



The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

Faces at the Finish Line: Jan Richards By Don Wallace



Jan Richards

Name: Jan Richards

Age: 80

Pacer member since: On and off since 1983, back when Dan Millet was president of the club (I was a big fan of Dan's!).

Resides in: East Dallas, close to White Rock Lake.

Background: I'm a transplanted Yankee from Akron, Ohio; the second oldest of six children, all of whom are living. My very active mother is 100 years old. She lives alone and still does her own cooking, shopping, housekeeping, and gardening. She gave up cutting the grass two years ago after her sons pressured her to stop.

As a teenager, I swam on the Firestone swimming team. I also played soccer and

baseball. I was active athletically until my first child was born when I was 20. For the next 20 years I was busy as a homemaker raising three children.

How long have you been running? I moved to Texas in 1981 and met a runner in a western dance hall. I started going to races with him and at first I was happy just to be the photographer. It wasn't long before I ran my first race, a two-miler, which I ran in K-Mart shoes. It was just a Fun Run and I finished in 22 minutes.

Any special reason you started running? Originally when I started going to races with my then-husband I was happy just being on the sidelines...but not for long! When I saw other women running by I thought "if they can do it, I can too!" So I did! I started running and became competitive, and I haven't stopped yet! I still like to beat anyone at any age even though I'm eighty.

What are the primary reasons you keep running? I want to stay healthy and young. I'm still competitive and I love to run! I also love the races and the camaraderie.

What is your secret to remaining so healthy and active at your age? Good genes and luck, I guess. I've never worried too much about my diet and I've always been able to eat what I want. I'm sure running helped, because I stopped smoking and drinking.

What is your favorite place and time of day to run? White Rock Lake early in the morning.

What is your usual weekly training routine and mileage? I usually only run 28 miles per week plus my races on Saturday or Sunday, or both.

What is your most memorable race and why? The Half-Marathon at White Rock Lake when I set a national age group record of 1:42:15 at age 65. The next day, I ran 14 miles at (what was then known as) the MCRC Badder Half. I was presented with a dozen roses and they told me that henceforth the race would be called the "Jan Richards Badder Half". I was thrilled to have a race named for me "and I didn't even have to die"!

The other major highlight was winning the 60+ age group at the 1989 Boston Marathon in a time of 4:11:13. I didn't even realize it until I read it in the newspaper the following day! I'm very proud of that accomplishment.

CONT'D ON PG. 10

March 2008

- *Faces at the Finish Line*
- *February Race Report*
- *Outstanding Pacers*
- *Starting Line Club Notes*
- *Race Results*
- *Prediction Run Results*
- *Upcoming Events*
- *Group Runs*
- *Sponsor Corner*
- *New Member Sign-up*

February Race Report - "Bead Bash" 5K, 15K and Jr. Sprint By RubeN Saguil

The February racers were sent off by Jerry Powell, who has done an excellent job as President of the club for the past 14 months. One of the early leaders was James Royal, who will be taking on the task of leading the club starting in March. In the 5K, the Male winners were, as follows: Jeff Fox (Overall), Irwin Fairclough (Masters) and J J Jenkins (Seniors). It was a close race as Jeff and Irwin were separated by less than one second at the finish. For the Females, the 5K winners were Ella Montgomery (Overall), Glynn Ross (Masters), and Ruth Olinger (Seniors). In the 15K, the winners were Rob Higley (Overall), James Royal (Masters), and Bill Shaw (Seniors) for the men, and Frances McKissick (Overall), Jill Tillinghast (Masters), and Marylyn Patrick (Seniors) for the ladies. Seniors winner Bill Shaw and Wally Capps both ran faster than the 15K age group record for 65-69. Gordon Ratcliff set the 15K record for the 70-74 age group despite getting off-course and running further than 15K. Brian Millet did a great job scanning all the finisher's bibs. The system needs a few minor adjustments and results will be instantaneous. We are looking for a few more people to train and become familiar with the system in order to be able to provide assistance in future races. Please let us know if you're interested! Finally, we would like to thank all of our race day volunteers, with special thanks going to the student from the Plano Sr. HS Nat'l Honors Society who helped out tremendously at the finish and water stations.



Fairclough and Fox



Jenkins



Montgomery



Ross



Olinger



Higley



Shaw



McKissick



Tillinghast



Patrick



Capps



Ratcliff



Millet



PSHS NHS Volunteers

Outstanding Efforts in Pacers Races

by RubeN Saguil with Bob Abbott and Bob Wilmot

Over the past 30 years of conducting races, the Plano Pacers have witnessed many incredible performances by some very gifted athletes. Below is a list of individuals who have participated in a Pacer race and managed to score over 100 points on the Pacer scale. A score of 100 or more represents a national level effort. To compare, the current average of all recorded Pacer scores is 67.

Name	Age	M/F	Age Group	Loc	Distance	Time	Notes	Date	Score
Mary Knisely	27	F	25-29	BW	5K	16:05	DR	Jan-87	105.76
Payton Brown	9	F	7-9	HP	5K	20:40		Jan-08	105.34
Emily Field	25	F	25-29	HP	10K	34:06	DR	Jan-07	104.75
Jeff Roth	27	M	25-29	SP	10K	30:29	DR	Dec-84	103.37
Juanita Wilson	~19	F	16-19	SP	5K	16:53		Feb-82	103.23
Mark Bishop	~34	M	30-34	BW	10K	31:01		Aug-87	103.17
Glenys Quick	24	F	20-24	SP	5K	16:39		Feb-82	102.32
Robert Wallace	35	M	35-39	BW	10K	31:14		Jan-87	102.83
Ben Moturi	47	M	45-49	SP	10K	33:33		Mar-95	101.84
Robert Wallace	35	M	35-39	BW	5K	15:03		May-87	101.64
Emily Field	24	F	20-24	HP	5K	16:48		Jun-06	101.41
Scott Steffen	35	M	35-39	BW	1 mi	04:25		Jun-97	101.24
Craig Lutz	14	M	13-15	HP	10K	34:14		Jan-07	101.03
Stann Vernon	27	M	25-29	SP	5K	14:54	DR	Jan-83	100.73
Michelle Hurn	15	F	13-15	BW	1 mi	05:19		Jun-99	100.71
Craig Staley	~15	M	13-15	SP	5K	16:04		Oct-83	100.60
John Holliman III	6	M	4- 6	BW	3K	12:54		Apr-00	100.54
Bob Abbott	47	M	45-49	BW	5K	16:13		Feb-88	100.35
Tim Garguilo	~24	M	20-24	BW	5K	15:00		Jan-93	100.21
Clint Bell	28	M	25-29	HP	1 mi	04:23	DR	Jun-07	100.17

NOTES:

DR – Distance Record for Gender

LOCATION KEY:

SP (Schell Park) was the race location during most of the '80s until about 1990. *SP* is a couple miles east of *BW* park and the course used the streets and trails.

BW (Bob Woodruff Park) was the race location from the '90s until March 2006. The races were run mostly on the streets and some on the trails.

HP (Harrington Park) is the current location and the races are run almost entirely on the park trails. The Millet Mile was always run as a point-to-point course.

Here is some additional background information on these fine runners:

Mary Knisely – was the 1986 and 1987 National Champion in the 3000 meter and won the gold medal at that distance, in the 1987 Pan American games. She qualified for the Women's Olympic Trials in 2000. In 2000, Mary returned to the National Stage in the Masters Division and proceeded to win several races with times in of 16:20's and 16:30's for the 5000m.

Payton Brown (as a member of the Lake Cities XC team) competed in the USATF Junior Olympic Cross Country National Championships (12/07) and finished 16th nationally, earning Junior Olympic All-American honors.

Emily Field came in 3rd (9:11) in the 3000m USATF 2007 Indoor Championships a month after running the 10K Pacer race. Emily was a four time Texas state champion while competing for Ursuline Academy and Highland Park High School. She is presently training for the 2008 Olympic Trials.

Jeff Roth was the 1975 Missouri High School Mile State Champion running the mile in 4:26. After completing high school, Jeff was a Division 2 All American in the 3 mile at Missouri State University. Some of Jeff's PR's are as follows: Mile: 4:02, 5k: 14:11, 10K 29:37, Marathon 2:19

Juanita Wilson was 15th-ranked in the US for the 3k (9:15) in the 90's.

Glenys Quick was born and raised in New Zealand and trained with the legendary Arthur Lydiard. She won the Nagoya, Japan Marathon in 1984 with a time of 2:34:25. She also ran 2:37 in 1983 at the World Games in Helsinki and placed second in the 10K (34:02) at the '82 Commonwealth Games. She ran a PR 2:31:44 in the 1985 Chicago Marathon. She is married to Dr. Robert Vaughn and lives in Dallas with their two daughters.

Outstanding Pacer Efforts (Continued)



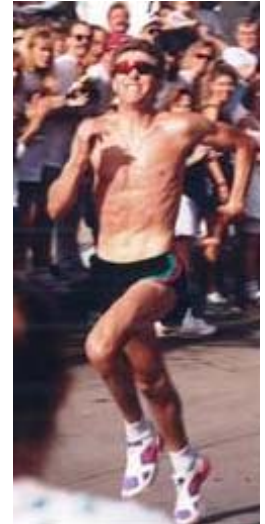
Mary Knisely in 1987



Payton Brown (Fresh Start)



Emily Field in 2007



Jeff Roth (Chili's 10K '92)



Robert Wallace (at Run On)



Scott Steffen ('99 WRM)



Craig Lutz in 2006



Stann Vernon



Michelle Hurn ('03 Millet)



John Holliman in 2003



Bob Abbott (May '07)



Tim Giarguilo in 1987



Clint Bell ('07 Millet)

Outstanding Pacer Efforts (Continued)

Robert (Bob) Wallace won the White Rock Marathon in 1980 and is also the owner of RunOn – a Plano Pacer sponsor. Bob has run PR's of 14:24 for the 5K, 29:13 for 10K, 45:20 for 15K, and 2:13:14 for the marathon.

Ben Moturi won the Dallas Turkey Trot 4 years straight from 1981-1984. Is distance coach for Denton High School.

Scott Steffen represented the City of Dallas in the 2001 Sendai Half Marathon in Japan. He won the Millet Mile 6 years in a row (1995 to 2000) and setting a course record (4:25) that stood for ten years. He also won the JPMorgan Chase Corporate Challenge when it returned to Dallas in 2000.

Craig Lutz, a freshman at Marcus High School, recorded the fastest 5K cross country time for a freshman in the nation, running 15:26. His time was 22 secs. faster than the runner-up. In addition, Craig ran 14:57 in Lubbock at the Region 1 regional course (3.06 miles). Craig has earned Junior Olympic All-American honors with both USATF and AAU (while in the 12 and under and 14 and under age groups) in cross country and track. He also set the 12-and-under record (36:59) at the Capitol 10000 in Austin (where he also ran a 34:11 in '07 at age 14).

Stann Vernon held the course record at Cowtown 10K in 29:17 until it was broken by Alan Culpepper in 2003.

Michele Hurn-Pense won the Millet Mile 6 times including 5 consecutively from 2001 to 2005.

John Holliman III holds the US single age record for the 15K for 6-year-olds when he ran the Nov 1999 Pacers race. It is the only Pacer effort that still stands on the record books today at the following website:

www.runningusa.org/php/rec-form.php. Bob Wilmot did all of the necessary paperwork to validate the record. The weather was right, the course was certified, elevations verified, and he was able to get all of the necessary sign-offs (finish line personnel, etc.). The speedy athletes can be assured, any record-breaking efforts at Pacer races will not be wasted.

Bob Abbott won the Dallas White Rock Marathon Masters Division four times (in 1983 and 1985 thru 1987). First Master of only two Master runners to record a sub 2:30 at the White Rock Marathon. He also ran 2:28 in the 1988 Boston Marathon at the age of 47.

Tim Garguilo ran a 8:53 3200 meter at the Texas Relays in 1987. It was faster than the existing Texas State High School record at the time, but was not allowed because the Texas Relays is not considered a High School track Meet. Tim attended SMU and won the SWC 5K Indoor and the 10K Outdoor in 1990. Was rated in the top five 5K runners in the nation in 1994 by Track & Field News. Multiple USA team member and 1996 Olympic Trials 5k finalist. Tim graduated from SMU with a Law Degree and lives in Dallas with his wife and three children and practices law.

Clint Bell represented Dallas in the 2007 Sendai Half Marathon. He also competed in the USA Cross Country Championships last month and the 2007 Aramco US Half Marathon Championships. While at SMU, he was a member of 3 conference championship teams. In his younger days, he also competed in the 1995 USATF Junior Olympics and was a 7-time TAPPS State champion in cross country and track.

Thanks to Bob Abbott for providing info on the runners from the other decades and Bob Wilmot for info on the course and additional background information on some of the runners. This list will be posted and maintained on the website under the "Records" section.

"The Starting Line" Club Notes

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

"BEAD BASH" OVERALL RESULTS @ Harrington Park, Plano, TX 2/23/08

5K MEN TOP FINISHERS

1	Jeff Fox	19:16
2	Irwin Fairclough	19:17
3	J J Jenkins	20:57
4	Sean Cummings	21:00
5	Gary Wilson	21:02
6	Shane Stout	21:20
7	David Richardson	21:44
8	Trevor Millet	22:06
9	Tad Wall	22:29
10	Scott McKissick	22:33
Overall:	Jeff Fox	19:16
Master:	Irwin Fairclough	19:17
Senior:	J J Jenkins	20:57
7- 9:	Kevin Gatherer	29:54
10-12:	Bobby Lovin	25:26
	Logan Barnes	30:43
13-15:	Sean Cummings	21:00
	Trevor Millet	22:06
	Robin Burgess	25:08
20-24:	Joseph Brown	23:14
	Robert Garza	23:16
25-29:	Matthew Florence	25:30
	Nathan Kyle	33:43
30-34:	Shane Stout	21:20
	Leith Brandeland	22:46
	Benjamin Hillis	23:22
35-39:	Jeff Moose	23:20
	Tim Key	24:40
	Shane Ames	27:06
40-44:	David Richardson	21:44
	James Nixon	23:03
	Jeff Breese	23:37
45-49:	Larry Fine	27:58
	Andy McLaughlin	39:20
50-54:	Gary Wilson	21:02
	Tad Wall	22:29
	Vernon Hodge	23:31
55-59:	Scott McKissick	22:33
	John Nance	23:08
	Mike Colvin	27:04
60-64:	Steven Kent	24:52
	Ken Pipkin	26:40
	Freddie Smith	26:56
65-69:	Jim Sampson	23:25
	Al Angell	29:29
	Jerry Teffeteller	29:37
70-74:	John Dugdale	25:37
	Jerry Siedschlag	32:49
	Roy Peyton	33:59
75-over:	Dewey Fambry	28:57
Clydes:	James Dunn	23:12
	Paul Sanderson	29:01
	Bill Dixon	32:44

5K WOMEN TOP FINISHERS

1	Ella Montgomery	23:26
2	Katie Pyle	24:51
3	Glynn Ross	25:19
4	Terry Gonzalez	25:50
5	Anne Kang	26:41
6	Tami Ishii	27:44
7	Debbie Brewer	28:15
8	Rachel King	29:40
9	Deborah Kang	30:11
10	Jody Faulkner	30:25
Overall:	Ella Montgomery	23:26
Master:	Glynn Ross	25:19
Senior:	Ruth Olinger	35:17
7- 9:	Sarah Heady	30:44
16-19:	Rachel King	29:40
	Deborah Kang	30:11
20-24:	Anna Walker	30:58
25-29:	Katie Pyle	24:51
	Amanda Dent	31:14
30-34:	Anne Kang	26:41
	Marie Drabeth	30:59
	Susanne H. Jones	32:24
35-39:	Tami Ishii	27:44
	Susie Camp	33:34
	Fran Falco	35:53
40-44:	Lisa Fox	31:06
	Carla Binder	32:38
	Celeste Villo	32:38
45-49:	Debbie Brewer	28:15
	Jody Faulkner	30:25
	Cynthia Samilton	30:55
50-54:	Terry Gonzalez	25:50
	Debye Humphrey	33:17

JR. SPRINT TOP FINISHERS

GIRLS 0-8

1	Katie Heady	05:28
2	Amanda Heady	07:25

BOYS 0-8

1	Drew Bennett	05:39
2	Nathan Dixon	06:32

GIRLS 9-12

1	Sarah Heady	04:40
2	Bella Barineau	05:05
3	Kirsten Montgomery	05:22

BOYS 9-12

1	Christian Barineau	05:44
2	Paul Montgomery	05:49

Race Results

"BEAD BASH" OVERALL RESULTS @ Harrington Park, Plano, TX 2/23/08

15K MEN TOP FINISHERS

1	Rob Higley	0:59:59
2	Josh Thompson	1:02:04
3	James Royal	1:02:30
4	Thomas Chu	1:02:55
5	Edward Henderson	1:03:35
6	Bill Shaw	1:03:50
7	Martin Leister	1:06:01
8	Mike Fields	1:06:28
9	Gabriel Sapien	1:06:40
10	Thomas Faulkner	1:07:43
Overall:	Rob Higley	0:59:59
Master:	James Royal	1:02:30
Senior:	Bill Shaw	1:03:50
25-29:	Guru Mathur	1:37:05
30-34:	Josh Thompson	1:02:04
	Matthew Sunna	1:17:10
	David Nemcok	1:20:16
35-39:	Edward Henderson	1:03:35
	Olen Penn	1:10:02
	Eric Swanson	1:14:01
40-44:	Thomas Chu	1:02:55
	Antonio Martinez	1:18:58
	Mike Hammer	1:19:25
45-49:	Martin Leister	1:06:01
	Gabriel Sapien	1:06:40
	Thomas Faulkner	1:07:43
50-54:	Kevin Erickson	1:11:00
	Andy Beach	1:13:25
55-59:	Mike Fields	1:06:28
	Kenny Gardner	1:14:17
	Jim Hallmark	1:20:03
65-69:	Wally Capps	1:11:16
	Chuck Altman	1:32:54
	Tommy Farrar	1:39:36
70-over:	Gordon Ratcliff	1:13:21
Clydes:	Wayne Dominick	1:35:10
	Dennis Chupp	1:39:37
	Mark Salamasick	1:46:48



Race Day

15K WOMEN TOP FINISHERS

1	Frances McKissick	1:08:28
2	Valarie Ponce	1:14:54
3	Leah Muriel	1:17:42
4	Debbie Laude	1:19:17
5	A J O'Neal	1:20:49
6	Daniela Nemcok	1:22:24
7	Jill Tillinghast	1:22:26
8	Marylyn Patrick	1:24:05
9	Renee Mitchell	1:25:46
10	Rachel Mcgee	1:27:39
Overall:	Frances McKissick	1:08:28
Master:	Jill Tillinghast	1:22:26
Senior:	Marylyn Patrick	1:24:05
20-24:	Valarie Ponce	1:14:54
25-29:	Leah Muriel	1:17:42
	Debbie Laude	1:19:17
	Rachel Mcgee	1:27:39
30-34:	Daniela Nemcok	1:22:24
	Kristen Spain	1:33:11
	France Falcon	1:48:39
35-39:	A J O'Neal	1:20:49
	Tiffany Key	1:29:03
	Kim Tijerina	1:38:47
40-44:	Renee Mitchell	1:25:46
	June Orth	1:30:43
	Kathy Williams	1:33:10
50-54:	Connie Trautman	1:45:30
55-59:	Jeanne Pitz	1:31:52
60-64:	Carol Lindenblatt	1:33:40



Leah Muriel

Race Results

5K "BEAD BASH" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 2/23/08

PL	Name	Hometown	Age	M/F	Time	PL	Name	Hometown	Age	M/F	Time
1.	Jeff Fox	Garland	45	M	19:16	61.	Al Angell	Dallas	68	M	29:29
2.	Irwin Fairclough		52	M	19:17	62.	Jerry Teffeteller	Plano	65	M	29:37
3.	J J Jenkins	Garland	55	M	20:57	63.	Rachel King		19	F	29:40
4.	Sean Cummings		13	M	21:00	64.	Kevin Gatherer	Richardson	9	M	29:54
5.	Gary Wilson	Plano	52	M	21:02	65.	Deborah Kang		19	F	30:11
6.	Shane Stout		32	M	21:20	66.	Jody Faulkner	Plano	46	F	30:25
7.	David Richardson		40	M	21:44	67.	Paul Akin		30	M	30:31
8.	Trevor Millet	Mckinney	15	M	22:06	68.	Ben Golah		15	M	30:43
9.	Tad Wall	Mckinney	51	M	22:29	69.	Logan Barnes		10	M	30:43
10.	Scott McKissick	Irving	59	M	22:33	70.	Sarah Heady	Richardson	9	F	30:44
11.	Leith Brandeland	Plano	31	M	22:46	71.	Cynthia Samilton	Rowlett	48	F	30:55
12.	James Nixon		40	M	23:03	72.	Anna Walker		24	F	30:58
13.	John Nance	Rowlett	59	M	23:08	73.	Marie Drabeth		31	F	30:59
14.	James Dunn*	Plano	50	M	23:12	74.	Lisa Fox	Garland	40	F	31:06
15.	Joseph Brown	Allen	20	M	23:14	75.	Amanda Dent	Plano	26	F	31:14
16.	Robert Garza	Plano	20	M	23:16	76.	Lori Austin	Frisco	49	F	31:39
17.	Jeff Moose		39	M	23:20	77.	Susanne H. Jones		33	F	32:24
18.	Benjamin Hillis	Plano	31	M	23:22	78.	Carla Binder		42	F	32:38
19.	Jim Sampson	Richardson	68	M	23:25	79.	Celeste Villo		43	F	32:38
20.	Ella Montgomery	Plano	45	F	23:26	80.	Bruce Jenniges	Plano	51	M	32:40
21.	Vernon Hodge	Plano	54	M	23:31	81.	Bill Dixon*		39	M	32:44
22.	Mike Picard	Plano	54	M	23:37	82.	Jerry Siedschlag	Dallas	71	M	32:49
23.	Jeff Breese		43	M	23:37	83.	Sarah Florene		30	F	33:11
24.	Sigi Diaz	Plano	53	M	23:43	84.	Isabell Barineau	Plano	34	F	33:14
25.	Paul Sheldon	Plano	42	M	23:51	85.	Debye Humphrey	Dallas	53	F	33:17
26.	Brian Falco	Plano	40	M	24:23	86.	Joseph Chol		31	M	33:24
27.	Mariano Rivera		31	M	24:28	87.	Martin Meier	Richardson	37	M	33:29
28.	Keith E. Wolling	Plano	54	M	24:31	88.	Susie Camp		37	F	33:34
29.	Tim Key	Plano	37	M	24:40	89.	Ruth Armour		31	F	33:43
30.	Katie Pyle		28	F	24:51	90.	Nathan Kyle		29	M	33:43
31.	Steven Kent	McKinney	60	M	24:52	91.	David Hanna	Dallas	56	M	33:46
32.	Judd Moody		31	M	25:00	92.	Jerry Chandler		37	M	33:56
33.	Robin Burgess		15	M	25:08	93.	Roy Peyton	Plano	72	M	33:59
34.	Christian Kylar		14	M	25:18	94.	Bobby Clark	Allen	51	M	34:56
35.	Glynn Ross	Plano	41	F	25:19	95.	Ruth Olinger	The Colony	65	F	35:17
36.	Bobby Lovin	Frisco	12	M	25:26	96.	Ron Jones	Plano	36	M	35:36
37.	David Binnings		30	M	25:28	97.	Ed Humphrey*	Dallas	56	M	35:42
38.	Matthew Florence		28	M	25:30	98.	Fran Falco	Plano	37	F	35:53
39.	Derik Vett	Plano	40	M	25:32	99.	Richard Hamilton	Richardson	68	M	36:45
40.	John Dugdale	Fairview	73	M	25:37	100.	Mark Levine*	Dallas	44	M	38:35
41.	Jack Barineau	Plano	34	M	25:40	101.	Andy McLaughlin	Carrollton	48	M	39:20
42.	Chuck Falci	Plano	44	M	25:41	102.	Philip Rutledge	Allen	40	M	42:06
43.	Terry Gonzalez	Plano	53	F	25:50	103.	William L Jones	Plano	71	M	02:04
44.	Henry Linhart	Plano	30	M	26:24						
45.	Ken Pipkin	Plano	63	M	26:40						
46.	Anne Kang	Belton	31	F	26:41						
47.	Tom Hall	Nevada	51	M	26:54						
48.	Freddie Smith	Garland	63	M	26:56						
49.	Mike Colvin	Dallas	55	M	27:04						
50.	Shane Ames		37	M	27:06						
51.	Kendall Cavender		43	M	27:16						
52.	Tami Ishii	Plano	36	F	27:44						
53.	Larry Fine	Plano	47	M	27:58						
54.	Debbie Brewer	Plano	48	F	28:15						
55.	Paul N. Jones		38	M	28:20						
56.	Dean moody		59	m	28:27						
57.	Dave Elliott	Plano	38	M	28:31						
58.	Mike Koskan	Plano	62	M	28:52						
59.	Dewey Fambry	The Colony	75	M	28:57						
60.	Paul Sanderson*	Plano	38	M	29:01						

* Indicates Clydesdale/Athena Runner

JR. SPRINT INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Sarah Heady	9	f	4:40
2	Bella Barineau	12	f	5:05
3	Kirsten Montgomery	9	f	5:22
4	Katie Heady	4	f	5:28
5	Drew Bennett	8	m	5:39
6	Christian Barineau	9	m	5:44
7	Paul Montgomery	11	m	5:49
8	Nathan Dixon	7	m	6:32
9	Amanda Heady	6	f	7:25

Race Results

15K "BEAD BASH" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 2/23/08

PL	Name	Hometown	Age	M/F	Time
1.	Rob Higley		54	M	59:59
2.	Josh Thompson	Plano	33	M	1:02:04
3.	James Royal*	Plano	45	M	1:02:30
4.	Thomas Chu	Sachse	44	M	1:02:55
5.	Edward Henderson		39	M	1:03:35
6.	Bill Shaw	Frisco	65	M	1:03:50
7.	Martin Leister	Plano	48	M	1:06:01
8.	Mike Fields	Garland	57	M	1:06:28
9.	Gabriel Sapien		48	M	1:06:40
10.	Thomas Faulkner	Plano	46	M	1:07:43
11.	Frances McKissick	Irving	45	F	1:08:28
12.	Olen Penn	Plano	37	M	1:10:02
13.	Mike Potter	Frisco	46	M	1:10:35
14.	Kevin Erickson	Coppell	51	M	1:11:00
15.	Wally Capps		67	M	1:11:16
16.	Fred Ellefson	Allen	48	M	1:12:03
17.	Gordon Ratcliff	Richardson	70	M	1:13:21
18.	Andy Beach	Garland	50	M	1:13:25
19.	Eric Swanson	Plano	36	M	1:14:01
20.	Kenny Gardner	Plano	55	M	1:14:17
21.	Valarie Ponce		24	F	1:14:54
22.	Matthew Sunna	Murphy	30	M	1:17:10
23.	Leah Muriel	Frisco	28	F	1:17:42
24.	Antonio Martinez		43	M	1:18:58
25.	Debbie Laude	Plano	27	F	1:19:17
26.	Mike Hammer	Lewisville	44	M	1:19:25
27.	Jim Hallmark	Plano	56	M	1:20:03
28.	Dean Naovi		36	M	1:20:07
29.	David Nemcok	Plano	32	M	1:20:16
30.	A J O'Neal	Flwr Mound	37	F	1:20:49
31.	Thomas Fleming	Richardson	49	M	1:21:06
32.	Daniela Nemcok	Plano	30	F	1:22:24
33.	Jill Tillinghast		54	F	1:22:26
34.	Marylyn Patrick	Plano	64	F	1:24:05
35.	Day-Ruey Liu	Plano	49	M	1:25:20
36.	Andrew Taylor	Dallas	31	M	1:25:35
37.	Renee Mitchell	Plano	43	F	1:25:46
38.	Joseph Tijerina	Plano	38	M	1:27:20
39.	Rachel Mcgee		26	F	1:27:39
40.	Tiffany Key	Plano	35	F	1:29:03
41.	June Orth	Richardson	44	F	1:30:43
42.	Randy Thomane		58	M	1:30:58
43.	Jeanne Pitz	Richardson	57	F	1:31:52
44.	Ruben Arroyo	Mckinney	38	M	1:32:40
45.	Chuck Altman		68	M	1:32:54
46.	Kathy Williams		44	F	1:33:10
47.	Kiyono Vanstory		41	F	1:33:11
48.	Kristen Spain	Plano	34	F	1:33:11
49.	Julie Rowell		29	F	1:33:36
50.	Carol Lindenblatt	Plano	60	F	1:33:40
51.	Roland Pelt		41	M	1:34:20

PL	Name	Hometown	Age	M/F	Time
52.	Wayne Dominick*		37	M	1:35:10
53.	Guru Mathur	Richardson	27	M	1:37:05
54.	Kim Tijerina	Plano	37	F	1:38:47
55.	Dave Young	Plano	58	M	1:38:48
56.	Tommy Farrar	Coppell	67	M	1:39:36
57.	Dennis Chupp*	Mckinney	50	M	1:39:37
58.	Kristen Sunna	Murphy	29	F	1:40:34
59.	Himanshu Bhatt	Plano	41	M	1:43:24
60.	Connie Trautman	Plano	53	F	1:45:30
61.	Len Liu		41	M	1:45:30
62.	Mark Salamasick*	Plano	53	M	1:46:48
63.	Peter Goodspeed	McKinney	57	M	1:47:01
64.	Kari Lane		29	F	1:47:48
65.	France Falcon		30	F	1:48:39

* Indicates Clydesdale/Athena Runner

February Race Day Volunteers

Race Director: Jerry Powell

Registration: Christi Heady, Jennifer Rutledge, Marylyn Patrick, Roy Peyton, Kenny Gardner, Don Wallace, Angelo Prieto

Membership: Tom Fleming, Allison Cardiel, Dennis Chupp, Mary Lewellyn

Course Setup: Mike Picard

Finish Line: Brian Millet, James Gabhart, Jerry Powell, Jennifer Rutledge and volunteers from PSHS NHS

Awards: James Royal, Jennifer Rutledge, Allison Cardiel

Food: Debbie Brewer

Water Station: Bob Abbott, James Matthews, and Volunteers from PSHS NHS

Kids' K: James Gabhart, Christi Heady, Mike Koskan, Irwin Fairclough, Sarah Heady

Photography: Brian Millet

Results: Ruben Saguil



Plano Sr, HS Nat'l Honor Society Volunteers

February's New Records

Dist	AgeGrp	New Record	Sex	Age	New Record	Previous Holder	Time	Date
15K	M65-69	Bill Shaw	M	65	1:03:50	Jesse Leutwyler	08:32	1:12:22 Feb-2000
15K	M65-69	Wally Capps	M	67	1:11:16	Jesse Leutwyler	01:06	1:12:22 Feb-2000
15K	M70-74	Gordon Ratcliff	M	70	1:13:21	Hunter Hammett	08:14	1:21:35 Nov-2001

March Prediction Run Results - Schimelpfenig Library - 3/11/2008

PL	Name	Predicted	Actual	Diff(secs)	PL	Name	Predicted	Actual	Diff(secs)
1.	Bruce Richards*	25:21	25:24	3	30.	Bob Weltman	29:30	27:16	134
2.	Corey Costello	32:17	32:26	9	31.	Dzuy Nguyen	24:12	26:30	138
3.	John Sloan	30:14	30:26	12	32.	Chelsea Stewart	30:45	33:12	147
4.	Guru Mathur	25:50	25:36	14	33.	Alejandra Morris	28:00	25:21	159
5.	Sarah Heady	28:30	28:16	14	34.	Sarah Losoya	28:18	31:28	190
6.	James Matthews	27:15	27:00	15	35.	Chris Slay	36:30	33:08	202
7.	Eric Swanson	23:00	22:44	16	36.	Erin Dougherty	35:45	39:16	211
8.	Ken Ashby	24:15	23:58	17	37.	Karen Tyndall	32:00	36:08	248
9.	Mike Koskan	29:41	29:24	17	38.	Micah Manshardt	32:45	28:08	277
10.	Thomas Faulkner	21:15	20:58	17	39.	Alexandra Ramirez	38:00	32:53	307
11.	Hector Delgado	19:55	19:37	18	40.	Sabrina Manshardt	42:00	35:44	376
12.	George Kampas	26:42	27:02	20	41.	Adolfo Arroyo	45:21	38:08	433
13.	Mike Picard	23:40	23:19	21	42.	Gustavo Ramirez	35:00	27:41	439
14.	James Dunn	24:00	23:34	26	43.	Ramiro Ramon	35:00	27:41	439
15.	James Royal	20:10	19:43	27	44.	Dennis Chupp	30:00	38:19	499
16.	Henry Tam	28:05	27:32	33	45.	Uriel Martinez	35:00	22:25	755
17.	Mark Salamasick	33:42	33:00	42					
18.	Vernon Hodge	26:00	25:11	49					
19.	Jason Bogardus	22:11	21:18	53					
20.	Scott Duncan	29:30	28:34	56					
21.	Ray Boydston	25:00	25:57	57					
22.	An Nguyen	23:30	22:20	70					
23.	Andy Taylor	29:30	28:20	70					
24.	Jerry Powell	24:45	26:01	76					
25.	Ruben Saguil	23:01	21:44	77					
26.	Richard Hamilton	36:43	35:23	80					
27.	John Beall	29:49	28:21	88					
28.	George Nye	29:45	31:27	102					
29.	Margaret Seggerman	30:30	28:47	103					

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, Jody Faulkner, James Gabhart, Mary Lewelynn

Course Setup: Ken Ashby

Conditions: 70 deg F and Clear.

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

Footnotes:

* Five Seconds Club



Faces at the Finish Line: Jan Richards (Continued from Page 1)

What else would you like Pacers to know about you? I'm 80 years old, still running, and enjoying it! I've lost track of how many ultras, triathlons, and duathlons I've participated in, but I know I've run at least two 50-milers, two 48-hour runs, and I approximately 54 marathons. Although I've never really traveled much, I've managed to meet people from all around the world. Friends frequently come back from races in other countries and tell me "Oh, I met someone in Paris who told me to say "Hi!" to you", or "I spoke with someone in the Hawaii Ironman who said they know you!". Its really great when that happens!

Can your offer some advice to younger Pacers? Actually, all of the Pacers are younger than I am! My advice is that training should include hills. When you are finished, push yourself to go another mile — it makes you tough! When racing, never look back; you are only wasting seconds. Run as many races as possible because they all serve as really good speed training for you.

Plano Pacers Upcoming Race Schedule

2008-2009 Schedule of Races at Harrington Park

Date	Name	Event
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
February 28	Bead Bash	5K, 15K

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

2008-2009 Schedule of Prediction Runs at Schimelpfenig Library

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

Smiling Faces



Thomas Chu



Guru Mathur



Kim Thijerina



Josh Thompson



Olen Penn



Mark Salamasick

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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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)

