



The Pace

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The Newsletter of the Plano Pacers Running Club

Pacer Spotlight - Josh Thompson By Don Wallace

Name: Josh Thompson

Age: 33

Member since: Late '03/Early '04

Resides in: Plano, Texas

Family: I'm single and all of my family reside outside of Texas. Most of my immediate family lives in Ohio.

Background: I'm originally from Steubenville, Ohio and attended Youngstown State University, getting a Bachelor's Degree in Music Education. After graduating, I moved to Lexington, Kentucky, where I accepted a Graduate Teaching Assistantship at the University of Kentucky. After finishing a Master's Degree in Music Performance at UK, I taught for 3 years in the suburbs of Atlanta, Georgia. I moved to Plano in the summer of 2002 and have been the Orchestra Director at Shepton High School in Plano since 2004.



Josh Thompson

Running since: December 2001.

Why did you start running? I got fat! I was pushing 190 pounds after a few years of teaching and decided to get into shape by eating right and joining a gym. I eventually found myself on a treadmill. During Christmas of 2001, my uncle asked me to join him on a 3-mile run. I can honestly say I was hooked from my very first run.

Why do you keep running? I love it. I've always had a passion for music, and it was enlightening to find something else I'm passionate about later in life. I enjoy both the act and the sport of running. I enjoy the simple daily 5-milers, but equally enjoy gutting it out during a race or a hard workout. I've been constantly improving over the last few years, so it's really enjoyable watching the PRs drop while continuing to wonder how much better I can become as a runner.

What is your favorite place and time of day to run? I have two favorite places – the mountain bike trails at Lake Grapevine, and White Rock Lake. As far as a favorite time of day, I really enjoy starting a long run about an hour before the sun comes up. The world starts to wake just as I'm hitting my stride. There's something almost magical about those runs.

Describe your normal training routine and mileage: I run 4-5 days per week, 20-50 miles per week depending on what phase of my training I'm currently in. On Saturdays and/or Sundays most weeks I will either run the Chisholm Trail in Plano, or if I'm going longer than 12 miles, White Rock Lake. I typically do a track workout Wednesday mornings at Plano Senior High School, and the rest of my week, my runs take me around Bob Woodruff Park, near where I live.

What is your most memorable race and why? The 3M Half Marathon in Austin this past January. I broke one of my major running goals – running a half marathon in under 1:30 (I ran a 1:28). I don't recall ever running so hard, yet feeling like I was running so effortlessly at the same time.

December 2007

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Happy Holidays!

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November Race Report - "Turkey Run Off" 5K, 15K and Jr. 1K By Jerry Powell

Unlike October's perfect race weather, Mother Nature tried to show us she was in charge in November. We recognized the challenges and still had 130 participants (plus volunteers) brave the cold and rain to compete in the 5K, 15K or Kids' K.

Thanks to James Gabhard and his "space age" tent, the weather did not prevent us from using our finish line technology to record the race statistics and display the results at the gazebo in nearly real time. Thanks to having a mobile "toys" table, none of the over 40 gifts that were donated got wet. Thanks to the many volunteers stepping up to help compensate for our 6 regular volunteers that were either out of town or sick. Mother Nature tried, but on this Saturday morning, the Plano Pacers were the winners!

The day belonged to the runners. The club recognized seventeen Pacers with individual plaques highlighting age group records achieved this year. Given the poor weather conditions, one might think that no additional records would be broken on such a miserable day. Clint Bell established a new age group record (M25-29), on the 15K course. His time of 52:09 outpaced his 2005 record of 53:46 by 1 minute and 37 seconds. His plaque recognizing his 1 mile record must now be updated to include the 15K. Maybe this update should be postponed until after he runs the December race.

As mentioned, the 15K overall winner and new age group record holder in 52:09 was Clint Bell. Joe Landry (M40-44) was the first master to cross the line in 57:55. Kenny Gardner (M55-59) won the senior title in 1:12:59. Joe and Kenny are both frequent winners at our races. The Clydesdale race was won by James Royal (M45-49) with a time of 1:01, followed by James Dunn (M50-54) in 1:15:38. With these fast times, we may have to review the qualifications for the Clydesdale category.



Bell

Landry

Gardner

Natho

McKissick

Pitz



Caterisano

Smeby

Wilson

Burke

Kelly

Snyder

The most competitive age group in the 15K was the (M65-69): Bill Blackburn (1:13:11), Bob Abbott (1:14:24), and Bill Johnson (1:18:42). I would call that a very fit and fast group.

The OA female winner of the 15K was Shelia Natho (F40-44) in 1:07:30. Frances McKissick (F45-49) was second in 1:10:43, which also won her the top master award. These times were very fast for a 15K on a cold and rainy day. Shelia and Frances were part of the 17 recognized for achieving age group records earlier this year. Jeanne Pitz (F55-59) won the senior title in 1:33:44.

We had 68 participants in the 5K race. Matt Caterisano (M25-29) was the OA winner in 18:45. He was followed by Bob Smeby (M50-54) in 19:28. That time was fast enough for second overall and to be the first master to cross the line. Bryce Wilson (M60-64) won the senior title in 23:25. Adam Gray (M25-29) was the first Clydesdale to cross the line in 29:18. He was followed by Ed Humphrey (M55-59) in 33:24. Making sure Ed did not slow down, and bringing home 3rd, was Mark Salamasick (M55-59) in 33:57.

Molly Burke (F20-24), was the OA 5K female winner running a very fast 19:55. Linda Kelly (F55-59) was the first master to cross the line in 22:49. Linda was also recognized for setting three age group records this year. Janice Snyder (F60-64) won the senior title with a time of 33:34.

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"The Starting Line" Club Notes By Jerry Powell

PACER'S TIME TO HELP EVENTS CONTINUE: Following successful events in October and November, the Pacers complete their charitable event series with a final event (coordinated with Girl Scout Troop 3695 and The Plano Santas) to coincide with the December race. We have received the names of five needy local families. Along with these names, we have been provided with their wish list. Plano Pacer volunteers have been purchasing the items for each family. These members will be reimbursed from the club treasury for their purchases. Any donations received will be used to augment the Plano Pacer's club contribution. Gifts will be delivered to the families by the Plano Santas.

SENIOR MEMBERSHIP RULES CLARIFICATION: When an existing Plano Pacer member reaches the age of 70, that individual's membership dues will be waived. When an individual age 70 or above joins the Pacers, we will collect membership dues for one year. On the anniversary date of the membership, the dues will be waived going forward. Free membership applies only to the member reaching the age of 70, not all members in a family membership. This is the club's way of saying thank you for establishing healthy lifestyles and setting positive examples for younger members.

GIRLS ON THE RUN: The Plano Pacers organization is thrilled to have another opportunity to work with the D/FW Metroplex chapter of Girls on the Run (<http://www.gotrdfw.com>). "Girls on the Run" (GOTR for short) is a non-profit experiential learning program that encourages preteen girls, aged 8-13, to develop self-respect and healthy lifestyles through running. GOTR (with chapters across the US) sponsors programs combining training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. The program's goal is to encourage positive emotional, social, mental, spiritual, and physical development in these young women.

Many Pacers might remember our successful Diva Dash race in summer 2006 in which many GOTR-sponsored girls ran their first 5K. The D/FW Metroplex chapter of GOTR benefited greatly from the generous donations collected from our members at the race.

Next year, the Pacers hope to again support GOTR's efforts by providing an opportunity for a new group of girls to complete their first 5K race. The event is targeted for October 25, 2008. We will be providing additional information on how you can support the group's efforts in the forthcoming months, including details on the special attractions which will be part of this important race. Stay tuned!

November Race Report (Continued from Page 2) By Jerry Powell

Six kids braved the rain and cold to run the Kids' K. All of them are worth mentioning:

Maria Collins F10 4:43, Sarah Heady F9 5:03, Sheela Sharma F9 6:42, Amanda Heady F5 8:47, Sunil Sharma M6 8:49, Katie Heady F4 9:18. Great job kids!

The Ishii family had three members take home awards from the 5K race. Hideo (M7-9), won first in his age group by completing the course in 27:37. Hiroshi (M13-15), took home 3rd in his age by running a fast 21:40. Tami, (F35-39), was second in her age group with a 27:14 time. This is quiet an accomplishment. In October they took home 5 awards. We may need to create a new awards category for families that run together.

A special thanks to Mike Picard, Jennifer Rutledge, Maria Moore (and family) and Christy Heady (and family) for being called upon to perform extraordinary efforts to pull off this race.

Pacer Spotlight - Josh Thompson (Continued from Page 1) By Don Wallace

What other sports and interests do you enjoy? I'm a huge football fan. I've been an Ohio State fan my whole life (growing up in Ohio, it's a given!). I'm also a Pittsburgh Steelers fan as my hometown was merely 40 miles away from Pittsburgh. I'm very passionate about my sports teams and often joke that I "bleed black and gold." (For you non-football fans, that's the Steelers' colors).

What else would you like Pacers to know about you? I love my job. Sharing my love of music with my brilliant students at Shepton High School is a gift I wouldn't trade for anything.

Can your offer advice to younger Pacers? Don't do anything different race day than you would normally do in training. I ate a bran muffin before the New York City Marathon this year and it ruined 5 months of training!

Update: *Josh Thompson completed this year's 2007 Dallas White Rock Marathon in 03:24:58!*

Race Results

5K "TURKEY RUN OFF" OVERALL RESULTS @ Harrington Park, Plano, TX 11/24/07

5K MEN TOP FINISHERS

1	Matt Caterisano	18:45
2	Bob Smeby	19:28
3	Colby Mehmen	19:42
4	Brian Bailey	19:49
5	Greg Kelly	19:54
6	Jaime Delgado	20:39
7	Peter Lin	20:50
8	James Drumm	20:52
9	Hiroshi Ishii	21:40
10	Thomas Faulkner	22:04
Overall:	Matt Caterisano	18:45
Master:	Bob Smeby	19:28
Senior:	Bryce Wilson	23:25
07-09:	Hideo Ishii	27:37
	Garrett Oldham	30:58
10-12:	Mark Bailey	31:15
13-15:	Colby Mehmen	19:42
	Peter Lin	20:50
	Hiroshi Ishii	21:40
16-19:	Phillip Le	45:14
20-24:	Greg Kelly	19:54
	Phil Bailey	22:25
25-29:	Michel Galiotto	22:56
	Micah Brynes	24:20
30-34	David Nicolato	23:42
	Aaron Messick	31:47
35-39	Lakai Collins	22:41
	Phil Edwards	31:47
40-44	Brian Bailey	19:49
	Robert Wade	26:31
45-49	Jaime Delgado	20:39
	James Drumm	20:52
	Thomas Faulkner	22:04
50-54	Ed Burke	24:20
	Tom Hall	24:32
	Henry Tam	27:57
55-59	John Nance	23:33
	Scott McKissick	23:44
	Mike Colvin	28:10
60-64	Mike Koskan	25:15
	Freddie Smith	27:05
	Thomas Vaughn	28:41
65-69	Tommy Farrar	24:51
75-79	Dewey Fambry	30:54
Clydes:	Adam Gray	29:18
	Ed Humphrey	33:24
	Mark Salamasick	33:57

5K WOMEN TOP FINISHERS

1	Molly Burke	19:55
2	Amanda Nicolato	22:22
3	Linda Kelly	22:49
4	Debbie Laude	23:57
5	Rikki Creech	26:30
6	Tami Ishii	27:14
7	Pam Aswakool	27:39
8	Sarah Caterisano	30:05
9	Debbie Brewer	30:18
10	Sarah Heady	32:20
Overall:	Molly Burke	19:55
Master:	Linda Kelly	22:49
Senior:	Janice Snyder	33:34
07-09:	Sarah Heady	32:20
10-12:	Maiya Collins	35:59
20-24:	Sarah Caterisano	30:05
25-29:	Amanda Nicolato	22:22
	Debbie Laude	23:57
	Alexis Steinberg	32:50
35-39:	Rikki Creech	26:30
	Tami Ishii	27:14
	Cindy Morgan	36:55
40-44:	Keiko Yokoyama	32:27
45-49:	Debbie Brewer	30:18
50-54:	Pam Aswakool	27:39
	Monica Abbott	36:32
55-59:	Carol Creech	34:34
65-69:	Nancy Cole	33:59
	Ruth Olinger	36:52
70-74:	Betty Forsvall	44:57
Athena:	Norie Alvarez	44:12

Race Results

15K "TURKEY RUN OFF" OVERALL RESULTS @ Harrington Park, Plano, TX 11/24/07

15K MEN TOP FINISHERS

1	Clint Bell	52:08
2	Matt Pulle	53:27
3	Joe Landry	57:55
4	Ryan Loehding	58:31
5	Blake Kennedy	59:36
6	Hector Delgado	1:00:35
7	James Royal*	1:01:08
8	Lee Rebodos	1:01:18
9	Mark Olateju	1:06:17
10	Zach Esch	1:08:48

Overall:	Clint Bell	52:08
Master:	Joe Landry	57:55
Senior:	Kenny Gardner	1:12:59
13-15:	Zach Esch	1:08:48
	Tyler Hemenway	1:11:23
20-24:	Blake Kennedy	59:36
25-29:	Kenneth Loyer	1:10:11
	Brandon Flipetin	1:17:48
	Marcos Chavez	1:47:29
30-34:	David Kelly	1:17:12
	Rembrandt Tadeja	1:39:14
	Matthew Sunna	1:50:52
35-39:	Matt Pulle	0:53:27
	Ryan Loehding	0:58:31
	Hector Delgado	1:00:35
40-44:	Joe Smith	1:10:37
	John Mehmen	1:18:15
45-49:	Mark Olateju	1:06:17
	Andy Beach	1:12:58
	Jeff Dorrill	1:15:56
50-54:	Harold Recinos	1:10:10
	David Kelly	1:16:17
	Sigi Diaz	1:16:26
55-59:	Kendall Black	1:19:00
	Angelo Prieto	1:30:28
	Mike Langille	1:39:37
60-64:	Steve Shopoff	1:13:01
	Paul Morken	1:18:42
65-69:	Bill Blackburn	1:13:11
	Bob Abbott	1:14:24
	Bill Johnson	1:17:50
70-74:	Gabe Abene	1:32:29
Clydes:	James Royal	1:01:08
	James Dunn	1:15:38

15K WOMEN TOP FINISHERS

1	Sheila Natho	1:07:30
2	Frances McKissick	1:10:43
3	Leslie Smith	1:12:46
4	Renee Mitchell	1:21:43
5	Ivynn Caraballo	1:33:26
6	Jeanne Pitz	1:33:44
7	Mary Marks	1:39:48
8	Vanessa Chavez	1:47:29
9	Kristen Sunna	1:47:29
10	Debye Humphrey	1:49:53

Overall:	Sheila Natho	1:07:30
Master:	Frances McKissick	1:10:43
Senior:	Jeanne Pitz	1:33:44
25-29:	Ivynn Caraballo	1:33:26
	Kristen Sunna	1:47:29
	Vanessa Chavez	1:47:29
40-44:	Leslie Smith	1:12:46
	Renee Mitchell	1:21:43
45-49:	Mary Marks	1:39:48
50-54:	Debye Humphrey	1:49:53



The Ishii Family

Race Results

5K "TURKEY RUN OFF" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 11/24/07

PL	Name	Hometown	M/F	Age	Time
1	Matt Caterisano	Plano	M	25	18:45
2	Bob Smeby	Plano	M	51	19:28
3	Colby Mehmen	Princeton	M	13	19:42
4	Brian Bailey	Plano	M	44	19:49
5	Greg Kelly		M	21	19:54
6	Molly Burke	Plano	F	20	19:55
7	Jaime Delgado		M	47	20:39
8	Peter Lin		M	13	20:50
9	James Drumm	Garland	M	49	20:52
10	Hiroshi Ishii	Plano	M	13	21:40
11	Thomas Faulkner	Plano	M	46	22:04
12	Amanda Nicolato		F	28	22:22
13	Phil Bailey	Plano	M	20	22:25
14	Lakai Collins		M	39	22:41
15	Linda Kelly	Dallas	F	56	22:49
16	Michel Galiotto		M	29	22:56
17	Tony Tang	Allen	M	46	23:06
18	Bryce Wilson	Allen	M	61	23:25
19	John Nance	Rowlett	M	59	23:33
20	David Nicolato		M	30	23:42
21	Scott McKissick	Irving	M	59	23:44
22	Debbie Laude	Plano	F	27	23:57
23	Micah Brynes		M	27	24:20
24	Ed Burke	Plano	M	53	24:20
25	Tom Hall	Nevada	M	51	24:32
26	Tommy Farrar	Coppell	M	67	24:51
27	Mike Koskan	Plano	M	62	25:15
28	Rikki Creech	Winston-Salem	F	36	26:30
29	Robert Wade	Plano	M	44	26:31
30	Larry Fine	Plano	M	47	26:38
31	Freddie Smith	Garland	M	63	27:05
32	Tami Ishii	Plano	F	36	27:14
33	Hideo Ishii	Plano	M	9	27:37
34	Pam Aswakool		F	50	27:39
35	Henry Tam	Plano	M	53	27:57
36	Mike Colvin	Dallas	M	55	28:10
37	Thomas Vaughn	Mesquite	M	61	28:41
38	Adam Gray*		M	27	29:18
39	Michael Nicholas		M	61	29:21
40	Richard J. Smith	Dallas	M	60	29:40
41	David Hanna	Dallas	M	56	29:41
42	Sarah Caterisano	Plano	F	21	30:05
43	Debbie Brewer	Plano	F	48	30:18
44	Dewey Fambry	The Colony	M	75	30:54
45	Garrett Oldham		M	8	30:58
46	Mark Bailey	Plano	M	12	31:15
48	Aaron Messick		M	30	31:47
47	Phil Edwards		M	37	31:47
49	Sarah Heady	Richardson	F	9	32:20
50	Keiko Yokoyama		F	44	32:27
51	Alexis Steinberg		F	26	32:50
52	Ed Humphrey*	Dallas	M	56	33:24
53	Janice Snyder	Dallas	F	61	33:34
54	Mark Salamasick*	Plano	M	53	33:57
55	Nancy Cole	Dallas	F	65	33:59
56	Bobby Clark*	Allen	M	51	34:16
57	Carol Creech	Plano	F	56	34:34
58	Andy McLaughlin	Carrollton	M	48	34:34
59	Maiya Collins		F	10	35:59

PL	Name	Hometown	M/F	Age	Time
60	Jason Morgan*	Richardson	M	35	36:18
61	Monica Abbott	Plano	F	53	36:32
62	Ruth Olinger	The Colony	F	65	36:52
63	Cindy Morgan	Richardson	F	37	36:55
64	William Swafford*	Allen	M	55	40:45
65	Cindy Engel	Dallas	F	38	43:55
66	Norie Alvarez*	Keller	F	48	44:12
67	Betty Forsvall	Dallas	F	73	44:57
68	Phillip Le		M	19	45:14



Race Day Volunteers

- Race Director:** Jerry Powell
- Registration:** Christi Heady, Maria Moore, Bettye Haynes, Angelo Prieto
- Membership:** Andy Beach, Bob Smeby
- Course Setup:** Mike Picard, Ken Ashby, Linda Kelly
- Finish Line:** James Gabhart, Ruben Saguil
- Awards:** Jerry Powell, Jennifer Rutledge, Dana Mackert
- Food:** Maria Moore
- Water Station:** Roy Peyton, Alan Davis
- Kids' K:** Mike Koskan, James Gabhart, Tom Hall, Karen Sharma, Christi Heady, Richard Smith
- Results:** Ruben Saguil
- Photography:** James Gabhart
- Others:** James Royal
- Toy Drive:** Christi Heady



Race Results

15K "TURKEY RUN OFF" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 11/24/07

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Clint Bell	Dallas	M	28	52:08	29	Mike Picard	Plano	M	54	1:17:26
2	Matt Pulle		M	35	53:27	30	Brandon Flipetin		M	26	1:17:48
3	Joe Landry	Dallas	M	41	57:55	31	Bill Johnson	Plano	M	68	1:17:50
4	Ryan Loehding	Carrollton	M	35	58:31	32	John Mehmen	Princeton	M	42	1:18:15
5	Blake Kennedy	Longview	M	24	59:36	33	Paul Morken		M	61	1:18:42
6	Hector Delgado		M	39	1:00:35	34	Kendall Black		M	59	1:19:00
7	James Royal*	Plano	M	45	1:01:08	35	Day-Ruey Liu	Plano	M	49	1:19:36
8	Lee Rebodos		M	39	1:01:18	36	Thomas Fleming	Richardson	M	48	1:20:40
9	Mark Olateju	Rowlett	M	46	1:06:17	37	Renee Mitchell	Plano	F	43	1:21:43
10	Sheila Natho	Dallas	F	41	1:07:30	38	Bruce Richards	Richardson	M	39	1:22:44
11	Zach Esch		M	14	1:08:48	39	Sang Shin		M	53	1:24:04
12	Harold Recinos	Dallas	M	52	1:10:10	40	Jim Cavanaugh	Plano	M	47	1:27:13
13	Kenneth Loyer		M	28	1:10:11	41	Bill Hemenway		M	45	1:27:57
14	Joe Smith	Allen	M	43	1:10:37	42	Angelo Prieto	Plano	M	56	1:30:28
15	Frances McKissick	Irving	F	45	1:10:43	43	Gabe Abene	Plano	M	73	1:32:29
16	Tyler Hemenway		M	15	1:11:23	44	Ivyann Caraballo	McKinney	F	29	1:33:26
17	Eric Swanson	Plano	M	35	1:11:30	45	Jeanne Pitz	Richardson	F	57	1:33:44
18	Leslie Smith	Garland	F	40	1:12:46	46	Rembrandt Tadeja	Plano	M	34	1:39:14
19	Andy Beach	Garland	M	49	1:12:58	47	Mike Langille	Plano	M	55	1:39:37
20	Kenny Gardner	Plano	M	55	1:12:59	48	Mary Marks	Plano	F	45	1:39:48
21	Steve Shopoff		M	60	1:13:01	49	Stephen Maffei	Allen	M	45	1:40:53
22	Bill Blackburn	Van Alstyne	M	68	1:13:11	51	Marcos Chavez		M	26	1:47:29
23	Bob Abbott	Plano	M	67	1:14:24	52	Vanessa Chavez		F	25	1:47:29
24	James Dunn*	Plano	M	50	1:15:38	50	Kristen Sunna	Murphy	F	29	1:47:29
25	Jeff Dorrill		M	46	1:15:56	54	Debye Humphrey	Dallas	F	53	1:49:53
26	David Kelly		M	51	1:16:17	53	Bob Luchsinger		M	57	1:49:53
27	Sigi Diaz	Plano	M	53	1:16:26	55	Matthew Sunna	Murphy	M	30	1:50:52
28	David Kelly		M	31	1:17:12	56	Michael Knowles	Denton	M	38	1:50:52



Matt Caterisano, overall winner of November's 5K, with his sister Sarah Caterisano (1st place ladies 20-24) and mother Debbie Brewer (1st place ladies 45-49). Matt is a 2nd Lieutenant in the USMC and is scheduled to be deployed to Iraq in September.

"TURKEY RUN OFF" JR. SPRINT (0.6213 mi) TOP FINISHERS

BOYS 0-8

1 Sunil Sharma 08:49

GIRLS 0-8

1 Amanda Heady 08:47
2 Katie Heady 09:18

GIRLS 9-12

1 Maiya Collins 04:43
2 Sarah Heady 05:03
3 Sheela Sharma 06:42

JUNIOR SPRINT INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Maiya Collins	10	f	4:43
2	Sarah Heady	9	f	5:03
3	Sheela Sharma	9	f	6:42
4	Amanda Heady	5	f	8:47
5	Sunil Sharma	6	m	8:49
6	Katie Heady	4	f	9:18

NOVEMBER'S NEW RECORDS:

Dist	AgeGrp	New Record	Sex	Age	New Record	Previous Holder	Time	Date
15K	M25-29	Clint Bell	M	28	52:08	01:38	Clint Bell	53:46 Nov-2005

December Prediction Run Results

Schimelpfenig Library – 12/18/2007



PL	Name	Predicted	Actual	Diff(secs)
1	James Matthews*	27:20	27:20	0
2	Sarah Heady	27:55	28:08	13
3	Thomas Faulkner	21:59	22:12	13
4	Mike Koskan	27:56	28:10	14
5	Jason Bogardus	21:30	21:44	14
6	Vernon Hodge	26:15	26:00	15
7	Don Wallace	21:54	21:37	17
8	Terry Dill	19:55	19:38	17
9	An Nguyen	24:00	23:38	22
10	Ruben Saguil	21:00	21:26	26
11	Mark Roman	21:20	21:48	28
12	George Kampas	28:10	28:39	29
13	Delaney Kampas	30:01	29:31	30
14	Ken Ashby	23:45	24:18	33
15	Guru Mathur	25:00	25:53	53
16	James Dunn	27:00	26:24	36
17	Dzuy Nguyen	24:00	25:45	105
18	Mary Marks	31:20	33:33	133
19	Jody Faulkner	32:00	29:45	135
20	Larry Fine	26:30	29:35	185
21	Dennis Chupp	30:25	33:30	185

The December 11 Prediction Run was rescheduled to December 18 due to high water and a missing bridge. The changing date and course did not impact the top group of prediction runners.

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, Ruben Saguil, Jerry Powell

Course Setup: Ken Ashby

Conditions: 58 deg F Clear

Start: Library Parking Lot (Clockwise)

Finish: Library Parking Lot (Counter clockwise)

Footnotes:

* - Five Seconds Club

2007 Final Prediction Run Results

By Jerry Powell

2007 Year End Prediction Run Winners

Least Seconds (Best 8 Races Averaged)			Most Points		
Pl	Name	Secs.	Pl	Name	Tot. Pts.
1	James Matthews	9:29	1	James Matthews	21
2	Thomas Faulkner	12:39	2	Ken Ashby	17
3	James Dunn	12:88	3	Jason Bogardus	16
4	Ken Ashby	14:15	4	Thomas Faulkner	15
5	Don Wallace	18:63	5	Sarah Heady	15
			6	Ruben Saguil	15
			7	George Kampas	14
			8	James Dunn	14
			9	Mike Koskan	13
			10	Vernon Hodge	12



James Matthews

Least Seconds is the average difference between the predicted and actual time calculated over 8 races. Congratulations go out to James Matthew with a winning (and historically impressive) time of 9:29

Most Points is the sum of points earned for running, volunteering and placing in the top 3 in a race. Running or volunteering is worth 1 point. First place is worth 4 points, Second Place is worth 3 and placing Third is worth 2. James Matthews also won this category with 21 points. A familiar name that is always near the top, Ken Ashby, finished second. Our youngest runner in the top 10, Sarah Heady, finished a very respectable 5th.

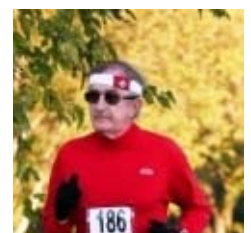
A special thanks are owed to Ruben Saguil, Christie Heady, and James Gabhart for volunteering their time to make the prediction runs such a great success.

Congratulations to all the runners for a very competitive year. More information regarding the year end results is available on our web page at www.planopacers.org.

Awards Update—Annual Participation Awards (APA)

By RUBeN Saguil

There is just one deciding race left before we have our final tally. Chances are the familiar faces below will be at the race running and/or volunteering. Remember you must volunteer at least once in order to qualify for this award. You can volunteer for our next event by emailing us at: volunteer@planopacers.org.



	Name	Total	Vol?	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
1	John Nance	321	Y	29	29	30	28	29	29	30	30	29	29	29
2	Ruth Olinger	305	Y	29	29	28	29	25	27	25	27	29	29	28
3	Mike Koskan	301	Y	27	28	28	29	28	27	25	25	27	28	29
4	Bob Smeby	293	Y		29	30	29	29	29	29	29	30	29	30
5	James Gabhart	290	Y	28	27	25	28	25	27	28	27	25	25	25
6	Freddie Smith	286	Y	25	27	25	27	27	25	25	25	25	27	28
7	Jerry Powell	282	Y	25	25	25	25	25	28	25	29	25	25	25
8	Maria Moore	280	Y		30	25	30	29	29	25	29	29	29	25
9	Richard J. Smith	280	Y	28	25	25	27	25	25	25	25	25	25	25
	Day-Ruey Liu	279	.	25	25	25	29	25	25	25	25	25	25	25
	Norie Alvarez	277	.	28		28	25	28	29	28	25	29	28	29
10	Ruben Saguil	275	Y	25	25	25	25	25	25	25	25	25	25	25
11	Mike Picard	264	Y	28	27	28	28		25	25	25	25	28	25
12	James Royal	261	Y	29	29	29	29	29	29			29	29	29
13	Tom Hall	259	Y	27	25	25	27	25	25	25		25	27	28
	Bobby Clark	259	.	25	25	25	28	25		25	25	27	29	25
14	Michele Martin	258	Y	25	27	29	27	25	25	25	25	25	25	
15	Debbie Brewer	251	Y	29	29			27	29	28	25	28	27	29
16	Tommy Farrar	249	Y	28	28	29	28	25	28		25	29		29
17	Belinda Dugas	248	Y	28	27		29	25	29	27	29	25	29	
18	Matthew Sunna	244	Y	25	28	28	28	28	28	27	25			27
19	James Dunn	240	Y	25			28	25	25	28	25	28	28	28
20	Linda Kelly	240	Y	30		30		30		30	30	30	30	30
21	Cynthia Thomas	236	Y	29	30	30			30	29	29	30	29	
22	Ken Ashby	236	Y	29		25		25	27	25	25	28	27	25
	Sigi Diaz	233	.			27	27	25	25	25	25	25	27	27
	Dewey Fambry	232	.			29	29	29	29	29	29		29	29
23	Jennifer Rutledge	231	Y	28	25		25	25	28		25	25	25	25
24	Thomas Beitinger	231	Y	28	29	29			29	29	29	29	29	
	Mark Levine	231	.	28	25	25		25	25	25	25	25	28	

Please Note: The complete listing of the current APA standings is available on the website.

Awards Update — Most Improved Pacers (MIP)

By RUbEN Saguil

With just one race left, there's still a chance to qualify or move up in the standings. Remember that only your best four scores will count. Remember—some contenders not currently appearing on the list because they have run only three races may still qualify by scoring high enough in the December race.



	Name	Base Score	Jan	Feb	Mar	Apr	May	Jun M	Jun	Jul	Aug	Sep	Oct	Nov	YTD Avg	Best 4	Imp
1	Samantha Gant	66.13			78.25		76.53	79.49	76.05	69.65	71.59	72.26			74.83	77.58	11.45
2	Tim Epting	55.32	60.82		61.56		62.58	71.54							64.12	64.12	8.81
	Sam Tillery	77.24	87.13			84.17			83.17						84.82		7.58
3	Alex Wallace	87.19	92.29		92.74		89.74	97.94	83.10	95.20					91.84	94.54	7.36
4	Andy Beach	64.33		56.41	61.65	55.83	70.13	71.95	62.51		70.98			73.22	65.33	71.57	7.24
5	Colby Mehmen	80.01					85.05				83.12	87.10	89.53	85.52	86.06	86.80	6.79
6	Donna Hashe	53.53					57.88			58.89		60.36	62.27		59.85	59.85	6.32
7	Jim Oppedal	59.48	65.69	65.59	64.83	65.49	59.85								64.29	65.40	5.92
8	James Matthews	75.13	77.20	78.71			79.61	80.88		78.08		77.13	78.82		78.63	79.51	4.38
9	James Royal	81.24	81.32	81.50	80.14	81.23	83.07	88.37	69.58			82.16	85.21	85.18	81.78	85.46	4.22
	Melissa Gonzales	68.89	73.08		72.60	73.13									72.94		4.05
10	Ashley Mims	63.89	63.64	63.51			65.24			54.60			79.34		65.27	67.94	4.05
11	Steven Kirchner	74.71				80.37	79.79	69.50	75.44	79.39					76.90	78.75	4.03
12	Bob Abbott	87.29	90.52	82.25		90.15	90.40	93.13	76.67				86.81	84.15	86.76	91.05	3.76
13	Joe Landry	83.68		86.09	86.67					79.99	82.85		86.91	87.92	85.07	86.90	3.21
14	Mark Salamasick	49.55	48.90	50.93	54.49		55.58							50.00	51.98	52.75	3.20
	Becky Angeles	88.12			91.61			91.05	89.42						90.69		2.58
15	Bobby Hoskins	62.50	62.56	62.68	63.91	65.17	65.23	61.92	61.31	64.66					63.43	64.74	2.25
16	Ed Humphrey	46.77	47.97			44.25	46.63	48.55	41.66	46.59		47.44		52.05	46.89	49.00	2.23
17	Susan Sams	80.97	82.57	80.32	82.29	83.54	84.38			80.10					82.20	83.19	2.23
18	John Mehmen	65.56			64.90		64.42				70.73	66.03	68.44	65.42	66.66	67.66	2.10
19	James Dunn	70.23	69.61			70.33	69.34			70.17	72.83	70.93	73.96	71.13	71.04	72.21	1.98
20	Tommy Smith	86.47	88.22	87.98		88.74			85.11	87.40	87.91		88.52		87.70	88.36	1.89
21	Frances McKissick	88.90			91.00	94.28	90.81						86.40	83.46	89.19	90.62	1.72
22	Vernon Hodge	69.67	69.65	71.26	69.65	74.25	70.10	69.72	64.22	67.27	68.78		68.04		69.29	71.33	1.66
23	Day-Ruey Liv	68.52	67.87	63.48	67.96	67.06	58.18	70.89	64.46	68.14	68.19	69.52	72.03	67.12	67.08	70.16	1.63
24	Matthew Sunna	62.25	63.01	47.05	60.45	57.49	62.56	66.79	54.77	62.98	62.32			44.04	58.15	63.84	1.58
25	Richard J. Smith	61.55	63.01	62.41	59.61	63.50	58.65	60.38	56.86	57.65	60.32	58.40	63.07	60.70	60.38	63.00	1.44

*Base Score calculated by averaging the top 2/3rds of each runner's scores at Pacer monthly races from Nov '00 to Dec '06. Runners must have run at least six races during that period. Your Top 4 scores in 2007 will be averaged and compared against your Base Score. Please Note: All scores for Kids' K races have been adjusted for the shorter distance and may not match online history.

2008 Elections/Volunteers Required for Next Year

By Jerry Powell

In the November newsletter, a request was made for members to become candidates for the various club offices/volunteer positions to run the club in 2008. The lack of response thus far has been extremely disappointing; especially when you consider that we are an exceptional running club. We have a growing membership base, provide great food, support a number of charities within the community, have an excellent runner recognition program, supply our members with an informative newsletter, provide added benefits to our senior members, and have the only real-time results display of any club in the area. We even have personalized bibs! The Kids' K program and the 12 Prediction Runs are free events. The total cost to participate in the 12 monthly club races is only \$20. We also provide special recognition for members that ran in the Boston Marathon, Pacers that established new records, and our youth members for their athletic and scholastic achievements.

Now's the time to graciously thank those members who accepted the challenge of volunteering to lead the club through a successful 2007 race season and allow them to move on to other things (if they so choose). And now's also the time for those who have not yet taken on this critical role of helping our club remain strong and successful to step up and volunteer to lead.

After the December race, the current 2007 Pacer leadership team ceases to exist. The current team has made a commitment to train the new team of volunteers and help with the Jan. 2008 race. Prospective members that are interested in being a part of the '08 Plano Pacers Leadership Team must step forward now.

We need people willing to assume the roles of President, Vice President, Membership Director, Volunteer Director, Prediction Run Director, and Food and Beverage Director for the 2008 race season. Please call (or email) me regarding which position you would like to be considered for. We will make sure you are completely trained for your new position and that you will not run into any obstacles once you have taken on your new responsibilities.

It is important to always remember: This is your club! Interested Pacers should contact me as soon as possible at 972 658 1267 or via email at jpowell34@msn.com.

Upcoming Race Schedule

2007-2008 Schedule of Races at Harrington Park

Date	Name	Event
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 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

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

2008 Schedule of Prediction Runs at Schimelpfenig Library

Date
January 8
February 12
March 11
April 15
May 13
June 10
July 8
August 12
September 9
October 14
November 11
December 9

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).

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 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, 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.

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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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)

