



The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

Faces at the Finish Line: Bob Abbott By Don Wallace



Bob Abbott

Name: Bob Abbott

Age: 66

Occupation: Retired since 1995

Pacer member since: 1980

I reside in: Plano

Family: Wife Monica, sons Bob (38) and Bryan (35)

Background: Born and raised in Cedar Rapids, Iowa, I began my career in 1962 with Collins Radio, which was later acquired by Rockwell International. Much of my career I was logistics manager for a customer support group. In 1976, Rockwell transferred me to Plano. I never missed the winters in Iowa!

During the 1980's I had the opportunity to run on the Rockwell Corporate Team, which was a great experience. We had a lot of talented runners, most of them from southern California. We competed in the "RUNNER'S WORLD CORPORATE

CUP" and I ran in the Master's Open 1500M, 5K and 10K competitions. We also competed in the Corporate Division at the LA Marathon and the San Diego Marathon. All these races offered some great prizes.

Running since: High school days

Why did you start running? I returned to running at the age of 40, because my weight had gone from 170 to 190 and dieting wasn't working for me. In my school days during cross country and track season, my weight never broke 130 lbs., and I could eat everything. During wrestling season, I would starve to make the 133-pound weight class. So I knew that running would take the weight off. At that time didn't realize how many other health benefits I would get from running.

Why do you keep running? For the enjoyment. It is a healthy social event for me now and I really enjoy just getting out and running and chatting with friends.

Favorite running route and time of day: I enjoy running the Plano trails between Round Rock and Parker Road in the early morning hours because they are so convenient to my home.

Normal training routine and mileage: I do 30 to 40 miles per week.

Most memorable race and why? I have a lot of great memories and I guess at my age you really enjoy those memories, but if it has to be just one then I guess it would have to be the 1988 Boston Marathon. I went as an invited runner and I was put up by a very nice family in Dover, Massachusetts. They lived in a beautiful home on the Shawshen River. Race day was rainy and quite cool but I was able to go to the church at the start line, leave my gear and go warm up. Then I went back to the church, had something to drink, had access to restroom facilities, and could just relax in a warm dry area. A few minutes before the start of the race officials escorted all of the elite and invited runners from inside the church to the very front of the starting line. It was a great advantage to have those benefits; especially before a marathon. At age 47 I ran my PR of 2:28:55 at Boston that year and brought home a trophy in the Master's Division.

MAY 2007

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Pacers Behind the Pacers

By Jerry Powell

Texas summers are known for triple digit heat and setting records for consecutive days over 100 degrees. Summer hasn't quite yet arrived but some sizzling hot times were achieved at our April race.

April '07 may become known as the month that established Plano Pacer records were challenged. Five new records were achieved at the April race. Previous records were broken for both the 3K and



Sheila Natho

the 8K events. These records weren't broken by our younger membership, but rather, by the masters and seniors.

The 3K female winner was Sheila Natho with a time of 11:39. This was a new record for the 40-44 age group. Sheila improved on the record set in 1995 by Candace Fountounlakis of 11:40. As we know, a second is an eternity when setting records.

Tommy Smith was the overall 3K winner with a time of 10:15. In addition to being one heck of a nice guy, this runner is just plain fast. This wasn't a record for Tommy, but don't feel sorry for him. He owns his fair share of records. Keep up the good work!

The 8K female winner was Frances McKissick with a time of 31:57. Francis also established a new record for the 45-49 age group. The previous record of 33:07 was set in 1999 by Linda Musil. The way Frances is running, I expect her to break her own record again this fall.

The 8K male winner was Chris Hayes with a time of 28:39. Chris, who is 17, improved his time over last year by 7 seconds. Chris has been a Plano Pacers for over five years and continues to improve his 5K and 8K times.

Susan Sams broke her own 3K record in the 60-64 age group by over a minute with a time of 14:16. Her previous record was 15:20 set in December 2006. If that accomplishment doesn't make you want to work a little harder, then other forms of motivation are out of the question.

Mary Ann Miller set the record for 70 and over in the 8K with a time of 01:02:09. She established a new record and overcame a course logistics problem of plenty of water but not enough cups. We won't make that mistake again.

Bob Abbott (who is featured in our runner profile section) beat his previous 8K record established in 2005 of 35:38 by crossing the line in 35:04. That represents some real shaving of seconds off each mile. Amazing doesn't adequately describe his running abilities. If you talk to Bob after the race, he may share some of his running secrets with you.

The April race was a big success with 181 finishers. The volunteers again made the race a success. Make sure you take the opportunity to thank them and volunteer yourself at one of the races. The pay is below minimum wage but the satisfaction is priceless.

Our next race is a 5K on May 26. Hopefully we will see some more records broken!



Susan Sams



Bob Abbott and Mike Fields

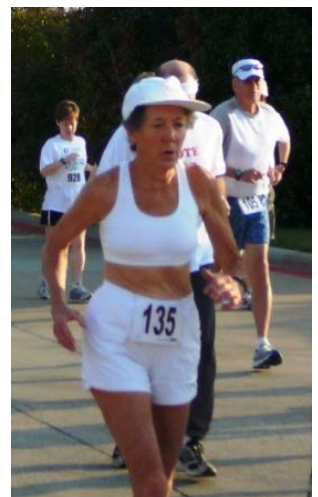
Plano Pacers RUNNING CLUB Plano, TX



The Race Begins!



Francis McKissick



Mary Ann Miller

April Race Results

3K, 8K & Jr. Sprint @ Harrington Park, Plano, TX 4/28/07

3K TOP FINISHERS

MEN

1	Tommy Smith	10:15
2	Ben Dover	10:40
3	Hector Delgado	10:51
4	Dane Conley	10:57
5	Brian Bonner	11:11
6	Steven Kirchner	11:18
7	Don Wallace	11:34
8	Kevin Clapp	11:36
9	Alex Korpall	12:07
10	Tony Tang	12:25

Overall:	Tommy Smith	10:15
Master:	Brian Bonner	11:11
Senior:	Bob Wilmot	13:35

14-un:	Brad Hanson	14:14
	Greg Hanson	14:15
	Sterling Mackert	16:34

15-19:	Ben Dover	10:40
	Dane Conley	10:57
	Steven Kirchner	11:18

30-34:	Jason Morgan	19:35
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35-39:	Hector Delgado	10:51
	Michael Holland	12:51
	Rick Dawson	17:14

40-44:	Harry Flower	14:40
	Mike Hammer	18:17

45-49:	Tony Tang	12:25
	Mark Kamenish	14:22
	Kirby Collins	20:16

50-54:	Don Wallace	11:34
	Vernon Hodge	13:14
	Tom Hall	14:12

55-59:	Scott McKissick	13:53
	John Nance	14:31
	Jim Oppedal	15:15

60-64:	Mike Koskan	14:19
	Jim Tressa	16:01
	Richard J. Smith	16:25

65-ov:	Will Ferson	14:13
	James Gabhart	15:00
	Al Singbusch	18:38

Clydes:	John Ahrens	18:11
	Bobby Clark	19:32
	William Swafford	19:33

WOMEN

1	Sheila Natho	11:39
2	Madison Treat	12:49
3	Kimberly Kurtin	13:17
4	Stephanie Yarborough	13:19
5	Maria Moore	13:26
6	Allison Hullander	14:00
7	Susan Sams	14:16
8	Michelle Xie	14:18
9	Claire Kamenish	14:23
10	Francie Johnson	14:58

Overall:	Sheila Natho	11:39
Master:	Maria Moore	13:26
Senior:	Susan Sams	14:16

14-un:	Kimberly Kurtin	13:17
	Allison Hullander	14:00
	Michelle Xie	14:18

15-19:	Madison Treat	12:49
	Stephanie Yarborough	13:19
	Alexandra Brainka	15:49

40-44:	Belinda Dugas	17:00
	Gaby Ahrens	18:10

45-49:	Gayle Johnson	28:54
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50-54:	Debbie Tressa	16:43
	Connie Bresson	19:20
	Kathy Treat	19:37

60-64:	Ruth Olinger	19:51
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65-ov:	Bettye Haynes	20:30
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Clydes:	Wendy Teutsch	18:09
	Natalie Woodward	26:26

April Race Results (Continued) 3K, 8K & Jr. Sprint @ Harrington Park, Plano, TX 4/28/07

8K TOP FINISHERS

MEN			WOMEN		
1	Chris Hayes	0:28:39	1	Frances McKissick	0:31:57
2	Connor Doyle	0:28:59	2	Ellen Stow	0:36:45
3	Roger Clifford	0:30:07	3	Leslie Smith	0:36:59
4	Bob Smeby	0:30:18	4	Melissa Gonzales	0:39:21
5	Matthew Miller	0:30:52	5	Misty Spivey	0:41:03
6	Ryan Smith	0:30:56	6	Debbie Laude	0:41:58
7	Michael Held	0:31:08	7	Michelle Mire	0:44:24
8	Sam Tillery	0:31:45	8	Charlene Johnson	0:44:26
9	Eric Stotzer	0:31:52	9	Jessica Bresson	0:44:44
10	James Royal	0:32:32	10	Linda Middaugh	0:45:26
Overall:	Chris Hayes	0:28:39	Overall:	Frances McKissick	0:31:57
Master:	Roger Clifford	0:30:07	Master:	Leslie Smith	0:36:59
Senior:	Terry Ziegler	0:33:02	Senior:	Jeanne Pitz	0:47:26
14-un:	Winston Hurst	0:34:40			
	John Stanley	0:38:36			
15-19:	Connor Doyle	0:28:59	15-19:	Ellen Stow	0:36:45
	Matthew Miller	0:30:52			
	Ryan Smith	0:30:56			
20-24:	Charles Gorman	0:38:32	20-24:	Jessica Bresson	0:44:44
	Eric Wang	0:41:15		Stephanie Hallmark	0:48:14
				Alison Jacobs	0:56:29
25-29:	Michael To	0:39:24	25-29:	Debbie Laude	0:41:58
	Matthew Sunna	0:43:16		Ivyann Caraballo	0:46:54
30-34:	Rembrandt Tadeja	0:44:39	30-34:	Michelle Mire	0:44:24
	Ditrick Dunn	0:48:33		Jennifer Burns	0:50:58
				Holly Stout	0:55:41
35-39:	Eric Stotzer	0:31:52	35-39:	Melissa Gonzales	0:39:21
	Jerry Young	0:33:46		Charlene Johnson	0:44:26
	Brian Falco	0:39:55		Cindy Morgan	0:54:27
40-44:	Michael Held	0:31:08	40-44:	Misty Spivey	0:41:03
	Steve Stamos	0:34:13		Beth Kohler	0:45:45
	David Wagner	0:36:12		June Orth	0:49:41
45-49:	Day-Ruey Liu	0:40:23	45-49:	Linda Middaugh	0:45:26
	Jim Cavanaugh	0:44:36		Bronda Starling	0:47:19
	Stewart Hayes	0:45:03		Michele Martin	0:55:09
50-54:	Bob Smeby	0:30:18	50-54:	Patricia Vincent	0:48:40
	Mike Picard	0:38:43		Karen Castro	0:55:08
	Sigi Diaz	0:38:59		Debye Humphrey	0:57:10
55-59:	Mike Fields	0:35:03			
	Jim Hallmark	0:39:19			
	Clyde Shank	0:50:59			
60-64:	Bryce Wilson	0:37:25	60-64:	Carol Lindenblatt	0:52:21
	Alan Davis	0:43:29			
	Freddie Smith	0:47:42			
65-ov:	Bob Abbott	0:35:04	65-ov:	Nancy Cole	0:56:16
	Tommy Farrar	0:42:17		Mary Ann Miller	1:02:09
	Dewey Fambry	0:47:27			
Clydes:	James Royal	0:32:32	Clydes:	Lee Ann Collins	1:06:41
	James Dunn	0:38:46			
	Bobby Hoskins	0:38:58			

April Race Results (Continued) 3K, 8K & Jr. Sprint @ Harrington Park, Plano, TX 4/28/07

JR. SPRINT (0.673 mi) TOP FINISHERS

BOYS 0-8

1	Ben Armistead	04:54
2	Jacob Erickson	04:58
3	Ivan Delgado	05:41

GIRLS 0-8

1	Ellie Erickstad	05:55
2	Jennifer Orth	06:07
3	Amy Flower	06:08

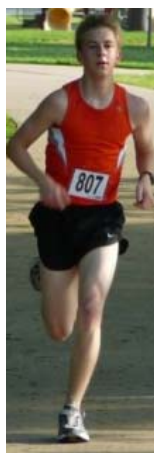
BOYS 9-12

1	Marshall Erickstad	04:33
2	Sterling Mackert	04:38
3	Mitchell Erickstad	05:11

GIRLS 9-12

1	Kristen Bonner	04:25
2	Range Samaniego	05:17

Smiling Faces



May Prediction Run Results

Schimelpfenig Library- 5/8/2007

Place	Name	Predicted	Actual	Diff(secs)
1	Jason Bogardus	20:30	20:32	2
2	Hector Delgado	19:10	19:06	4
3	Tina Jasper	29:30	29:35	5
4	John Mehmen	25:40	25:47	7
5	Jim Sheridan	27:26	27:34	8
6	Thomas Faulkner	21:30	21:21	9
7	James Royal	20:07	19:54	13
8	Himanshu Bhatt	30:00	29:46	14
9	James Dunn	24:11	23:56	15
10	Ray Boydston	27:00	26:43	17
11	Delaney Kampas	30:03	30:27	24
12	Joe Landry	19:59	19:33	26
13	Ruben Saguil	22:22	21:54	28
14	Mike Koskan	27:14	26:45	29
15	Linda Sheridan	33:26	33:55	29
16	James Matthews	27:15	26:46	29
17	Larry Fine	25:30	26:00	30
18	Cyndi Graves	26:26	25:56	30
19	Don Wallace	21:40	21:10	30
20	Jody Faulkner	32:00	32:36	36
21	A J O'neal	25:30	24:54	36
22	Alex Wallace	17:48	17:08	40
23	Ken Ashby	24:00	23:19	41
24	Kylie Welborn	25:45	26:28	43
25	Blade Norman	24:04	24:48	44
26	Jennifer Loehding	32:00	32:51	51
27	John Sloan	30:15	29:19	56
28	Richard Hamilton	35:31	36:28	57
29	Mary Marks	31:15	32:15	60
30	Calvin Ly	22:00	23:20	80
31	Deanne Nunoz	26:05	24:44	81
32	Charles Gorman	21:30	22:54	84
33	Don Horsman	39:39	41:27	108
34	George Kampas	27:47	29:41	114
35	Claudia Delgado	38:00	35:00	180
36	Megan Rozman	25:01	21:58	183
37	Colby Mehmen	25:03	21:57	186
38	Mary Lewellyn	45:00	41:53	187
39	Dennis Chupp	30:14	34:28	254
40	Peter Goodspeed	29:00	33:46	286
41	Sarah Heady	27:27	32:23	296
42	James Gabhart	27:27	32:24	297
43	Liz Trosper	35:00	30:03	298
44	Jeff Smith	37:00	52:27	927
45	Samantha Smith	37:00	52:28	928

Timers/Finish Line Cards/Results: Christi Heady, Ruben Saguil, and Jerry Powell

Course setup: Ken Ashby

Conditions: 83 deg F, Cloudy and humid

Course: Start @ Library parking lot. Finish @ Gazebo.

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

Upcoming Races

2007-2008 Schedule of Races at Harrington Park

Date	Name	Event
May 26	May Day Run	5K
June 30	Millet Mile	Millet Mile, 5K
July 28	Ice Cream & Peaches Run	5K
August 25	Dog Days Relay	3K x3 relay
September 29	Five-Mile Fling	5 Mile Run
October 27	Boo Scoot	5K, 10K
November 24	Turkey Run Off	5K, 15K
December 29	Holiday Hustle	3K, 8K
January 26	Fresh Start	5K, 10K
February 23	Bead Bash	5K, 15K
March 29	Spring March	5K, 10K
April 26	Spring Scamper	3K, 8K

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



2007-2008 Schedule of Prediction Runs at Schimelpfenig Library

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

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

Group Runs

Tuesdays at 5:10 am

Meet @ [Einstein Bros Bagels](#)

Southwest quadrant of US 75 and 15th Street.

The group runs 6 miles at about a 10 minute pace.

Contact Clyde Shank at **972.423.5854** for more information.

Tuesdays at 6:00 am

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

The group runs 5 to 7 miles, for more information contact

Sue Yates at sue@sueyates.com, cell phone **972.333.3747**.

Wednesdays at 6:00 am

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

For more information contact Sue Yates at sue@sueyates.com, cell phone **972.333.3747**, or Marylyn Patrick at **972.618.0240**.

Thursdays at 5:10 am

Meet @ [Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

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

Thursdays at 5:45 am

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

Fridays at 6:00 am

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

The group runs 5 to 7 miles, for more information contact

Sue Yates at sue@sueyates.com, cell phone **972.333.3747**.

Saturdays and Sundays at 7:00 am

(excluding race days)

[Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

We run on an attractive trail alongside Spring Creek, up one side of the creek and back the other.

Our typical route is a 6-miler, but some go as little as 4 while others go 20+. There is ample car parking and there are drinking water fountains along the trail. Everyone is most welcome—not just club members—and we can divide into groups to match pace.

After the run we stay for coffee and Bagels.

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

Vendor/Sponsor Corner

PHOTOGRAPHERS WANTED / ARTICLES SUBMISSIONS NEEDED

Photographers are needed for all Pacers events so that we can include photos in the newsletter. Additionally, we welcome any article submissions. If you are interested, or have a friend or family member who would be willing, please contact Jerry Powell at: jpowell34@msn.com

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Coppel

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Coppel, Texas 75019
972-956-5550

McKinney

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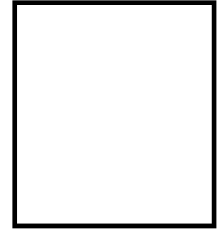
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Male Female DOB ____/____/____

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

New Member

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

FAMILY MEMBERS (FOR FAMILY MEMBERSHIP ONLY)

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

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

I have read the above and agree to it. _____

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

