



The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

Faces at the Finish Line: Claire Goulthorpe By Don Wallace



Goulthorpe

Name: Claire Goulthorpe

Age: 47

Pacer member since: 2001

Resides in: Addison, Texas

Tell us about your family: My parents are fantastically energetic "70-somethings" living near the university city of Cambridge on England's east side. I am lucky to see them several times a year. I also have a brother living in Cambridge and one in Massachusetts! In Dallas, my family consists primarily of my friends, especially Richard (my significant other) and his boys.

What brought you to the U.S: I met a Texan in London and followed him back to Dallas (at his invitation!) when his assignment was done. While our marriage did not last, I have no regrets at all about being in Texas and the United States.

February 2008

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- *Race Results*
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Tell us something about England that we might not know: In England, there are no drive-through ATMs or pharmacies. I fear that, like here, fast food can be purchased from the window of your car in England (although I'm not a fan of this practice — if you want your food thrown from a window, you should be a seagull!).

Other than weather what is the greatest difference between the US and England? Well, it is the weather! Or perhaps its drinking your tea hot.

How long have you been running? 18 years.

Any special reason you started running? I dieted to lose a lot of weight and didn't want to go through that strict regime again, so I started running to keep the weight off.

What are the reasons you keep running? Well at the moment, I'm not so much a "Face at the Finish Line" as "Not Even at the Starting Line"! I hope to resolve the issues with my foot so that I can run with y'all again.

What is your favorite place and time of day to run? At sunrise and ideally along a shoreline. Otherwise, my favorite place really is the Chisholm Trail because of the many happy times I've had there with fellow runners.

What is your usual weekly training routine and mileage? Currently, I'm not running at all, but I am learning race walking and hope to compete in some 10K events and maybe even a marathon. My marathon walking goal will be under 6 hours.

What is your most memorable race and why? A relay race in Oslo, Norway. I was co-opted into the women's team for my client's company. The May weather was cool and sunny, but I awoke in my hotel on race morning to several inches of snow. My shorts and sleeveless top were all I had, so I begged for some black trash bags from the hotel and wore those — quite a fashion statement! Once at my designated point on the race course, I was still freezing cold and was lent assorted gloves, hats and jackets by other runners and spectators. That was typical of the friendliness I encountered when I worked in Norway.

What other sports and interests do you enjoy? I swim twice a week with girlfriends, followed by chat time in the sauna. Swimming feels therapeutic for sore legs and is unlikely to cause injuries of its own. **CONT'D ON PG. 8**

January Race Report - "Fresh Start" 5K, 10K and Jr. Sprint By Jerry Powell

January's race is the Fresh Start 5K/10K— an opportunity to start over, set new goals, try new strategies, beat the person in your age group that you chased all last year. Perhaps the first order of business should be to thank that person for making you a better runner. Unfortunately, we seem to have a small group of runners that insist on winning almost all the races. That makes writing the race reports easy. All I have to do is fill in the blank from a list of about 10 runner names. You print hounds know who you are and you deserve all the credit, but you are hereby put on notice. All the rest of us are going to work harder this year and with a little luck win a third or second or if we are really lucky a first place. Thanks for getting us motivated.

Two hundred and twenty runners competed in the 5K, 10K and Kids' 1K. The 5K had 121 participants, the 10K had 89, and the Kids K ended the day with 14. Once again this year, the young runners of the Lake Cities XC Club participated in our event. They were fast, courteous, and a pleasure to have participate in our monthly run. A true standout from the Lake Cities Club was 9 year old Payton Brown. She won the (7-9) age group with a time of 20:40. This youngster's time was good enough to win almost every age group, men and women. On the Plano Pacer running calculator, she scored 105.3 — a national competitor. With young Payton posting a time like that, being a senior runner is looking pretty good! Many of her teammates also posted some great times and went home with most of the awards. Congratulations to Payton, her team members, the coaches, and parents for finding the right ingredients for a successful, well disciplined track club.



Smith



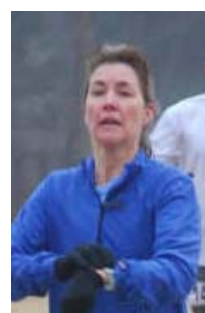
Stone



Jenkins



Brown



Moore



Kelly

In the 5K race, the top 10 men were separated by just over 2 minutes. The top ten women ran an even tighter race being separated by only 1:59 seconds. Tommy Smith was the OA winner in a time of 17:54. If you want to get a good understanding of what effort is all about, watch Tommy at the finish line. Nothing is left on the course. Sydney Brown was the first female to cross the finish line in 20:22. Bill Stone won the male Masters Division in 18:29 with Maria Moore winning the female Masters' award in 22:31. This was the first time in a year that Maria wasn't setting up the food and beverages for the club before she raced. It looks like shedding that morning weight workout helped her speed. Congratulations. J.J. Jenkins won the Senior male category in 20:51. Speaking for all the Seniors, we were sorry to see J.J. have a birthday. Linda Kelly won the female Senior race in 22:38. Linda was on fire last year and it looks as if she's continuing her winning ways in '08.

The 10K was won by Nathan McCann in 36:57. His margin of victory was 32 seconds. Julie Wall was the OA female winner completing the course in 43:27, also with a 32 second victory margin. Joe Landry won the male Masters' category in 37:33. Joe is one of the 10 names I usually pick from to fill in the winner's circle. Frances McKissick won the female Masters title in 44:27. Frances wins more races than most of us run!



McCann



Landry



Shaw



Wall



McKissick



Patrick

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January Race Report (Continued from Page 2)

By Jerry Powell

Bill Shaw won the Senior division in 41:49. Bill's times at all distances are remarkable. Marylyn Patrick won the Senior female title in 54:51. I think she'd just completed a marathon the prior weekend.

All winners and participants are to be congratulated for having a good run and a great start to the new year.



*2007 MIP Winners Alex Wallace,
Tim Epting, Samantha Gant,
and Andy Beach*



*2007 APA Winners Ruth Olinger, Freddie Smith,
John Nance, Bob Smeby
and James Gabhart*

At this race, we also recognized and awarded prizes to the Annual Participation Award winners and the Most Improved Pacers. The APA top winners were – John Nance, Ruth Olinger, Freddie Smith, Bob Smeby and James Gabhart. The MIP winners were – Samantha Gant, Alex Wallace, Tim Epting, Andy Beach and Colby Mehmen. At the December race, James Matthews was recognized for winning both Prediction Run categories, Least Average Seconds, and Most Points. Congratulations to all the participants and the winners!

The top 25 APA winners received personalized bib shirts, and the top 10 MIP adults received RunOn gift certificates. Everyone who qualified in the MIP program also received MIP bibs. Thanks to Ruben Saguil for all of his hard work in coordinating these popular member programs!

2008 awards standings will be available on the Plano Pacers website at www.planopacers.org. Periodic updates on these programs will appear in future issues of the newsletter.

"The Starting Line" Club Notes

By Jerry Powell

AN OPPORTUNITY TO HELP: Marathon Kids® is a free 6 month running/walking and nutrition program for K-5th graders in select school districts around the country. During the course of the program (which started last September), kids are challenged to eat healthier and run or walk a cumulative 26.2 miles in 1/4 mile increments. On Saturday, April 12th, participants who successfully complete the program will celebrate their accomplishment at a special ceremony. Volunteers are needed for the local events sponsored by the Plano, Richardson, Mesquite, Dallas, and Irving school districts. If you are interested in helping out with this worthwhile event, please contact Terry Wade at Terry@marathonkids.org. Interested in having your child participate next year? Simply go to www.MarathonKids.org for more info on the program.

IMPORTANT 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.

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.

Race Results

"FRESH START" OVERALL RESULTS @ Harrington Park, Plano, TX 1/26/08

5K MEN TOP FINISHERS

1	Tommy Smith	17:54
2	Bill Stone	18:29
3	Luke Hendrix	18:57
4	Irwin Fairclough	19:12
5	Dane Conley	19:14
6	Daniel De La Garza	19:44
7	Jacob Babbidge	19:48
8	Robert Alexander	20:04
9	Nathan Burmeister	20:06
10	Mark Rogers	20:08
Overall:	Tommy Smith	17:54
Master:	Bill Stone	18:29
Senior:	J J Jenkins	20:51
4- 6:	John Babbidge	28:32
7- 9:	Zack Vineyard	23:02
	Marques Jones	26:28
	Sam Babbidge	26:29
10-12:	Luke Hendrix	18:57
	Jacob Babbidge	19:48
	Max Babbidge	20:33
13-15:	Daniel De La Garza	19:44
	Robert Alexander	20:04
	Nathan Burmeister	20:06
16-19:	Dane Conley	19:14
	Michael Ruggiere	21:04
25-29:	Marcos Chavez	21:39
	John Sypert	23:36
30-34:	Leith Brandeland	23:31
	Henry Linhart	26:14
	Andre Boldware	36:59
35-39:	Hector Delgado	20:11
	Randy Pope	22:00
	Brian Falco	23:18
40-44:	Jeff Breese	23:28
	Harry Flower	26:02
	Derik Vett	26:52
45-49:	Brian Millet	23:24
	Andy McLaughlin	32:05
50-54:	Irwin Fairclough	19:12
	Tom Hall	24:48
	Vernon Hodge	24:52
55-59:	Kenny Gardner	22:18
	John Nance	22:32
	Steve Kent	25:29
60-64:	George Kempston	23:28
	Alan Davis	24:53
	Thomas Vaughn	26:14
65-69:	James Matthews	24:56
70-Over:	Jerry Siedschlag	33:26
	Roy Peyton	35:01
Clydes:	Ed Humphrey	32:12
	Bobby Clark	34:53
	George Alvarez	41:55

5K WOMEN TOP FINISHERS

1	Sydney Brown	20:22
2	Ellen Stow	20:25
3	Rexi Parcels	20:26
4	Payton Brown	20:40
5	Lizzy Schattle	21:21
6	Haley Walton	21:46
7	Mackenzie Abernathy	21:50
8	Holly Babbidge	21:56
9	Stephanie Yarborough	22:08
10	Katie Schattle	22:21
Overall:	Sydney Brown	20:22
Master:	Maria Moore	22:31
Senior:	Linda Kelly	22:38
7- 9:	Payton Brown	20:40
	Isabel Jimenez	37:13
	Kyla Denwood	44:54
10-12:	Lizzy Schattle	21:21
	Katie Schattle	22:21
	Lauren Pope	23:49
13-15:	Rexi Parcels	20:26
	Haley Walton	21:46
	Holly Babbidge	21:56
16-19:	Ellen Stow	20:25
	Mackenzie Abernathy	21:50
	Stephanie Yarborough	22:08
25-29:	Nadine Yassine	24:30
	Amanda Dent	32:55
30-34:	Regina Rivera	26:11
	Julie Yu	31:02
35-39:	Tami Ishii	27:11
	Cindy Engel	42:49
40-44:	Linda Babbidge	24:32
45-49:	Debbie Brewer	28:46
	Cynthia Samilton	30:41
	Lori Austin	33:22
50-54:	Terry Gonzalez	26:45
	Debye Humphrey	31:13
60-64:	Barbara Bowen	34:39
65-69:	Nancy Cole	35:41
	Ruth Olinger	37:10
80-Over:	Jan Richards	39:10
Clydes:	Norie Alvarez	41:54



Gordon Ratcliff, Gabe Abene, and Dewey Fambry

Race Results

"FRESH START" OVERALL RESULTS @ Harrington Park, Plano, TX 1/26/08

10K MEN TOP FINISHERS

1	Nathan McCann	0:36:57
2	Reuben Hurst	0:37:29
3	Joe Landry	0:37:33
4	Bob Smeby	0:37:58
5	Chris Buxton	0:38:23
6	Chris Crawford	0:39:29
7	Sam Tillery	0:39:53
8	Josh Syptert	0:39:59
9	James Royal	0:40:08
10	Jeff Fox	0:40:34

Overall: Nathan McCann 0:36:57

Master: Joe Landry 0:37:33

Senior: Bill Shaw 0:41:49

10-12: Carson Vickroy 0:43:09

13-15: Chris Buxton 0:38:23

Chase Brown 0:41:57

Brandon Douglas 0:43:48

16-19: Reuben Hurst 0:37:29

Sam Tillery 0:39:53

Grant Murry-Jackson 0:43:41

20-24: Josh Syptert 0:39:59

Joseph Brown 0:50:44

Eric Wang 0:57:07

25-29: Kenneth Loyer 0:42:30

Guru Mathur 0:59:28

Dallas Wilson 1:00:52

30-34: Jonathan Boils 0:43:42

Jay Witherel 0:45:00

Matthew Sunna 0:49:58

35-39: Todd Yerkes 0:43:22

Eric Swanson 0:47:54

Brian Amend 0:49:52

40-44: Mike Hammer 0:53:30

45-49: Chris Crawford 0:39:29

Jeff Fox 0:40:34

James Drumm 0:42:03

50-54: Bob Smeby 0:37:58

Rusty Shelton 0:44:55

Tad Wall 0:48:20

55-59: Mike Fields 0:42:11

Terry Ziegler 0:42:24

Ken Ashby 0:48:56

60-64: Bryce Wilson 0:46:53

Stephen Brown 0:56:00

65-69: Bill Johnson 0:49:21

Will Ferson 0:50:01

Tommy Farrar 0:52:12

70-74: Gordon Ratcliff 0:45:29

Gabe Abene 1:01:00

75-Over: Dewey Fambry 1:02:14

Clydes: James Royal 0:40:08

Mark Salamasick 1:10:59

10K WOMEN TOP FINISHERS

1	Julie Wall	0:43:27
2	Alexa Ramsier	0:43:59
3	Frances McKissick	0:44:27
4	Tish Fanning	0:45:05
5	Katie Canavin	0:45:12
6	Dawn Burke	0:49:30
7	Kristi Hovanetz	0:49:40
8	Tiffany Key	0:52:29
9	Anne Kang	0:53:46
10	Marylyn Patrick	0:54:51

Overall: Julie Wall 0:43:27

Master: Frances McKissick 0:44:27

Senior: Marylyn Patrick 0:54:51

13-15: Katie Canavin 0:45:12

16-19: Alexa Ramsier 0:43:59

25-29: Debbie Laude 0:54:54

Kristen Sunna 1:05:19

30-34: Tish Fanning 0:45:05

Anne Kang 0:53:46

Theresa Kouatch 1:02:00

35-39: Kristi Hovanetz 0:49:40

Tiffany Key 0:52:29

Michelle Shepard 0:56:40

40-44: Lisa Fox 1:01:57

45-49: Dawn Burke 0:49:30

50-54: Connie Trautman 1:06:17

55-59: Jeanne Pitz 1:00:31

60-64: Carol Lindenblatt 0:59:13

JR. SPRINT TOP FINISHERS

GIRLS 0-8

1	Isabel Jimenez	05:34
2	Gabby Arroyo	06:05
3	Angela Landry	08:22

BOYS 0-8

1	Sam Babbidge	04:39
2	John Babbidge	04:59
3	Alec Amend	05:53

GIRLS 9-12

1	Kirsten Montgomery	05:11
2	Karina Amend	05:25
3	Emily Millet	05:39

BOYS 9-12

1	Marques Jones	04:53
2	Max Babbidge	05:00
3	Malcom Lind	05:02

Race Results

5K "FRESH START" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 1/26/08

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Tommy Smith	Garland	42	M	17:54	62	Vernon Hodge	Plano	54	M	24:52
2	Bill Stone		45	M	18:29	63	Alan Davis	Hickory Creek	63	M	24:53
3	Luke Hendrix		11	M	18:57	64	James Matthews	Richardson	68	M	24:56
4	Irwin Fairclough		51	M	19:12	65	Ed Burke	Plano	53	M	25:01
5	Dane Conley	Plano	17	M	19:14	66	Steve Kent	Plano	59	M	25:29
6	Daniel De La Garza	Plano	15	M	19:44	67	Jason Zhou	Plano	14	M	25:56
7	Jacob Babbidge		12	M	19:48	68	Harry Flower	Dallas	44	M	26:02
8	Robert Alexander	Plano	15	M	20:04	69	Regina Rivera		32	F	26:11
9	Nathan Burmeister		14	M	20:06	70	Henry Linhart		30	M	26:14
10	Mark Rogers		14	M	20:08	71	Thomas Vaughn	Mesquite	62	M	26:14
11	Hector Delgado	Plano	39	M	20:11	72	Ken Pipkin	Plano	63	M	26:15
12	Sydney Brown		12	F	20:22	73	Marques Jones		9	M	26:28
13	Ellen Stow	Plano	17	F	20:25	74	Sam Babbidge		8	M	26:29
14	Rexi Parcels	Plano	14	F	20:26	75	Sarah Stone		13	F	26:29
15	Max Babbidge		10	M	20:33	76	Mike Colvin	Dallas	55	M	26:36
16	Nathaniel Duban		14	M	20:35	77	Mike Koskan	Plano	62	M	26:40
17	Colby Kuehler		13	M	20:39	78	Terry Gonzalez		53	F	26:45
18	Payton Brown		9	F	20:40	79	Derik Vett		40	M	26:52
19	J J Jenkins	Garland	55	M	20:51	80	Hannah Zima	Dallas	14	F	27:04
20	Michael Ruggiere	Plano	16	M	21:04	81	Bill Swetmon	Plano	64	M	27:10
21	Engram Barnes	Plano	15	M	21:16	82	Tami Ishii	Plano	36	F	27:11
22	Lizzy Schattle		11	F	21:21	83	Freddie Smith	Garland	63	M	27:11
23	Marcos Chavez		26	M	21:39	84	Jim Weaver		62	M	27:16
24	Haley Walton		14	F	21:46	85	Chuck Falci	Plano	43	M	27:17
25	Mackenzie Abernathy	Plano	17	F	21:50	86	Paul Sheldon	Plano	42	M	27:25
26	Drake Sanderson		14	M	21:53	87	Katherine Lawhorne	Plano	14	F	28:01
27	Holly Babbidge		14	F	21:56	88	Mauri Ben Shabat	Plano	14	F	28:24
28	Randy Pope		38	M	22:00	89	John Babbidge		6	M	28:32
29	Stephanie Yarborough	Dallas	16	F	22:08	90	Debbie Brewer	Plano	48	F	28:46
30	Kenny Gardner	Plano	55	M	22:18	91	Paul Sanderson	Plano	37	M	29:26
31	Katie Schattle		12	F	22:21	92	Subhankar Ray	Plano	42	M	29:33
32	Maria Moore	Plano	47	F	22:31	93	Dave Elliott	Plano	38	M	29:42
33	John Nance	Rowlett	59	M	22:32	94	Mellisa Morales		11	F	30:08
34	Kimberly Kurtin	Dallas	15	F	22:36	95	Cynthia Samilton	Rowlett	48	F	30:41
35	Linda Kelly	Dallas	56	F	22:38	96	Julie Yu	Richardson	34	F	31:02
36	Mikaela Yerkes		13	F	22:40	97	Himanshu Bhatt	Plano	41	M	31:11
37	Rachel Dubis	Plano	15	F	22:49	98	Debye Humphrey	Dallas	53	F	31:13
38	Maxine Zhou	Plano	15	F	23:00	99	Richard J. Smith	Dallas	60	M	31:36
39	Candice Mendez Relix	Plano	15	F	23:02	100	Andy McLaughlin	Carrollton	48	M	32:05
40	Mason Mcknight		12	M	23:02	101	Ed Humphrey*	Dallas	56	M	32:12
41	Zack Vineyard		9	M	23:02	102	Amanda Dent	Plano	26	F	32:55
42	Brian Falco	Plano	39	M	23:18	103	Lori Austin	Plano	49	F	33:22
43	Brian Millet	Mckinney	46	M	23:24	104	Jerry Siedschlag	Dallas	71	M	33:26
44	Chad Horton	Plano	14	M	23:25	105	Ben Armistead	Plano	8	M	34:30
45	Jeff Breese		43	M	23:28	106	Barbara Bowen	Dallas	63	F	34:39
46	George Kempston	Richardson	63	M	23:28	107	Bobby Clark*	Allen	51	M	34:53
47	Leith Brandeland	Plano	31	M	23:31	108	Roy Peyton	Plano	72	M	35:01
48	Allison Hollander	Dallas	15	F	23:32	109	Tim Epting	Ponder	52	M	35:32
49	Caitlin Schultz	Plano	14	F	23:33	110	Nancy Cole	Dallas	66	F	35:41
50	Tenisha Price	Plano	14	F	23:34	111	Joey Harokopus	Mckinney	8	M	35:52
51	John Sypert		25	M	23:36	112	Mary Harokopus	Mckinney	46	F	35:53
52	Matthew Langford	Plano	14	M	23:41	113	Andre Boldware		31	M	36:59
53	Lauren Pope		10	F	23:49	114	Ruth Olinger	The Colony	65	F	37:10
54	Danielle Stautner		14	F	23:49	115	Isabel Jimenez		8	F	37:13
55	Bobby Lovin	Plano	11	M	23:57	116	Charles Bioles		54	M	37:32
56	Margrethe Johnson		10	F	24:02	117	Jan Richards	Dallas	80	F	39:10
57	Nadine Yassine	Plano	25	F	24:30	118	Norie Alvarez*	Keller	48	F	41:54
58	Linda Babbidge		44	F	24:32	119	George Alvarez*	Keller	51	M	41:55
59	Rachel Morrison	Plano	14	F	24:41	120	Cindy Engel	Dallas	38	F	42:49
60	Tim Key	Plano	37	M	24:45	121	Kyla Denwood		9	F	44:54
61	Tom Hall	Nevada	51	M	24:48						

* Indicates Clydesdale/Athena Runner

Race Results

10K "FRESH START" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 1/26/08

PL	Name	Hometown	M/F	Age	Time
1	Nathan McCann	Plano	24	M	36:57
2	Reuben Hurst	Dallas	18	M	37:29
3	Joe Landry	Dallas	41	M	37:33
4	Bob Smeby	Plano	51	M	37:58
5	Chris Buxton	Plano	14	M	38:23
6	Chris Crawford		46	M	39:29
7	Sam Tillery	Plano	16	M	39:53
8	Josh Syper		23	M	39:59
9	James Royal*	Plano	45	M	40:08
10	Jeff Fox	Garland	45	M	40:34
11	Bill Shaw	Frisco	65	M	41:49
12	Chase Brown		14	M	41:57
13	James Drumm	Garland	49	M	42:03
14	Mike Fields	Garland	57	M	42:11
15	Terry Ziegler	Richardson	57	M	42:24
16	Kenneth Loyer		28	M	42:30
17	Mark Olateju	Rowlett	46	M	42:55
18	Carson Vickroy		12	M	43:09
19	Todd Yerkes		39	M	43:22
20	Julie Wall	Mckinney	25	F	43:27
21	G. Murry-Jackson	Plano	16	M	43:41
22	Jonathan Boils	Plano	31	M	43:42
23	Brandon Douglas	Plano	14	M	43:48
24	Mike Potter	Frisco	46	M	43:50
25	Alexa Ramsier	Plano	17	F	43:59
26	Francesc McKissick	Irving	45	F	44:27
27	Rusty Shelton	Allen	54	M	44:55
28	Jay Witherel	Plano	34	M	45:00
29	Tish Fanning	Dallas	30	F	45:05
30	Alex Berghorn	Plano	15	M	45:07
31	Katie Canavin		13	F	45:12
32	Gordon Ratcliff	Richardson	70	M	45:29
33	Bryce Wilson	Allen	61	M	46:53
34	Eric Swanson	Plano	36	M	47:54
35	Tad Wall	Mckinney	51	M	48:20
36	Ken Ashby	Dallas	55	M	48:56
37	Spencer Heilner	Plano	15	M	49:03
38	Bill Johnson	Plano	68	M	49:21
39	Mike Picard	Plano	54	M	49:24
40	Dawn Burke		47	F	49:30
41	Kristi Hovanetz		39	F	49:40
42	Scott McKissick	Irving	59	M	49:45
43	Brian Amend	Richardson	38	M	49:52
44	Matthew Sunna	Murphy	30	M	49:58
45	Will Ferson	Flower Mound	68	M	50:01
46	Day-Ruey Liu	Plano	49	M	50:07
47	Andy Beach	Garland	50	M	50:39
48	Joseph Brown	Plano	20	M	50:44
49	Greg Newbecker	Plano	33	M	50:52
50	Mark Peterson	Plano	47	M	52:08
51	Tommy Farrar	Coppell	67	M	52:12
52	Tiffany Key	Plano	35	F	52:29
53	Bruce Richards	Richardson	39	M	52:33
54	Jim Cavanaugh	Plano	47	M	53:05
55	Mike Hammer	Lewisville	44	M	53:30
56	Anne Kang	Belton	31	F	53:46
57	Mark Kamenish	Plano	49	M	54:03
58	Larry Fine	Plano	47	M	54:19
59	Bob Luchsinger	Dallas	58	M	54:40
60	Marylyn Patrick	Plano	63	F	54:51
61	Debbie Laude	Plano	27	F	54:54.

PL	Name	Hometown	M/F	Age	Time
62	Stephen Brown		61	M	56:00
63	Michelle Shepard		35	F	56:40
64	Eric Wang	Dallas	24	M	57:07
65	Hemang Sheth	Allen	36	M	57:46
66	Bob Davis	Plano	52	M	58:03
67	Chris Howard	Plano	39	M	58:04
68	Carol Lindenblatt	Plano	60	F	59:13
69	John Schofield		30	M	59:19
70	Guru Mathur	Richardson	27	M	59:28
71	Ruben Arroyo	Plano	38	M	00:08
72	Dennis Chupp	Mckinney	50	M	00:12
73	Jeanne Pitz	Richardson	57	F	00:31
74	Dallas Wilson		27	M	00:52
75	James Alexander		25	M	00:53
76	Gabe Abene	Plano	73	M	01:00
77	Lisa Fox	Garland	40	F	01:57
78	Theresa Kouatch		32	F	02:00
79	Dewey Fambry	The Colony	75	M	02:14
80	Anil Devegowda		28	M	02:21
81	Al Angell	Dallas	68	M	03:21
82	Juanita Arroyo	Plano	35	F	04:47
83	Norma Madrid	Plano	35	F	04:50
84	Kristen Sunna	Murphy	29	F	05:19
85	Beth Sampson		39	F	06:06
86	Heather Sarubbi		37	F	06:07
87	Connie Trautman	Plano	53	F	06:17
88	Michelle Bradbury		32	F	09:30
89	Mark Salamasick*	Plano	53	M	10:59

* Indicates Clydesdale/Athena Runner

JR. SPRINT INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Sam Babbidge	8	m	4:39
2	Marques Jones	10	m	4:53
3	John Babbidge	6	m	4:59
4	Max Babbidge	10	m	5:00
5	Malcom Lind	9	m	5:02
6	Kirsten Montgomery	9	f	5:11
7	Paul Montgomery	11	m	5:25
8	Karina Amend	11	f	5:25
9	Isabel Jimenez	8	f	5:34
10	Emily Millet	10	f	5:39
11	Alec Amend	7	m	5:53
12	Gabby Arroyo	8	f	6:05
13	Anna Ledbetter	11	f	6:08
14	Angela Landry	5	f	8:22



The Babbidge Family

February Prediction Run Results

Schimelpfenig Library – 2/12/2008

PL	Name	Predicted	Actual	Diff(secs)
1.	Mark Roman*	21:30	21:30	0
2.	James Royal*	20:10	20:08	2
3.	Jason Bogardus*	22:40	22:35	5
4.	Bob Smeby	18:30	18:24	6
5.	George Kampas	28:20	28:13	7
6.	Irwin Fairclough	19:15	19:26	11
7.	Vernon Hodge	26:15	26:01	14
8.	Thomas Faulkner	21:45	21:26	19
9.	Terry Dill	19:35	19:54	19
10.	Bruce Richards	24:39	24:58	19
11.	James Dunn	24:14	23:53	21
12.	Guru Mathur	25:50	26:11	21
13.	Ken Ashby	24:15	24:37	22
14.	Jerry Powell	23:15	22:50	25
15.	Larry Fine	27:30	27:05	25
16.	Eric Swanson	23:02	22:36	26
17.	Corey Costello	32:04	32:31	27
18.	Mike Koskan	28:54	29:23	29
19.	Jody Faulkner	29:00	29:29	29
20.	Stephen Freshwater	23:00	22:24	36
21.	Ed Burke	26:01	26:42	41
22.	David Wagner	22:00	22:45	45
23.	An Nguyen	24:00	24:51	51
24.	Jennifer Wagner	32:45	33:40	55
25.	Raymond Harris	28:15	29:26	71
26.	John Cooley	22:41	21:21	80
27.	Delaney Kampas	30:01	28:30	91
28.	Dennis Chupp	35:00	33:27	93
29.	Sarah Heady	26:14	28:13	119
30.	George Nye	29:45	32:25	160



The Pacers are off to a Fast Start Thanks to the Fast Kids from Lake Cities XC Club at the January Fresh Start Event

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, Don Wallace, Ruben Saguil, Tom Fleming

Course Setup: Ken Ashby

Conditions: 45 deg F and dropping. Clear and dark.

Course: Start at Gazebo (under construction) & Finish at Library parking lot .

Footnotes:

* Five Seconds Club



Faces at the Finish Line: Claire Goulthorpe (Continued from Page 1) By Don Wallace

I also lift weights 3-4 times a week to maintain bone and muscle mass, which is important for women. How much space do I have to list my other interests?..... Travel, food, all kinds of arts and cultural events, spending time with friends, hosting parties...

What else would you like Pacers to know about you? I once belonged to a running club called "Eye Community Runners", an odd name I admit, but Eye was the name of a small town. Our club kit was bright green and we had to wear it for races, so we looked like a pack of leprechauns!

Can you offer some advice to younger Pacers? Run while you can and enjoy every run. You might run for 5 years or 35, but you won't know that today.

Plano Pacers Upcoming Race Schedule

2008-2009 Schedule of Races at Harrington Park

Date	Name	Event
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
December 27	Holiday Hustle	3K, 8K
January 31	Fresh Start	5K, 10K

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



Don Wallace

February Race Day Volunteers

Race Director: J. Powell
Registration: D. Houellemont, G. Ahrens, M. Moore, A. Prieto, B. Wilmot, T. Fleming
Membership: T. Vaughn, B. Abbott, R. Peyton

Course Setup: M. Picard, K. Ashby
Finish Line: T. Fleming, J. Gabhart, R. Saguil, B. Wilmot, A. Wallace, J. Rutledge, D. Wallace
Awards: J. Powell, J. Rutledge, C. Lindenblatt
Food: D. Brewer
Water Station/Photography: S. Maffei
Kids' K: J. Gabhart, M. Koskan
Race Results: R. Saguil

2008-2009 Schedule of Prediction Runs at Schimelpfenig Library

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

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).

Plano Pacers Past Presidents

Year	President
1978	Bill M. Johnson
1979	Dale Stufflebean
1980	Les Ehram
1981	Bill C. Johnson
1982	Dan Millet
1983	Dan Millet
1984	Swiss Style (committee)
1985	Cary Sherf
1986	Jerry Bober
1987	Jeanne Pitz
1988	Andy Beach
1989	Bob Blum
1990	Mike Colvin
1991	Ken Ashby
1992	B.J. Bjorkland
1993	W.D. Kopp
1994	Jackie Baldelli
1995	Mark Blaquiere
1996	Debbie Tressa
1997	Linda Kelly
1998	Linda Kelly
1999	Bob Wilmot
2000	Bob Wilmot
2001	Cindy Engel
2002	Bob & Marylyn Patrick
2003	Bob & Marylyn Patrick
2004	Clyde and Kelly Shank
2005	John & Maritza Sloan
2006	John & Gaby Ahrens
2007	Jerry Powell

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 us at:
editor@planopacers.org

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

New Member

Mail completed form and payment to:
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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)

