	M	39:43	45.	Jane Burk	Plano	45	F	1:03:06
7.	Thomas Chu	Sachse	45	M	40:09	46.	Ashley Fischer		22	F	1:06:15
8.	Mike Fields	Garland	57	M	42:55	47.	Kristen Sunna	Murphy	29	F	1:06:25
9.	Martin Leister	Plano	48	M	42:58	48.	Matthew Sunna	Murphy	30	M	1:06:25
10.	Gabriel Sapien		48	M	43:21	49.	Carol Creech	Plano	57	F	1:11:32
11.	Tim Michalek	Lewisville	33	M	43:39	50.	Mark Salamasick*	Plano	53	M	1:14:37
12.	Allie Wyatt	Plano	17	F	43:49	51.	Mary Ann Miller	Plano	71	F	1:18:14
13.	Jeff Hanson	Plano	44	M	44:06	<i>* Indicates Clydesdale/Athena Runner</i>					
14.	Joe Smith	Allen	43	M	45:01	<b>March Race Day Volunteers</b>					
15.	Brian Erickson	Plano	39	M	46:19	<b>Race Director:</b> James Royal					
16.	Richard Greene	Aubrey	30	M	46:51	<b>Registration:</b> Marylyn Patrick, Maria Moore, Jennifer Rutledge, Roy Peyton, Kenny Gardner and Tom Fleming					
17.	Mallory Morgan	Parker	20	F	46:55	<b>Membership:</b> Bob Wilmot, Angelo Prieto, Leith Brandeland					
18.	Kenny Gardner	Plano	55	M	47:11	<b>Course Setup:</b> Mike Picard, Ken Ashby					
19.	Andy Beach	Garland	50	M	48:01	<b>Finish Line:</b> Don Wallace, James Gabhart, Tom Fleming, Ruben Saguil and volunteers from PSHS NHS					
20.	Mike Picard	Plano	54	M	48:08	<b>Awards:</b> James Royal, Jennifer Rutledge, Karena Amend, Alec Amend					
21.	Ronald Combs*	Mckinney	46	M	49:05	<b>Food:</b> Debbie Brewer					
22.	Ken Ashby	Dallas	55	M	49:14	<b>Water Station:</b> Steve Maffei and PSHS NHS Volunteers					
23.	James Dunn*	Plano	50	M	49:51	<b>Kids' K:</b> James Gabhart, Mike Koskan, Andy McLaughlin, Carol Lindenblatt James Matthews, Mary Lewellyn, Ken Ashby					
24.	Sang Shin	Plano	53	M	51:08	<b>Photography:</b> Guru Mathur					
25.	Bill Blackburn	Van Alstyne	69	M	51:22	<b>Results:</b> Ruben Saguil					
26.	Jim Cavanaugh	Plano	48	M	52:15	<b>March New Records</b>					
27.	Mark Alt	Garland	48	M	52:45	There were no new records set in March.					
28.	Day-Ruey Liu	Plano	49	M	52:52						
29.	Leah Muriel	Frisco	28	F	52:55						
30.	Anil Devegowda		28	M	52:57						
31.	Renee Mitchell	Plano	43	F	53:56						
32.	Kylie Prather	Plano	23	F	54:05						
33.	Nicolas Salamina		45	M	56:08						
34.	Stephen Brown		61	M	57:04						
35.	Tommy Farrar	Coppell	67	M	57:35						
36.	Jessica Bresson	Plano	25	F	57:52						
37.	Guru Mathur	Richardson	27	M	58:01						
38.	France Falcon		30	F	1:00:03						
39.	Mark Dempsey	Plano	50	M	1:00:16						



*Just Some of Our Great Volunteers*



## April Prediction Run Results - Schimelpfenig Library - 4/08/2008

PL	Name	Predicted	Actual	Diff(secs)	PL	Name	Predicted	Actual	Diff(secs)
1.	Corey Costello*	32:23	32:24	1	28.	Mark Wodek	25:00	25:43	43
2.	Marty Leister*	22:00	21:58	2	29.	George Kampas	26:27	27:14	47
3.	George Nye*	29:30	29:27	3	30.	Jason Kessler	32:50	33:41	51
4.	Sharon Hirsch*	29:35	29:32	3	31.	Sarah Heady	28:10	27:18	52
5.	Andy Taylor*	27:40	27:36	4	32.	Vernon Hodge	25:00	25:52	52
6.	Jason Bogardus*	21:45	21:41	4	33.	Peter Goodspeed	30:00	30:54	54
7.	Ed Burke*	25:50	25:45	5	34.	Jim Hirsch	29:00	28:02	58
8.	James Matthews	27:15	27:21	6	35.	Bob Weltman	28:16	27:15	61
9.	An Nguyen	22:35	22:27	8	36.	Stacey Welsh	27:00	25:51	69
10.	Alejandra Morris	25:00	24:52	8	37.	Tanner Moline	30:00	28:23	97
11.	Ken Ashby	24:45	24:37	8	38.	James Sheridan	30:30	28:32	118
12.	Mike Picard	23:15	23:05	10	39.	Stacey Rotunno	31:30	28:56	154
13.	Jane Burk	29:30	29:41	11	40.	Jody Faulkner	30:00	32:51	171
14.	Larry Fine	27:15	27:26	11	41.	Ray Boydston	35:00	32:08	172
15.	John Beall	30:23	30:35	12	42.	Delaney Kampas	30:02	35:15	313
16.	James Royal	19:50	19:36	14	43.	Thomas Costello	35:50	29:10	400
17.	Bruce Richards	25:29	25:48	19	44.	Natalie Weltman	28:15	35:49	454
18.	John Sloan	28:55	29:14	19					
19.	Kevin Cruse	22:45	22:25	20					
20.	Mike Koskan	29:53	30:16	23					
21.	Michael Novotny	22:35	22:11	24					
22.	Thomas Faulkner	23:00	23:25	25					
23.	Mark Salamasick	33:33	33:03	30					
24.	James Dunn	23:50	24:22	32					
25.	Richard Hamilton	36:00	36:37	37					
26.	Jerry Powell	23:14	22:37	37					
27.	Guru Mathur	25:40	26:19	39					

\* Five Seconds Club

**Note :** Computer timing was used and times were accurate to the 0.01 sec. Places based on closest computer time. Times above were rounded off.

**Timers/Finish Line Cards/Results:** Christi Heady, James Gabhart, Maritza Sloan, Ruben Saguil

**Course Setup:** Ken Ashby

**Conditions:** 72 deg F and Clear.

**Course:** Start at Gazebo (under construction) & finish at the Library parking lot

### Faces at the Finish Line: James Matthews (Continued from Page 1)

with my daughter and wife at the finish line, I ran a 10K PR finishing in under 50 min for the first time. I also received an age group award medal for my efforts.

**What other sports and interests do you enjoy?** I don't participate in any other sports anymore. In the past I have played football, baseball, basketball, volleyball, rugby, golf, bowling and tennis. Now I enjoy watching NFL football and Dallas Mavericks basketball.

I have been an Amateur Radio Operator (ham) since 1962 and am very active on the HF ham bands. My wife, Claudette and I, like to travel. We have been on 20 cruises and several land tours in Europe, Canada and the US. We have two cruises scheduled for 2008, a Caribbean cruise in August and a Transatlantic cruise in October/November that begins in Rome and finishes in Miami 18 days later.

**What else would you like Pacers to know about you?**

My wife and I met on a cruise and two years later we got married aboard the same ship that we met on. It was and continues to be a real life "Love Boat" story.

**Any advice for younger Pacers?**

Most of the youngsters I see in the kids K and the regular races go out way too fast and then slow down. Remember the club name, Pacers. Pace is a very important part of running and a good steady pace will ultimately result in a better run.

**Have You Volunteered Lately? It's Easy! Email us at [volunteer@planopacers.org](mailto:volunteer@planopacers.org)**



## Plano Pacers Upcoming Race Schedule

### 2008-2009 Schedule of Races at Harrington Park

Date	Name	Event
April 26	Spring Scamper	3K, 8K
May 31	May Day Run	5K
June 28	Millet Mile	Millet Mile, 5K
July 26	Ice Cream Run	5K
August 30	Dog Days Relay	3x3K relay
September 27	Five-Mile Fling	5 Mile Run
October 25	GOTR Special Event	5K, 10K
November 29	Turkey Run Off	5K, 15K
December 27	Holiday Hustle	3K, 8K
January 31	Fresh Start	5K, 10K
February 28	Bead Bash	5K, 15K
March 28	Spring March	5K, 10K

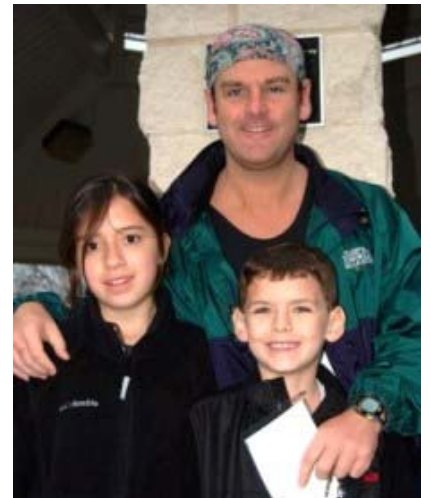
Races are on Saturday at 8:00 am sharp. There is a **Kid's 1K** for ages 0-12 each month.

### 2008-2009 Schedule of Prediction Runs at Schimelpfenig Library

Date
May 13
June 10
July 8
August 12
September 9
October 14
November 11
December 9
January 13
February 10
March 10
April 14

Runs start at 7:00 pm. Predict your time in a 5K. No watches allowed. Race location is at 5024 Custer Road (1 block south of Spring Creek on the east side of Custer).

## Smiling Pacer Faces



## Group Runs

**Tuesdays** at 5:10 am

Meet @ [Einstein Bros Bagels](#)

Southwest quadrant of US 75 and 15th Street.

The group runs 6 miles at about a 10 minute pace.  
Contact Clyde Shank at **972.423.5854** for more information.

**Tuesdays** at 6:00 am

Meet @ [Starbucks](#) next to Barnes & Noble on the west side of Preston Road just north of Park Blvd.

The group runs 5 to 7 miles, for more information contact Sue Yates at [sue@sueyates.com](mailto:sue@sueyates.com), cell phone **972.333.3747**.

**Wednesdays** at 6:00 am

Meet @ [PSHS track](#) for a speed workout.

For more information contact Sue Yates at [sue@sueyates.com](mailto:sue@sueyates.com), cell phone **972.333.3747**, or Marylyn Patrick at marylyn.patrick@verizon.net.

**Thursdays** at 5:10 am

Meet @ [Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

The group runs 6 miles at about a 10 minute pace. Contact Clyde Shank at **972.423.5854** for more information.

**Thursdays** at 5:45 am

Meet @ Legacy and Tracey (halfway between Coit and Independence) for 2-mile repeats.

**Fridays** at 6:00 am

Meet @ [Starbucks](#) next to Barnes & Noble on the west side of Preston Road just north of Park Blvd.

The group runs 5 to 7 miles, for more information contact Sue Yates at [sue@sueyates.com](mailto:sue@sueyates.com), cell phone **972.333.3747**.

**Saturdays and Sundays** at 7:00 am

(excluding race days)

[Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

We run on an attractive trail alongside Spring Creek, up one side of the creek and back the other. Our typical route is a 6-miler, but some go as little as 4 while others go 20+. There is ample car parking and there are drinking water fountains along the trail. Everyone is most welcome—not just club members—and we can divide into groups to match pace. After the run we stay for coffee and bagels.

**Please note:** The group runs listed above are not sponsored by the Plano Pacers Running Club, but members often participate. Contact the specific individuals listed above for additional information or schedule changes before attending.

## Vendor/Sponsor Corner

### PHOTOGRAPHERS WANTED / ARTICLES SUBMISSIONS NEEDED

Photographers are needed for all Pacers events so that we can include photos in the newsletter. Additionally, we welcome any article submissions. If you are interested, or have a friend or family member who would be willing, please contact us at:  
[editor@planopacers.org](mailto:editor@planopacers.org)

## Don't Forget To Patronize Our Generous Sponsors!



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Fort Worth TX 76107  
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Plano, TX 75024  
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*Remember to ask for your 10% Discount For Plano Pacers Members*





Plano Pacers Running Club  
PO Box 867136  
Plano, TX 75086-7136

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_

Male  Female      DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Please note: Our monthly newsletter will be delivered to you via e-mail.

New Member

Mail completed form and payment to:  
**Plano Pacers**  
PO Box 867136,  
Plano, TX 75086-7136

**FAMILY MEMBERS (FOR FAMILY MEMBERSHIP ONLY)**

NAME	DOB	M/F
_____	____/____/____	____
_____	____/____/____	____
_____	____/____/____	____

**Waiver of liability:** In consideration of membership with the Plano Pacers, I, for myself, and my minor children, and anyone entitled to act on my behalf, forever release and discharge the Plano Pacers, its officers and members, any sponsors, volunteers, and their representatives from all claims and liabilities for any kind, whether injury, death, or property damage, arising out of my or my children's participation in Plano Pacers' activities. I understand and assume all risks associated with running and participating in the Club activities, but not limited to falls, contact with other participants, the effects of weather, the conditions of the course, and vehicles on the course, all such risks being known and appreciated by me. I will assume and pay for any medical and emergency expenses in the event of accident, injury, illness, or other incapacity regardless of whether I have authorized such expense. I understand that bicycles, skateboards, baby strollers, roller blades or skates, animals, and headsets are not allowed in Club races and will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other records for any legitimate purpose.

I have read the above and agree to it. \_\_\_\_\_

Membership Dues  \$20 Individual  \$30 Family  
 \$10 Student (18 and under)

