



The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

Faces at the Finish Line: Dewey Fambry

By Don Wallace

August 2007

Name: Dewey Fambry

Age: 74

Occupation: Retired

Pacer member since: As long as I can remember! I joined sometime in the mid-1970's.

I reside in: The Colony, TX

Family: Married to Rosie for over 50 years. We have two very successful daughters, Janet and Judi.

Background: I was born in Cincinnati and entered the military in 1949. During my 20+ year military career, I was a member of the 82nd Airborne and an Airborne Ranger during the Korean Conflict. I also served in Austria, Germany, and later I was involved in the formation of the 191st Assault Helicopter Company for deployment to Vietnam. I received two Purple Hearts and retired in 1970. I went into private education and eventually became the Director of the Lincoln Technical Institute in Dallas. Later, I started my own business, which I sold in 1988, and then taught at North Central Texas College for 4 years. The highlight of my life, though, is the service to my country and I miss it everyday.

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Dewey Fambry

Running since: Most of my life; ever since I was in an elite unit of the Airborne

Why do you keep running: I keep running because its fun, very social, and I have many friends who run.

What is your favorite running route and time of day: I'm a morning person, so that's when I run. But I have no favorite training routine and I just run as far as I want to.

What was your most memorable race and why: I have run in more than 2000 races and they were all special in one way or another because it's the people who make them special.

Other sports and interests you enjoy: I compete in duathlons and triathlons. My most memorable race was my first Duathlon at the World Championships in Huntersville, NC. I finished a disappointing 15th in my division and I resolved to do better. The competition was fierce, but in the 3 succeeding years I finished 14th, 9th, and 8th. I may still give it another try sometime soon.

What else would you like Pacers to know about you : I believe the Pacers know all there is to know about me, but I'll leave you with two parting thoughts:

1. Second place is first loser!
2. If you can't beat them, outlive them!

Volunteer Spotlight

The secret weapon of the Plano Pacers are our volunteers who help to make each race a great success. We encourage every member of the pacers to take time to volunteer for an upcoming event (you can do so by sending an email to: volunteer@planopacers.org or by contacting me directly at jpowell34@msn.com. The following members were recognized at the July race for their volunteer efforts for the first half of 2007. Here are their photos with some choice captions from our club's current President, Jerry Powell.



Kelly Shank (President 2005). "Sure, I can help!"



Maria Moore
"I'm strong and fast because I eat right!"



Christi Heady "Just tell me what you want me to do!"



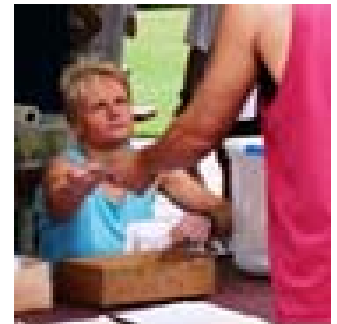
Jake Spivey is always one of the first to arrive on race day.



James Gabhart is also "Mr. Kids K". Colony RRC chief who is always available to help.



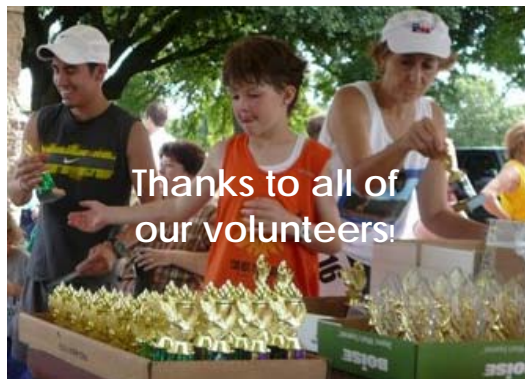
Al Angell, "Mr. Extreme Sports".
"Running is one of the safest things I do!"



Claire Goulthorpe
"After my 10 mile run, this is a piece of cake!"



Mike Koskan is "Mr. Kids K".
"I've run more miles than most folks drive their cars!"



Thanks to all of our volunteers!



Ken Ashby (President 1991) -"I'm not sure this cone is the right height!" His attention to detail is greatly appreciated.

Pacers Behind the Pacers (Continued)



Volunteer Spotlight



Don Wallace is a writer for the Newsletter. "I learn something new from every interview!"



Gary Wilson is a great Finish Line Captain. "Order must be maintained!"



Angelo Prieto is our club's Treasurer. "Running makes good sense." - Sound advice!



Daysi Houellemont's talents have saved us on more than one occasion. Daysi was VP in 2006.



Michele Martin, who has handled over 500 guest and member entries, proudly displays her award.



Terry Ziegler

Terry Ziegler handles early AM course set-up. When Terry runs most of us only see him from the back.



Mike Picard

Mike Picard handles early AM course set-up. He is seldom seen, but always appreciated!



Tom Fleming is part of the team that makes the Newsletter happen!



Steve Maffei stepped up to the role of Newsletter Editor.



Jennifer Rutledge manages our inventory, helps with registration, and recruits her husband Phil and daughter Allison to help. She's also a triathlete!



Ruben Saguil is "Mr. Do It All" with real professionalism. His best side picture is already on the web page!



Jerry Powell
Plano Pacers
President 2007

Upcoming Race Notes-“Dog Days” 3 X 3K Relay-August 25th

By Jerry Powell

The increasing August heat signals the Plano Pacer’s next race event, the “Dog Days” Relay, to be held on August 25 at 8:00a.m. This is a team-based 3 X 3K relay race where any combination of Plano Pacer members and guests are allowed to form a 3 person team for the event. Two person teams will be permitted (but are discouraged) and will not be eligible for any race day awards. You are strongly encouraged to find a third member to form a full relay team.

Race Categories – Teams will be divided into four categories: “Male”, “Female”, “Mixed”, and “Family”. The “Family” category is further divided into three groups: “2 Adults/1 Child”, “1 Adult/2 Children”, or “3 Adults”. For the purposes of this category, any team member age 15 or under will be considered a child; those aged 16 or over is considered an adult. The “Family” category will not be divided into age groups. Each of the three remaining categories (“Male”, “Female”, and “Mixed”) will be further broken down into age groups based on the sum of the ages of the 3 team members. The team’s combined age should fall within one of these age range categories —Under 45, 45-104, 105-119, 120-134, 135-149, 150-179, 180-210, or 210+.

Awards – The first team to finish will receive the “Overall” award exclusively. Age range-based awards for the “Male”, “Female”, and “Mixed” categories will go three deep. “Family” awards in each of the three sub-categories (“2 Adults/1 Child”, “1 Adult/2 Children”, or “3 Adults”) will also be awarded three deep.

Race Registration Instructions

Existing Members (all relay team members are current Plano Pacer members):

1. Proceed to the Team Application Table
2. Complete a “Team Application Card” (see below). One “Team Application Card” is required per team.
3. Give your completed application card to a VOLUNTEER who will verify the data and enter your baton number on the completed card.
4. You will then be given a numbered team baton for use during the race.
5. The last leg runner MUST return the baton to the VOLUNTEER at the end of the finish line chute.

Guest Members:

1. Proceed to the Guest Registration Table.
2. Complete the guest registration form and pay your entry fee to the Treasurer at the table.
3. A VOLUNTEER will verify your information, record your bib # on the registration form and issue you a bib.
4. If you are already part of a team, proceed to the Team Application Table. Complete a “Team Application Card” (see below). One “Team Application Card” is required per team
5. If you do not already have a team, find two other members and follow step 4.

New Members Joining on Race Day at Event:

1. Complete a membership application at the Membership/Renewal Table.
2. The VOLUNTEER at the table will verify your information, collect the membership fee, record your bib number on the application, and issue you your permanent number.
3. If you are already part of a team, proceed to the Team Application Table.
4. If you do not already have a team, find two other members and follow step 3.

“DOG DAYS” RELAY TEAM APPLICATION CARD



Answer questions 1 - 3 and submit completed card to a VOLUNTEER at the table.

Team Name: _____

Category (circle only one): Male Female Mixed Family

Enter the team members’ bib numbers:

Leg 1 Runner Bib # _____

Team Number : _____

(Note: Team number will be assigned on race day)

Leg 2 Runner Bib # _____

Leg 3 Runner Bib # _____

"The Starting Line" Club Notes

By Jerry Powell

Important Safety Note:

The City of Plano Parks Dept. recently contacted the Pacers with a request that we quickly pass the word around to discourage our members from crossing 15th Street near Einstein's when attempting to reach the race trail (by the On the Border restaurant). There are two excellent reasons for our members to avoid this "shortcut":

-It's a very dangerous place to cross 15th Street at that spot (I think we all know this from experience).

-The median used in crossing there has a landscaped bed, which has now been damaged by the foot traffic.

There is an alternative route. If you continue to take the race trail south of Harrington Park and then west over the bridge at 16th Street, you will find another segment of the trail that quickly leads you underneath 15th Street, emerging (via stairs) at La Madeleine.

Bib Pickup/Membership Renewals

Members needing to pick up their permanent bibs can do so at the Bib Pickup/ Membership Renewals Table. Members wishing to renew their membership can do so at this table by completing the following steps:

1. Complete a membership application. If no information has changed, you can write NO CHANGE on the application.
2. Sign the application.
3. Give your membership fee to the table VOLUNTEER.

Plano Cross Country Invitational

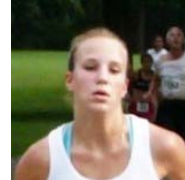
On September 1st nearly one thousand high school runners from across north Texas will converge on Bob Woodruff Park for one of the largest HS cross country meets of the season. This is an annual event jointly hosted by the three Plano high schools. The meet starts at 8 am with JV and Varsity competition for both boys and girls, in 4A and 5A Divisions. Girls will run a 2-mile course, while boys will run 5K. There's always plenty of excitement and you'll have the opportunity to see many of the Pacers' student athletes compete.

July Race Winners Spotlight

Male Overall:
Alex Wallace (16:29)



Female Overall:
Jenny Swan (20:09)



Male Master:
Tommy Smith (17:59)



Female Master:
Linda Kelly (22:01)



Male Senior:
John Nance (22:14)



Female Senior:
Susan Sams (25:43)



July New Records:

Dist	AgeGrp	New Record Set by	New Record	Previous Holder
5K	ATHENA	Allison Kirkland	0:23:05	Kristen Perry(0:28:15, Mar-2004)
Tied Record: 5K	F55-59	Linda Kelly	0:22:01	Marylyn Patrick(0:22:01, May-1999)

Awards Update

By Ruben Saguil

Annual Participation Awards (APA)

Seven months into the year, 16 members have participated in all seven of our monthly races. The familiar faces below are the top 10 among those who have completed their volunteer requirement. Remember you have to volunteer at least once to qualify for this award. There are a lot of volunteer opportunities (especially at the Aug relay race), so let us know you are interested in helping out by emailing us at volunteer@planopacers.org



Name	Total	Member	Volunteered	Jan07	Feb07	Mar07	Apr07	May07	Jun07	Jul07
John Nance	204	Yes	Yes	29	29	30	28	29	29	30
Beth Kohler	194	Yes	.	27	28	29	28	27	27	28
Matthew Sunna	192	Yes	Yes	25	28	28	28	28	28	27
Mike Koskan	192	Yes	Yes	27	28	28	29	28	27	25
Ruth Olinger	192	Yes	Yes	29	29	28	29	25	27	25
Bobby Hoskins	192	Yes	.	28	28	28	27	27	27	27
Don Wallace	189	Yes	Yes	29	25	25	29	28	28	25
James Gabhart	188	Yes	Yes	28	27	25	28	25	27	28
Michele Martin	183	Yes	Yes	25	27	29	27	25	25	25
Freddie Smith	181	Yes	.	25	27	25	27	27	25	25
Richard J. Smith	180	Yes	Yes	28	25	25	27	25	25	25
Vernon Hodge	180	Yes	Yes	27	25	25	28	25	25	25
Day-Ruey Liu	179	Yes	.	25	25	25	29	25	25	25
Tom Hall	179	Yes	.	27	25	25	27	25	25	25
Jerry Powell	178	Yes	Yes	25	25	25	25	25	28	25
Susan Sams	178	Yes	.	30	30	29	30	29		30
Ruben Saguil	175	Yes	Yes	25	25	25	25	25	25	25
Bob Smeby	175	Yes	.		29	30	29	29	29	29
Jeanne Pitz	175	Yes	.	28	29	29	30	29	30	
James Royal	174	Yes	.	29	29	29	29	29	29	
Maria Moore	168	Yes	Yes		30	25	30	29	29	25
Tommy Farrar	166	Yes	Yes	28	28	29	28	25	28	
Norie Alvarez	166	Yes	.	28		28	25	28	29	28
Belinda Dugas	165	Yes	.	28	27		29	25	29	27
Tony Tang	164	Yes	.	28	28	25	29		27	27
Mike Picard	161	Yes	Yes	28	27	28	28		25	25
Bobby Clark	153	Yes	.	25	25	25	28	25		25
Mark Levine	153	Yes	.	28	25	25		25	25	25
Cindy Morgan	152	Yes	.		25	25	27	25	25	25
William Swafford	152	Yes	.	25	25	25	27	25	25	

Please Note: A comprehensive listing (with rules and details regarding point calculation) is available on the website

Awards Update (Continued)

Most Improved Pacers (MIP)

So far, 23 members have already qualified for this enviable distinction. These are the runners who are having a really good year in 2007. Keep an eye on how they are training.

Remember, only the best 4 races will count (the lowest score gets tossed when you turn in a better race score). For those not yet on the list, there is still time to get in or you can put in the training and be ready for next year. Keep training hard!



Name	Age	End of 2006 Score	Jan	Feb	Mar	Apr	May	Jun Millet	Jun	Jul	YTD Avg	Best 4 Avg	Improvement
Samantha Gant	7	66.13			78.25		76.53	79.49	76.05	69.65	75.99	77.58	11.45
Tim Epting	51	55.32	60.82		61.56		62.58	71.54			64.12	64.12	8.81
Alex Wallace	17	87.19	92.29		92.74		89.74	97.94	83.10	95.20	91.84	94.54	7.36
Jim Oppedal	55	59.48	65.69	65.59	64.83	65.49	59.85				64.29	65.40	5.92
James Matthews	67	75.13	77.20	78.71			79.61	80.88		78.08	78.90	79.32	4.19
Steven Kirchner	17	74.71				80.37	79.79	69.50	75.44	79.39	76.90	78.75	4.03
Bob Abbott	66	87.29	90.52	82.25		90.15	90.40	93.13	76.67		87.18	91.05	3.76
Mark Salamasick	53	49.55	48.90	50.93	54.49		55.58				52.47	52.47	2.92
James Royal	45	81.24	81.32	81.50	80.14	81.23	83.07	88.37	69.58		80.75	83.57	2.33
Bobby Hoskins	36	62.50	62.56	62.68	63.91	65.17	65.23	61.92	61.31	64.66	63.43	64.74	2.25
Andy Beach	49	64.33		56.41	61.65	55.83	70.13	71.95	62.51		63.08	66.56	2.23
Susan Sams	61	80.97	82.57	80.32	82.29	83.54	84.38			80.10	82.20	83.19	2.23
Vernon Hodge	53	69.67	69.65	71.26	69.65	74.25	70.10	69.72	64.22	67.27	69.52	71.33	1.66
Tommy Smith	41	86.47	88.22	87.98		88.74			85.11	87.40	87.49	88.08	1.61
Matthew Sunna	29	62.25	63.01	47.05	60.45	57.49	62.56	66.79	54.77	62.98	59.39	63.84	1.58
Martin Leister	47	78.26		79.54	80.26		78.46	79.73	73.92		78.38	79.49	1.23
Mitchell Erickstad	11	57.49	55.84	61.75	58.55	58.18	56.02			53.69	57.34	58.63	1.13
Ellie Erickstad	7	67.85	71.19	65.07	66.67	68.55	68.17			63.21	67.14	68.65	0.80
Richard J. Smith	60	61.55	63.01	62.41	59.61	63.50	58.65	60.38	56.86	57.65	60.26	62.33	0.77
Ed Humphrey	56	46.77	47.96			44.24	46.63	48.55	41.66	47.01	46.01	47.54	0.77
Fred Ellefson	47	75.05		73.19			77.43	79.50	71.90		75.51	75.51	0.46
Day-Ruey Liu	49	68.52	67.87	63.48	67.96	67.06	58.18	70.89	64.46	68.14	66.01	68.72	0.19
Mike Fields	56	82.38	85.95	82.54	79.60	82.02					82.53	82.53	0.14

*End of 2006 Score is calculated by averaging the top 2/3rds of each runner's scores at Plano Pacers monthly races from November 2000 to December 2006. Must have run at least 6 races during that period. Your top four scores in 2007 will be averaged and compared against your end of 2006 Score.

Note: All scores for Kids' K races have been adjusted for the shorter distance and may not match online history.

August Race Results

5K Run and Jr. Sprint @ Harrington Park, Plano, TX 7/28/07

5K MEN TOP FINISHERS

1	Alex Wallace	16:29
2	Connor Doyle	16:50
3	Juan Sanchez	17:04
4	Josh Bart	17:18
5	Matthew Miller	17:40
6	Sean Cox	17:59
7	Tommy Smith	17:59
8	Kevin Clapp	18:13
9	Steve Brunson	18:24
10	Brian Medlin	18:27
Overall:	Alex Wallace	16:29
Master:	Tommy Smith	17:59
Senior:	John Nance	22:14
7-9:	Nathan Rankin	27:01
	Christian Stephens	27:58
	Kevin Gatherer	36:29
10-12:	Sterling Mackert	29:49
	Tommy Riding	30:59
13-15:	Juan Sanchez	17:04
	Brian Clinton	19:15
	Chad Holobetz	19:21
16-19:	Connor Doyle	16:50
	Josh Bart	17:18
	Matthew Miller	17:40
20-24:	Blake Kennedy	19:18
	Eric Wang	22:49
	Sebastian Sanchez	24:46
25-29:	Calvin Ly	22:03
	Patton Gleason	23:47
	Matthew Sunna	23:53
30-34:	Gene Sciafe	19:22
	Matthew Novotny	20:33
	Enrique De Leon	22:22
35-39:	Ryan Loehding	19:05
	Kevin Towery	21:03
	David Rosenblatt	21:18
40-44:	Joe Landry	19:39
	Doug Harper	20:41
	Jeff Hashe	21:56
45-49:	Dan Cowles	20:29
	Gabriel Sapien	20:48
	Tony Tang	21:55
50-54:	Bob Smeby	18:34
	Alfred Keep	22:07
	Kenny Gardner	22:20
55-59:	Gary Wright	24:20
	Scott McKissick	24:40
	Michael Cross	24:53
60-64:	Thomas Beitinger	22:44
	Jack Sutton	23:43
	Bob Wilmot	24:40
65-69:	James Matthews	24:45
	James Gabhart	25:45
	Roger Meier	29:11
70-74:	Dewey Fambry	29:03
	Jerry Sams	31:08
	Roy Peyton	31:39
Clydes:	Gheorge Spiride	23:22
	James Dunn	23:30
	Bobby Hoskins	23:45

5K WOMEN TOP FINISHERS

1	Jenny Swan	20:09
2	Alexa Ramsier	20:35
3	Kelsey Howard	20:54
4	Jessica Kirchner	20:58
5	Kaitte Bassett	21:32
6	Sachi Wisner	21:47
7	Ellen Stow	21:57
8	Linda Kelly	22:01
9	Rexi Parcels	22:02
10	Samantha Anderson	22:15
Overall:	Jenny Swan	20:09
Master:	Linda Kelly	22:01
Senior:	Susan Sams	25:43
7-9:	Sarah Heady	29:55
10-12:	Hayleigh Breeze	36:57
	Kristen Mims	40:40
13-15:	Rexi Parcels	22:02
	Samantha Anderson	22:15
	Megan Siebert	22:19
16-19:	Alexa Ramsier	20:35
	Kelsey Howard	20:54
	Jessica Kirchner	20:58
20-24:	Sarah Bart	23:36
	Kylie Prather	25:27
	Julie Bledsoe	29:12
25-29:	Andrea Gleason	23:46
	Catherine Trent	26:18
	Chitra Gopalakrishnan	27:11
30-34:	Sharon Towery	24:29
	Anne Kang	26:37
	Nancy Hartin	27:33
35-39:	Sachi Wisner	21:47
	Dana Mackert	22:26
	Cindy Engel	24:01
40-44:	Leslie Smith	23:55
	Beth Kohler	26:56
	Belinda Dugas	29:43
45-49:	Joann Wood	26:23
	Debbie Brewer	27:37
	Kim Clinton	30:22
50-54:	Nancy Johnson	31:16
	Debye Humphrey	31:59
	Debra Lee	33:40
55-59:	Cynthia Thomas	25:50
	Carol Creech	35:37
	Mary Lewellyn	40:33
60-64:	Sharon Sutton	26:39
	Carol Lindenblatt	29:11
	Barbara Bowen	34:23
65-69:	Nancy Cole	34:09
70-74:	Mary Ann Miller	39:04
Clydes:	Allison Kirkland	23:05
	Norie Alvarez	40:35
	Sheryl Hawn	51:11

August Race Results

5K COMPLETE RESULTS

* Denotes Clydesdale Runner

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Alex Wallace	Plano	M	17	16:29	60	Alfred Keep	Guest	M	50	22:07
2	Connor Doyle	Plano	M	16	16:50	61	John Nance	Rowlett	M	59	22:14
3	Juan Sanchez	Plano	M	15	17:04	62	Samantha Anderson		F	15	22:15
4	Josh Bart	Guest	M	19	17:18	63	Megan Siebert	Guest	F	15	22:19
5	Matthew Miller	Plano	M	16	17:40	64	Kenny Gardner	Plano	M	54	22:20
6	Sean Cox	Guest	M	16	17:59	65	Enrique De Leon	Dallas	M	34	22:22
7	Tommy Smith	Garland	M	41	17:59	66	Kevin Subbert	Mckinney	M	33	22:24
8	Kevin Clapp	Plano	M	16	18:13	67	Dana Mackert	Plano	F	37	22:26
9	Steve Brunson	Guest	M	18	18:24	68	Cody Buentello	Guest	M	15	22:29
10	Brian Medlin	Guest	M	16	18:27	69	Nicole Eckles		F	16	22:37
11	Garrett Yuen	Guest	M	19	18:28	70	Thomas Beitinger	Denton	M	62	22:44
12	Robert Gammon	Guest	M	17	18:29	71	Vanessa Montes	Guest	F	15	22:44
13	Bob Smeby	Plano	M	50	18:34	72	Jim Jeffrey		M	47	22:45
14	Jordan Malka		M	18	18:49	73	Ken Ashby	Dallas	M	54	22:46
15	Justin Chung	Plano	M	16	18:52	74	Eric Wang	Dallas	M	23	22:49
16	Ryan Loehding	Carrollton	M	35	19:05	75	Rebecca Pierret	Plano	F	16	22:50
17	Jeff Roberts	Guest	M	16	19:09	76	David Nemcok	Plano	M	31	22:50
18	Brian Clinton		M	15	19:15	77	Mike Schaefer	Dallas	M	52	22:53
19	Blake Kennedy		M	20	19:18	78	Michael Ruggiere	Plano	M	15	23:01
20	Chad Holobetz	Guest	M	14	19:21	79	Chase Thrasher	Garland	M	14	23:02
21	Gene Scaife	Guest	M	30	19:22	80	Bruce Gossett	Allen	M	47	23:03
22	Motori Fujii	Plano	M	17	19:26	81	James Drumm	Garland	M	49	23:03
23	Nick Chase	Guest	M	17	19:33	82	Cameron Durlacher	Plano	M	16	23:04
24	Joe Landry	Dallas	M	41	19:39	83	Allison Kirkland*	Guest	F	16	23:05
25	Kenny Lee	Plano	M	15	19:40	84	Mackenzie Abernathy	Plano	F	17	23:09
26	Steven Kirchner	Plano	M	17	19:46	85	Rob Self	Guest	M	49	23:14
27	Winston Hurst		M	15	19:55	86	Rachael Jaggars	Guest	F	16	23:16
28	Vijay Ram	Plano	M	16	20:01	87	Gheorghe Spiride*	Plano	M	36	23:22
29	Jenny Swan	Dallas	F	16	20:09	88	Terry McIntyre	Plano	M	35	23:28
30	Brannon Heake	Guest	M	16	20:11	89	Brian Millet	Mckinney	M	45	23:28
31	Zach Faulkner	Guest	M	15	20:25	90	James Dunn*	Plano	M	49	23:30
32	Dan Cowles	Guest	M	45	20:29	91	Derrick Yuen	Guest	M	14	23:32
33	Matthew Novotny		M	33	20:33	92	Sarah Bart	Guest	F	20	23:36
34	Nick Enthoven	Guest	M	16	20:34	93	Michelle Clinton		F	17	23:38
35	Alexa Ramsier	Guest	F	17	20:35	94	Jack Sutton	Guest	M	60	23:43
36	Doug Harper		M	40	20:41	95	Bobby Hoskins*	The Colony	M	36	23:45
37	Gabriel Sapien	Guest	M	47	20:48	96	Andrea Gleason		F	28	23:46
38	Kelsey Howard	Guest	F	19	20:54	97	Patton Gleason		M	28	23:47
39	Jessica Kirchner	Plano	F	18	20:58	98	John Stanley	Plano	M	15	23:52
40	Kevin Towery	Bonham	M	38	21:03	99	Matthew Sunna	Murphy	M	29	23:53
41	David Rosenblatt	Allen	M	38	21:18	100	Brook Feldman	Guest	M	14	23:54
42	Tim Clinton		M	19	21:19	101	Jana Jeffrey		F	13	23:55
43	Kirk Trent	Guest	M	35	21:26	102	Leslie Smith	Garland	F	40	23:55
44	Japhen Lott	Guest	M	15	21:31	103	Cindy Engel	Dallas	F	37	24:01
45	Danny Wright	Dallas	M	15	21:32	104	Day-Ruey Liu	Plano	M	49	24:12
46	Kaitte Bassett		F	16	21:32	105	Jeff Lanier	Guest	M	14	24:12
47	Joshua Vasquez	Guest	M	16	21:33	106	Tad Wall	Mckinney	M	51	24:14
48	Kyle Bartholomew	Guest	M	16	21:36	107	Mike Picard	Plano	M	54	24:16
49	Ryan Miller	Guest	M	19	21:40	108	Gary Wright	Mesquite	M	59	24:20
50	Trevor Millet	Mckinney	M	14	21:40	109	Christina Hadly		F	16	24:21
51	Clement Chou	Plano	M	16	21:41	110	Claire Gibson		F	15	24:28
52	Sachi Wisner	Dallas	F	35	21:47	111	Deanna Olson		F	16	24:29
53	Tony Tang	Allen	M	46	21:55	112	Sharon Towery	Bonham	F	31	24:29
54	Isaac Florez	Guest	M	15	21:56	113	Sigi Diaz	Plano	M	53	24:38
55	Jeff Hashe	Plano	M	41	21:56	114	Paul Martinez	Wylie	M	34	24:39
56	Ellen Stow	Plano	F	17	21:57	115	Scott McKissick	Irving	M	58	24:40
57	Linda Kelly	Dallas	F	54	22:01	116	Bob Wilmot	Plano	M	62	24:40
58	Rexi Parcels	Plano	F	14	22:02	117	James Matthews	Richardson	M	67	24:45
59	Calvin Ly	Plano	M	27	22:03	118	Sebastian Sanchez	Guest	M	22	24:46

August Race Results

5K COMPLETE RESULTS

* Denotes Clydesdale Runner

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
119	Michael Cross	Guest	M	58	24:53	178	John Kramer	Guest	M	41	28:32
120	Marcos E Reyes		M	25	24:57	179	Michelle Xie	Plano	F	14	28:33
121	John Orozco	Trenton	M	44	25:06	180	Steve Biller	Plano	M	46	28:40
122	Travis Chase	Guest	M	16	25:06	181	Gregory, Sr. Horne	Allen	M	38	28:55
123	Joey Thomas	Guest	M	15	25:13	182	Cristin Conahan	Guest	F	15	29:01
124	Carlos Montes	Guest	M	16	25:13	183	Dewey Fambry	The Colony	M	74	29:03
125	Vernon Hodge	Plano	M	53	25:14	184	Roger Meier	Guest	M	67	29:11
126	Michael Janis		M	15	25:15	185	Carol Lindenblatt	Plano	F	60	29:11
127	John Ahrens*	Frisco	M	48	25:19	186	Julie Bledsoe	Guest	F	22	29:12
128	Scott Martin	Guest	M	39	25:26	187	Hamlin Jones	Frisco	M	35	29:12
129	Kylie Prather	Plano	F	22	25:27	188	Mike Colvin	Dallas	M	54	29:15
130	Mark Alt	Garland	M	48	25:34	189	Andrew Chalk	Plano	M	51	29:24
131	Dylan Howard	Guest	F	15	25:35	190	Stephen Maffei	Allen	M	45	29:34
132	William Wilson		M	56	25:41	191	Belinda Dugas	McKinney	F	40	29:43
133	Lance Lujan	Guest	M	39	25:42	192	Carlo Perez	Guest	M	15	29:43
134	Susan Sams	Richardson	F	61	25:43	193	Sterling Mackert	Plano	M	12	29:49
135	James Gabhart	The Colony	M	66	25:45	194	Sarah Heady	Richardson	F	9	29:55
136	Larry Fine	Plano	M	46	25:46	195	Donna Hashe	Plano	F	39	29:57
137	Cynthia Thomas	Denton	F	55	25:50	196	Rusty Hailey	Carrollton	M	59	29:57
138	Paul Martinez	Wylie	M	34	26:01	197	Claire Kamenish	Plano	F	14	29:58
139	Greg Louallen	Plano	M	48	26:04	198	Bruce Jenniges	Plano	M	50	29:58
140	Kaelen Degroot	Guest	F	14	26:05	199	Mark Kamenish	Plano	M	49	29:59
141	Bryan Niezgoda	Guest	M	17	26:10	200	Jay Janis		M	52	30:14
142	Robert Alexander	Plano	M	15	26:14	201	Robert Gottfried	Guest	M	39	30:16
143	Catherine Trent	Guest	F	29	26:18	202	Kim Clinton		F	45	30:22
144	Alex Culp		M	34	26:19	203	Stormy Pierce	Duncanville	F	23	30:26
145	Bill Swetmon	Plano	M	64	26:20	204	Todd Stout	Plano	M	36	30:27
146	Jim Cavanaugh	Plano	M	47	26:20	205	April Mims	The Colony	F	34	30:27
147	Tom Hall	Nevada	M	51	26:22	206	Claudia Delgado	Guest	F	32	30:34
148	Joann Wood	Guest	F	46	26:23	207	Martin Meier	Richardson	M	36	30:35
149	Greg Endo	Plano	M	42	26:27	208	Dennis Chupp	McKinney	M	50	30:38
150	Emily Biler	Plano	F	14	26:27	209	Stacy Trinh	Guest	F	16	30:45
151	Caitlin Schultz	Plano	F	14	26:28	210	Adriana Reyes		F	20	30:50
152	Mark Lichty	Guest	M	51	26:30	211	Tommy Riding	Guest	M	11	30:59
153	Tyler Chase	Guest	M	16	26:35	212	Todd Clatanoff		M	39	31:06
154	Anne Kang	Guest	F	30	26:37	213	Jerry Sams	Richardson	M	70	31:08
155	Craig Smith		M	36	26:37	214	Richard J. Smith	Dallas	M	60	31:14
156	Sharon Sutton	Guest	F	60	26:39	215	Nancy Johnson	Fairview	F	50	31:16
157	Tamara Clatanoff	Allen	F	39	26:40	216	Terry Pham	Guest	M	31	31:18
158	Mike Koskan	Plano	M	61	26:46	217	Juanita Deloach	Guest	F	38	31:22
159	Sarah Tierney	Guest	F	14	26:51	218	Elizabeth Boysen	Guest	F	27	31:22
160	Kelsey Bates	Guest	F	15	26:53	219	Mary Marks	Plano	F	45	31:35
161	Beth Kohler	Carrollton	F	41	26:56	220	Roy Peyton	Plano	M	71	31:39
162	Michael Miller	Rowlett	M	15	27:00	221	Stefani Pierce	Guest	F	17	31:39
163	Nathan Rankin		M	9	27:01	222	Bethany Ross	Plano	F	37	31:43
164	Tyler Luker	Guest	M	14	27:10	223	Gabe Abene	Plano	M	72	31:49
165	C.Gopalakrishnan	Guest	F	28	27:11	224	Debye Humphrey	Dallas	F	53	31:59
166	Leslie Boysen	Plano	F	35	27:12	225	Phillip Friedman	Frisco	M	34	32:18
167	Trung Lee		M	37	27:15	226	Holly Stout	Plano	F	31	32:44
168	Rachel Dubis	Plano	F	14	27:22	227	Bruce Richards	Richardson	M	39	32:48
169	Belknap Hal	Guest	M	44	27:23	228	David Hanna	Dallas	M	56	32:57
170	Debbie Laude	Plano	F	27	27:27	229	Julie Yu		F	33	33:03
171	Nancy Hartin	Guest	F	33	27:33	230	Debra Lee	Plano	F	50	33:40
172	Debbie Brewer	Plano	F	47	27:37	231	Jimmie Smith	Plano	M	58	33:41
173	Freddie Smith	Garland	M	63	27:39	232	Nancy Cole	Dallas	F	65	34:09
174	Greg Rankin		M	41	27:47	233	Daniel Rivas	Guest	M	33	34:15
175	Christian Stephens	Carrollton	M	9	27:58	234	Eric Holt		M	15	34:18
176	Frank Ramirez		M	42	28:20	235	Barbara Bowen	Dallas	F	63	34:23
177	Steve Ragland	Guest	M	47	28:22	236	Andy McLaughlin	Carrollton	M	47	34:32

August Race Results (Continued)

* Denotes Clydesdale Runner

5K COMPLETE RESULTS (Continued)

PL	Name	Hometown	M/F	Age	Time
237	Hannah Zima		F	14	34:38
238	Brian Mackert	Plano	M	40	34:39
239	Ruth Olinger	The Colony	F	64	34:47
240	Ashley Mims	The Colony	F	13	34:58
241	Carol Creech	Plano	F	56	35:37
242	Jason Morgan	Richardson	M	35	35:47
243	Cindy Morgan	Richardson	F	36	35:48
244	Bobby Clark	Allen	M	40	36:13
245	Tish Fanning	Dallas	F	30	36:15
246	Kevin Gatherer	Richardson	M	8	36:29
247	Richard Hamilton	Richardson	M	67	36:46
248	Tim Johnson	Fairview	M	50	36:52
249	Hayleigh Breeze	Plano	F	12	36:57
250	Sabitha Mone	Guest	F	37	36:59
251	Ed Humphrey*	Dallas	M	56	36:59
252	Celeste Sims	Irving	F	13	38:06
253	Buddy Trautman	Guest	F	53	38:10
254	Kelly Shank	Plano	F	47	38:29
255	Debbie Kempston	Richardson	F	54	38:29
256	Christine Holt	Garland	F	37	38:44
257	Mark Levine*	Dallas	M	43	38:50
258	Mary Ann Miller	Plano	F	71	39:04
259	Kevin Alstrom	Irving	M	29	39:31
260	Mary Lewellyn	McKinney	F	56	40:33
261	Norie Alvarez*	Keller	F	48	40:35
262	Kristen Mims	The Colony	F	10	40:40
263	Velia Reyes		F	46	41:39
264	Don R Horsman	Plano	M	45	41:55
265	Marcos Reyes		M	50	45:32
266	Sheryl Hawn*		F	47	51:11
267	Debby Earnest	Guest	F	44	51:12

Race Day Volunteers

Race Director: Jerry Powell

Registration: Gaby Ahrens, Daysi Houellemont, and Michele Martin

Membership: Claire Goulthorpe, Marylyn Patrick, and Angelo Prieto

Course Setup: Ken Ashby, Terry Ziegler, and Mike Picard

Finish Line: Jake Spivey, Gaby Ahrens, Daysi Houellemont, and Don Wallace

Awards: Jerry Powell, Kelly Shank, Al Angell, and Sarah Heady

Food: Maria Moore

Kids' K: Mike Koskan, James Gabhart, Andy McLaughlin, Christi Heady, Alex Wallace, Debra Lee, and Carol Lindenblatt

Results: Ruben Saguil

Photography: Matthew Sunna, Sue Wallace, and Karen Castro

JUNIOR SPRINT (0.673 mi) TOP FINISHERS

BOYS 0-8			GIRLS 0-8		
1	Jay Janis Jr	04:57	1	Kirsten Montgomery	05:10
2	Kevin Gatherer	05:06	2	Hana Rosenblatt	05:32
3	Ivan Delgado	05:22	3	Samantha Gant	05:32
BOYS 9-12			GIRLS 9-12		
1	Marshall Erickstad	04:40	1	Sarah Heady	04:32
2	David Hashe	04:52	2	Claire Tannery	04:48
3	Mitchell Erickstad	05:37	3	Emily Millet	05:12

JUNIOR SPRINT COMPLETE RESULTS

PL	Name	M/F	Age	Time
1	Sarah Heady	f	9	4:32
2	Marshall Erickstad	m	9	4:40
3	Claire Tannery	f	9	4:48
4	David Hashe	m	9	4:52
5	Jay Janis Jr	m	8	4:57
6	Kevin Gatherer	m	8	5:06
7	Kirsten Montgomery	f	8	5:10
8	Emily Millet	f	10	5:12
9	Ivan Delgado	m	5	5:22
10	Hana Rosenblatt	f	6	5:32
11	Samantha Gant	f	8	5:32
12	Mitchell Erickstad	m	11	5:37
13	Michael Hashe	m	11	5:47
14	Paul Montgomery	m	10	5:56
15	Darrell Boysen	m	7	6:00
16	Sara Rosenblatt	f	4	6:07
17	Ellie Erickstad	f	7	6:25
18	Caroline Erickstad	f	5	6:26
19	Amanda Heady	f	5	7:07
20	Sunil Sharma	m	6	7:07
21	Sherry Boysen	f	7	7:31
22	Katie Heady	f	4	8:01
23	Trent Clatanoff	m	3	8:04
24	Kaleigh Stephens	f	3	9:03
25	Noelle Sunna	f	3	9:40



August Prediction Run Results

Schimelpfenig Library- 8/14/2007

PL	Name	Predicted	Actual	Diff(secs)
1	Ed Burke*	26:55	26:58	3
2	Mike Koskan*	28:17	28:14	3
3	Vernon Hodge	26:15	26:23	8
4	Thomas Faulkner	22:30	22:21	9
5	James Dunn	24:13	24:22	9
6	Molly Burke	20:00	20:10	10
7	Bob Smeby	18:45	18:59	14
8	Mark Salamasick	32:30	32:16	14
9	Ken Ashby	24:00	23:44	16
10	James Gabhart	28:28	28:45	17
11	John Mehmen	25:00	25:18	18
12	James Matthews	28:00	27:37	23
13	Ruben Saguil**	22:30	22:55	25
14	Joe Landry	20:00	19:32	28
15	Celeste Sims	37:30	36:57	33
16	Hector Delgado	20:35	20:02	33
17	John Beall	31:07	30:33	34
18	Debbie Laude	27:50	28:31	41
19	Jordan Malka	18:30	19:12	42
20	Jim Sheridan	32:00	32:55	55
21	Day-ruey Liu	26:00	25:04	56
22	Mark Lichty	28:00	27:02	58
23	Jason Bogardus	22:00	22:58	58
24	Himanshu Bhatt**	31:00	29:15	105
25	George Kampas	27:25	29:20	115
26	Chris Powers	21:00	19:04	116
27	Megan Rozman	25:00	22:55	125
28	Colby Mehmen	24:59	22:50	129
29	Corey Costello	30:18	33:01	163
30	Belinda Dugas	31:30	34:17	167
31	Hamlin Jones	27:30	24:24	186
32	Thomas Costello	40:10	43:36	206
33	Jim Carlsen	29:18	32:52	214
34	Richard Hamilton	37:31	41:35	244
35	Sarah Heady	28:27	32:49	262
36	Dennis Chupp	31:15	36:41	326
37	Kevin Alstrom	38:30	44:19	349
38	Don Horsman	38:00	44:41	401
39	Mary Lewellyn**	40:00	47:00	420
40	Jody Faulkner	35:00	42:18	438
41	Philip Friedman	31:38	39:03	445
42	AJ O'Neal***	27:00	42:02	902

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

Timers/Finish Line Cards/Results:
 Christi Heady Al Angell
 Jerry Powell Ruben Saguil

Course setup:
 Ken Ashby

Conditions:
 104 deg F, Sunny and no wind!
 Course: Start at Library parking lot. Finish at Gazebo.

Footnotes:
 * - Five seconds Club
 ** - Did not start with main group
 *** - Stopped to render aid to injured cyclist on course.



Ed Burke



Mike Koskan



Vernon Hodge

Upcoming Races

2007-2008 Schedule of Races at Harrington Park

Date	Name	Event
August 25	Dog Days Relay	3K x3 relay
September 29	Five-Mile Fling	5 Mile Run
October 27	Boo Scoot	5K, 10K
November 24	Turkey Run Off	5K, 15K
December 29	Holiday Hustle	3K, 8K
January 26	Fresh Start	5K, 10K
February 23	Bead Bash	5K, 15K
March 29	Spring March	5K, 10K
April 26	Spring Scamper	3K, 8K
May 31	May Day Run	5K
June 28	Millet Mile	Millet Mile, 5K
July 26	Ice Cream & Peaches Run	5K

Races are on Saturday at 8:00 am sharp. There is a **Jr. Sprint (1K)** for ages 0-12 each month.



2007-2008 Schedule of Prediction Runs at Schimelpfenig Library

Date
September 11
October 9
November 13
December 11
January 8
February 12
March 11
April 15
May 13
June 10
July 8
August 12

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

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, 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, cell phone **972.333.3747**, or Marylyn Patrick at **972.618.0240**.

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, 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 Jerry Powell at: jpowell34@msn.com

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Coppell

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Coppell, Texas 75019
972-956-5550

McKinney

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_____	____/____/____	____
_____	____/____/____	____
_____	____/____/____	____

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)

