



# The Pace

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The Newsletter of the Plano Pacers Running Club

## Pacer Spotlight - Joe Landry

By Jerry Powell

*This section of the newsletter is intended to help us get to know one club member a little better. We usually ask questions about their training, favorite races, habits, etc. This time we aren't doing that. This article is about the actions of a club member and the impact that an individual, with some assistance from the Plano Pacers made on the lives of many.*

*Pacer Joe Landry served as a co-president in 2001. This year, he has completed five monthly races. In October, he placed first in the 10K with a time of 37:58. From my brief description, you could assume that Joe is a great runner and who likes being involved to foster positive change and you'd be correct! In my opinion, Joe is a real credit to the club and to the community. On behalf of the Pacers, thanks for your worldwide community service.*

November 2007

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- Race Report
- Race Technology Then & Now
- Election Time!
- Race & Prediction Run Results
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## Pacers Helping Others—My Trip to Mexico

By Joe Landry



In early October, I went with other members of Lake Highlands United Methodist Church on a mission trip to Matamoros, Mexico. Thanks a million to the Plano Pacers for bringing in lots of old running shoes that we brought with us to hand out to the less fortunate. We went down there mainly to work on a new neighborhood school, and we took about 250 pairs of shoes that the Pacers and the church had collected over the year.

The neighborhood where we worked is a squatter's community located just east of a heavily polluted canal. Our charity has built up a clinic there that provides basic medical care to the community, serving thousands of meals a year. It also builds or remodels homes, schools, and other public facilities in the surrounding area. It is run by a local Mexican doctor and a retired Dallas business executive who now volunteers full time.



One morning, four of us got into the doctor's Suburban and made a whistle stop tour of the neighborhood handing out shoes. There is a seeming infinite need there because we only drove two or three blocks in each direction, and we unloaded several boxes of shoes. People gathered in the middle of the street while we feverishly tried to match up feet with shoes. Many of the children were barefoot, and it was heartbreaking when we couldn't find a pair to fit a kid's feet.

After our shoe adventure, we met four of the patients living at the clinic. Two of them had severe diabetes and were facing the prospect of foot or leg amputation. Another patient had advanced Parkinson's disease and possibly some mental problems. The fourth patient had untreated colon cancer, leaving her extremely underweight and weak. It was difficult to talk to them about their situations, particularly with our limited proficiency in Spanish and no translator. However, we were able to make small personal connections with them, and the doctor later thanked us for our efforts. **CONTINUED ON PAGE 3**



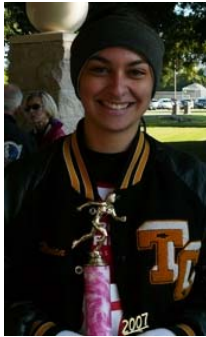
## October Race Report - "Boo Scoot" 5K, 10K and Kid's K By Jerry Powell

The weather was nearly perfect. The Halloween decorations were all in place. The food table and wagon were full of donations brought by members. The 138 runners were ready to begin their morning 5K or 10K race. The race started at 8:03. The timers at the finish line reported a strange feeling in the air. They said it just seemed like records were going to fall.

New age group records were established during the 5K race. Dewey Fambry (M75-79), completed the course in 28:38 establishing a new age group record. Remember Dewey's quote in a recent Plano Pacers Newsletter - "second place is first loser." On the women's side of the race, Linda Kelly (F55-59) set a new age group record by crossing the finish line in 21:38. This was her third age group record this year. I think she will close the year out with four.



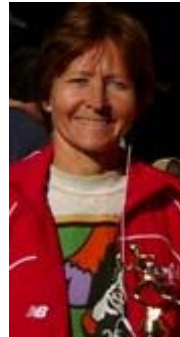
**Tommy Smith**



**Monica Gharis**



**Terry Dill**



**Linda Kelly**



**Kenny Gardner**



**Nancy Cole**



**Joe Landry**



**Julie Wall**



**Michael Held**



**Francis McKissick**



**Bryce Wilson**



**Marilyn Patrick**

The first runner to cross the 5K finish line was Tommy Smith (M40-44), in 17:51. Terry Dill (M40-44) took home the 5K Master's trophy with a time of 19:23. The Senior 5K award went to Kenny Gardner (M55-59), with a time of 20:48. It seems like running is just another thing that improves with age. The first female to cross the 5K finish line was Monica Gharis in 21:35. Did you notice her high school jacket? It had more cross country and track awards than a person that age should be allowed to have. The first female master to cross the line was Linda Kelly (F55-59) in 21:38. The senior award for the 5K was earned by Nancy Cole (F65-69), with a time of 33:13.

The top 10K runners weren't far behind the 5K finishers. First over the 10K finish line in 37:58 was Joe Landry (M40-44). Never letting Joe out of his sight was the Master's 10K winner Michael Held (M40-44) in 38:18. Bryce Wilson (M60-64) won the 10K Senior trophy with a time of 46:01. Julie Wall (F25-29) was the first female 10K finisher with a time of 43:24. Frances McKissick (F45-49) won the Master's award in 44:16. The Senior 10K award in the female category went to Marylyn Patrick (F60-64) for completing the course in 52:06. Read her interview in the November issue of Inside Texas Running magazine and you will understand why she is such a great runner.

The first 5K Clydesdale to cross the line was Ken Groves (M50-54) in 26:13. The first 10K Clydesdale to cross the line was James Royal (M45-49) in 39:36.

While you are sitting at your desk reading our newsletter online, think about how much training these Pacers' must be doing to achieve the times below:

Kenny Gardner	(M55-59)	5K	20:48	Linda Kelly	(F55-59)	5K	21:38
Frances McKissick	(F45-49)	10K	44:16	Bob Smeby	(M50-54)	10K	38:51
Bryce Wilson	(M60-64)	10K	46:01	Tom Beiting	(M60-64)	10K	46:20
Bob Abbott	(M65-69)	10K	46:44				

By now you should have run off those Halloween extra calories. Thanks for making the race such a success.

## From the Days When Life was Easy...

By Bob Wilmot (with Mike Koskan and Ken Ashby)

I began with the Plano Pacers in the early 90's. High tech finish line timing and results were basically done manually using pull tags or finish cards in the road running world. Quality hand timers with printers provided the sequence of finish times. Electronic timing and recording was still fairly new and had a lot of kinks. Initially, electronic timing didn't provide quicker results than manual methods and usually had more problems.

By Mike Koskan's recollection, one of the early methods for gauging Pacer finish order was with numbered popsicle sticks. Times were taken from stop watches. ("Life was easy.") The Club came to rely on the consecutively numbered finish cards for many years dating from the 80's. It proved quite reliable. For a long time, the cards were completed by finishers and transcribed onto pages delineating age groups and gender at the end of races. The corresponding times of the finishers were validated according to the Seiko hand timer print-outs. (This sometimes became humorous when it was windy and/or rainy as the cards were laid by groups on a table.) Nevertheless, it was effective and the Club was heralded around the DFW area as having quality timing and age group results. As an aside, we were also recognized for splitting large, competitive age groups at trophy time to allow for more recognition. Standard age group results were reported to the local newspapers by Ken Ashby for many years. Prior to personal computers, results were paper-based and reported in the Club newsletter. Individuals like Ken Ashby began keeping results and records on computer hard drive in the 90's. Joel Sampson used his personal web site to publish results for the Internet in the mid 90's.

In about 1998, member John Holliman purchased the first Club domain names on his own - planopacers.org and planopacers.com - and began creating a multi-page web site. As President, I authorized John to take over the web responsibilities for the Club. In 1999, Ken Ashby provided John the record keeping template for individuals, records, and monthly results. John established these on the Club web site and the program is the same today. On race day, I or others would take the finish cards and timing tapes to prepare the results of the top finishers that were sent to the news papers the same afternoon. John would get the whole batch of cards and tapes after that and create the total finishing record that would appear on the Club web site within the week after the race. Also, prior to digital camera use, most of the early pictures on the web site were scanned to the computer from paper photos. When John Holliman and his family left town in 2004, member James Kelley graciously provided the Club web master service for about two years.

In 1999, I thought there could be an easier way to handle race day recording. The idea was to simply have finish cards placed in a manner that made ordering the age groups and announcing the results done easily and quickly - not having to transcribe anything at the time. After trying different methods to collect the age group cards in consideration of the wind and/or rain at BW Park, finally we hung age labeled plastic sandwich bags on a strip that was taped down. Runners would place their cards in respective bags as they finished. We could then simply rank and bundle the finishers by placing the cards of each group in order and then reading the best times for trophies. This worked well for quite a while.

The current finish line clock was purchased in 2002. The large two sided finish line clock with the mechanical numbers had been used for close to 15 years. New Seiko hand timers were also purchased in 2002.

Yes, life was easy. Run smart, run healthy...

## Pacer s Helping Others—My Trip to Mexico (Continued) By Joe Landry

That afternoon we headed out to a neighborhood on the edge of town where we had worked on some houses the year before. The first story of one structure had been completed, and a mother was now living there with her autistic twins. They were much more sociable then they were the year before, when neither of them wanted be anywhere near someone they didn't know. The mom was in excellent spirits, enjoying her new one room home, which is much bigger than her old place. We "toured" her new outdoor shower, which is just three walls on a slab with a curtain, a bucket, and no ceiling.

I went next door and had a grand time talking to a silly woman I had met last year. Back then we had worked on a one room cinderblock house for her son who suffers from schizophrenia. I had brought a few of my old running shoes with me, but none of them fit her son. That shortfall inspired me to bring a lot more shoes this year, and he finally got a pair of shoes that fit.

On the other days we worked on the school, hanging sheetrock, taping and bedding, painting, and framing windows. It was a short but wonderful trip, and bringing the shoes made it possible for us to make some personal connections and do some good for the people there. Thanks again for bringing in the shoes. Maybe we'll do it again next year.



## ...To High Tech Times

By RUBeN Saguil

The index card system proved to be reliable for the club over the years. Not much equipment to worry about and it gave some of the responsibility to the runners for their results.

In 2006, when the club moved to Harrington Park, John Ahrens and Manuel Houellemont introduced some brilliant changes to handle the membership and timing. The use of permanent bibs for the members has definitely saved the club on bib costs also made registering quick and easy. This required membership info be put in a database and a laptop computer and Palm Pilots were purchased to make digital timing possible.

This year, we expanded on the systems started by John and Manuel. We have streamlined some of the processes to accommodate the growing membership and make running a Pacer's race as painless as possible.

The current system uses a TIMING computer, recording all the finish times and a BIB computer recording all the bibs in the order of finish. Weather permitting, a 3rd computer combines the data from the other two and displays the results on the big screen monitor. The end-result is a more pleasant racing experience for everyone. But just like in the index-card system, the runners shoulder some of the responsibility for their results.

Some things we ask of participants:

- Register and indicate which race and if running as a Clydes/Athena.
- Make sure your bibs are visible so the finish crew knows if you're in the race.
- Don't stop completely nor pass anyone inside the chute.
- Get to the BIB computer at the end of the chute and be acknowledged. If you're registered, they should know who you are.
- Check your results/info and notify us immediately of any discrepancy. A single mistake will usually affect other runners as well.

We will continue to improve this system. There are a lot of areas that we can use technology to enhance our club. We could also use more technical people who can contribute and be a part of this continued progress. We also need people skilled at designing and maintaining websites. Our current site (designed by John Holliman) was way ahead of its time 10 years ago and still one of the best around. Someone with the right skills can help freshen the site's content and make it easier to maintain. Imagine 10 years from now, the Pacers can look back and appreciate your contributions to the club.

## It's Election Time

By Jerry Powell

We don't have a two party system or ten candidates running for top spot and promising to solve the country's problems. Who are we? The Plano Pacers in search of a new President and Prediction Run Director.

I am soliciting candidates who would like to run for the position of Plano Pacer's President. If qualified candidates are identified early, the election will be held earlier than usual at the November race. The extra month will allow the new president to gain experience by working with the existing team to conduct the 12/29 race. We want our candidates to be ready to serve in '08. The new president officially assumes office on January 1.

The Plano Pacers President's position is similar to that of a corporate CEO. The president has complete ownership for running the club and conducting races in accordance with the published schedules. Unlike the corporate CEO, the PP president will not receive a large quantity of stock options, access to the corporate jet, an outrageous salary or poor job performance ratings. The president will enjoy a high level of job satisfaction and make lifelong friends. In addition to race day activities, the position requires about 5 hours of effort per week.

The position of Prediction Run Director is new. We are looking for someone to own the Prediction Runs from start to finish. That includes course set up, timing, awards, recordings and even leading the way to Cici's for pizza after the runs. Prediction Runs occur on the second Tuesday of every month at 7:00 p.m. This new position will help reduce some of the responsibilities currently owned by the president. Race evening activities run from 6:00 – 8:00 p.m. If after race pizza is included in the agenda, the time is extended until 9:00 p.m. Minimum effort is required outside the immediate race.

Stepping forward to be considered for one of these positions is the right thing to do. Although you will have almost complete responsibility for the club, you have a strong group of volunteers including former club presidents willing to offer assistance and support. Other positions such as the vice president, treasurer, membership will be elected at the Dec. race.

Interested in either position? Please call Jerry Powell at 972-658-1267 to discuss the full range of responsibilities.

MEN			WOMEN		
<b>1</b>	Tommy Smith	17:51	<b>1</b>	Monica Gharis	21:35
<b>2</b>	Colby Mehmen	18:49	<b>2</b>	Linda Kelly	21:38
<b>3</b>	Terry Dill	19:23	<b>3</b>	Jennifer Johnson	21:53
<b>4</b>	Dan Cowles	19:44	<b>4</b>	Maria Moore	22:59
<b>5</b>	Kenny Gardner	20:48	<b>5</b>	Judy Schirato	24:28
<b>6</b>	Gary Wilson	20:55	<b>6</b>	Melanie Loski	24:44
<b>7</b>	David Kelly	21:12	<b>7</b>	Kylie Prather	26:57
<b>8</b>	John Nance	21:36	<b>8</b>	Amy Falco	26:58
<b>9</b>	Peter Lin	21:44	<b>9</b>	Tami Ishii	27:21
<b>10</b>	Ray Boydston	22:05	<b>10</b>	Misty Logan	28:03
<b>Overall:</b>	Tommy Smith	17:51	<b>Overall:</b>	Monica Gharis	21:35
<b>Master:</b>	Terry Dill	19:23	<b>Master:</b>	Linda Kelly	21:38
<b>Senior:</b>	Kenny Gardner	20:48	<b>Senior:</b>	Nancy Cole	33:13
<b>4- 6:</b>	Peyton Anderson	42:37	<b>4- 6:</b>		
<b>7- 9:</b>	Hideo Ishii	27:25	<b>7- 9:</b>	Sarah Heady	29:42
<b>13-15:</b>	Colby Mehmen	18:49	<b>13-15:</b>	Allison Cardiel	54:50
	Peter Lin	21:44			
	Hiroshi Ishii	22:54			
<b>16-19:</b>			<b>16-19:</b>	Misty Logan	28:03
<b>20-24:</b>			<b>20-24:</b>	Jennifer Johnson	21:53
				Melanie Loski	24:44
				Kylie Prather	26:57
<b>25-29:</b>	Michel Galiotto	23:42	<b>25-29:</b>		
	Dallas Wilson	32:24			
<b>30-34:</b>	David Kelly	21:12	<b>30-34:</b>	Kelley Smith	30:24
	Paul Stus	23:14		Jennifer Becherer	34:55
	Rembrandt Tadeja	25:46		Barbara Anderson	42:37
<b>35-39:</b>	Ray Boydston	22:05	<b>35-39:</b>	Tami Ishii	27:21
	Todd Warner	30:58			
	Martin Meier	31:08			
<b>40-44:</b>	Jeff Hashe	22:32	<b>40-44:</b>	Belinda Dugas	31:05
	Jose Adajar	33:58		Mary Healy	31:29
<b>45-49:</b>	Dan Cowles	19:44	<b>45-49:</b>	Maria Moore	22:59
	Brian Millet	22:24		Judy Schirato	24:28
	Chris Becherer	34:56		Debbie Brewer	29:34
<b>50-54:</b>	Gary Wilson	20:55	<b>50-54:</b>	Debbie Kempston	40:34
	Mike Picard	23:15			
	Tom Hall	23:43			
<b>55-59:</b>	John Nance	21:36	<b>55-59:</b>	Karen Tyndall	38:09
	Steve Kent	25:08		Mary Lewellyn	38:23
	Roger Meier	28:46			
<b>60-64:</b>	George Kempston	24:27	<b>60-64:</b>	Barbara Bowen	34:00
	Mike Koskan	24:53			
	Freddie Smith	27:40			
<b>65-69:</b>	James Matthews	24:31	<b>65-ov:</b>	Ruth Olinger	35:53
<b>70-74:</b>	Roy Peyton	29:48			
<b>75-ov:</b>	Dewey Fambry	28:38			
<b>Clydes:</b>	Ken Groves	26:13	<b>Clydes:</b>	Wendy Teutsch	29:53
	Bobby Clark	34:51		Norie Alvarez	41:42
	Mark Levine	36:01			

# Race Results

## 10K "BOO SCOOT" OVERALL RESULTS @ Harrington Park, Plano, TX 10/27/07

MEN			WOMEN		
<b>1</b>	Joe Landry	0:37:58	<b>1</b>	Julie Wall	0:43:24
<b>2</b>	Michael Held	0:38:18	<b>2</b>	Frances McKissick	0:44:16
<b>3</b>	Bob Smeby	0:38:51	<b>3</b>	Ashley Mims	0:49:24
<b>4</b>	Blake Kennedy	0:39:21	<b>4</b>	Ella Montgomery	0:49:43
<b>5</b>	James Royal	0:39:36	<b>5</b>	Leah Muriel	0:50:03
<b>6</b>	Tyler Johnson	0:41:02	<b>6</b>	Karen Tam	0:50:03
<b>7</b>	Jeff Fox	0:41:38	<b>7</b>	Marylyn Patrick	0:52:06
<b>8</b>	James Drumm	0:41:41	<b>8</b>	Anne Kang	0:52:10
<b>9</b>	Steve Stamos	0:42:28	<b>9</b>	Stephanie Hirsch	0:53:22
<b>10</b>	Martin Leister	0:43:09	<b>10</b>	Cynthia Thomas	0:53:58
<b>Overall:</b>	Joe Landry	0:37:58	<b>Overall:</b>	Julie Wall	0:43:24
<b>Master:</b>	Michael Held	0:38:18	<b>Master:</b>	Frances McKissick	0:44:16
<b>Senior:</b>	Bryce Wilson	0:46:01	<b>Senior:</b>	Marylyn Patrick	0:52:06
			<b>13-15:</b>	Ashley Mims	0:49:24
<b>20-24:</b>	Blake Kennedy	0:39:21	<b>20-24:</b>	Stephanie Hirsch	0:53:22
<b>25-29:</b>	Tyler Johnson	0:41:02	<b>25-29:</b>	Leah Muriel	0:50:03
	Marcos Chavez	0:49:38		Karen Tam	0:50:03
	Thomas Teran	0:57:25		Jessica Guillory	1:07:07
<b>30-34:</b>			<b>30-34:</b>	Anne Kang	0:52:10
				Maggie Eaton	1:07:40
<b>35-39:</b>			<b>35-39:</b>	Lisa Fox	1:04:22
				April Mims	1:12:59
<b>40-44:</b>	Jeff Fox	0:41:38	<b>40-44:</b>	Donna Hashe	0:59:45
	Steve Stamos	0:42:28			
	John Mehmen	0:48:28			
<b>45-49:</b>	James Drumm	0:41:41	<b>45-49:</b>	Ella Montgomery	0:49:43
	Martin Leister	0:43:09		Laura Miller	0:59:13
	Gary Cox	0:44:21			
<b>50-54:</b>	Bob Smeby	0:38:51	<b>50-54:</b>	Sharon Hirsch	0:59:21
	Don Wallace	0:44:08		Nancy Johnson	1:01:24
	Sigi Diaz	0:46:48			
<b>55-59:</b>	Bruce Johnston	0:46:36	<b>55-59:</b>	Cynthia Thomas	0:53:58
	Scott McKissick	0:47:19		Carol Creech	1:10:32
	Ken Ashby	0:48:17			
<b>60-64:</b>	Thomas Beitinger	0:46:20	<b>60-64:</b>		
	Alan Davis	0:50:24			
	Hector Teran	0:51:45			
<b>65-ov:</b>	Bob Abbott	0:46:44	<b>65-ov:</b>		
	Victor Hegemann	0:58:31			
<b>Clydes:</b>	James Royal	0:39:36	<b>Clydes:</b>		
	James Dunn	0:47:08			

## Race Results

## 5K "BOO SCOOT" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 10/27/07

PL	Name	Hometown	M/F	Age	Time
1	Tommy Smith	Garland	M	42	17:51
2	Colby Mehmen	Princeton	M	13	18:49
3	Terry Dill		M	44	19:23
4	Dan Cowles		M	45	19:44
5	Kenny Gardner	Plano	M	55	20:48
6	Gary Wilson	Plano	M	52	20:55
7	David Kelly		M	31	21:12
8	Monica Gharis		F	16	21:35
9	John Nance	Rowlett	M	59	21:36
10	Linda Kelly	Dallas	F	56	21:38
11	Peter Lin		M	13	21:44
12	Jennifer Johnson	Fairview	F	21	21:53
13	Ray Boydston	Princeton	M	38	22:05
14	Brian Millet	Mckinney	M	46	22:24
15	Jeff Hashe	Plano	M	41	22:32
16	Hiroshi Ishii	Plano	M	13	22:54
17	Maria Moore	Plano	F	47	22:59
18	Paul Stus		M	30	23:14
19	Mike Picard	Plano	M	54	23:15
20	Michel Galiotto		M	29	23:42
21	Tom Hall	Nevada	M	51	23:43
22	George Kempston	Richardson	M	63	24:27
23	Judy Schirato	Dallas	F	45	24:28
24	James Matthews	Richardson	M	67	24:31
25	Melanie Loski	Plano	F	21	24:44
26	Mike Koskan	Plano	M	62	24:53
27	Steve Kent		M	59	25:08
28	Rembrandt Tadeja	Plano	M	34	25:46
29	Ken Groves		M	51	26:13
30	Kylie Prather	Plano	F	23	26:57
31	Amy Falco	Plano	F	23	26:58
32	Tami Ishii	Plano	F	36	27:21
33	Hideo Ishii	Plano	M	9	27:25
34	Freddie Smith	Garland	M	63	27:40
35	Misty Logan		F	17	28:03
36	Jerry Teffeteller	Plano	M	64	28:08
37	Michael Nicholas		M	61	28:14
38	Richard J. Smith	Dallas	M	60	28:33
39	Dewey Fambry	The Colony	M	75	28:38
40	Roger Meier		M	57	28:46
41	Mike Langille		M	55	29:19
42	Debbie Brewer	Plano	F	48	29:34
43	Sarah Heady	Richardson	F	9	29:42
44	Roy Peyton	Plano	M	71	29:48
45	Wendy Teutsch*		F	31	29:53
46	Kelley Smith	Allen	F	31	30:24
47	Lynda Fleming	Richardson	F	47	30:52
48	Todd Warner	Plano	M	35	30:58
49	Belinda Dugas	McKinney	F	40	31:05
50	Martin Meier	Richardson	M	37	31:08
51	Mary Healy	Plano	F	42	31:29
52	Dallas Wilson		M	27	32:24
53	Nancy Cole	Dallas	F	65	33:13
54	Noam Teutsch		M	31	33:37
55	Jose Adajar	Plano	M	44	33:58
56	Barbara Bowen	Dallas	F	63	34:00
57	Rick Dawson		M	35	34:40
58	Bobby Clark*	Allen	M	51	34:51
59	Jennifer Becherer		F	32	34:55

PL	Name	Hometown	M/F	Age	Time
60	Chris Becherer		M	47	34:56
61	Ruth Olinger	The Colony	F	65	35:53
62	Mark Levine*	Dallas	M	43	36:01
63	Karen Tyndall	Plano	F	55	38:09
64	Mary Lewellyn	McKinney	F	56	38:23
65	Tim Johnson	Fairview	M	50	38:41
66	Debbie Kempston	Richardson	F	54	40:34
67	Norie Alvarez*	Keller	F	48	41:42
68	Peyton Anderson	Plano	M	5	42:37
69	Barbara Anderson	Plano	F	32	42:37
70	Bronda Starling		F	49	43:22
71	Wickey Creech	Plano	M	60	53:15
72	Andy McLaughlin	Carrollton	M	48	53:17
73	Philip Rutledge	Plano	M	39	54:47
74	Allison Cardiel	Plano	F	15	54:50



### Race Day Volunteers

**Race Director:** Jerry Powell

**Registration:** Stephen Maffei, Michele Martin, Jennifer Rutledge, Debbie Brewer, Angelo Prieto

**Membership:** Claire Goulthorpe, Marylyn Patrick, Bob Smeby

**Course Setup:** Ken Ashby, Mike Picard

**Finish Line:** James Gabhart, Thomas Vaughn, Claire Goulthorpe, Michele Martin, Beth Kohler, Stephen Maffei, Ruben Saguil

**Awards:** Jerry Powell, Jennifer Rutledge, Michele Martin, Sarah Heady, Allison Cardiel

**Food:** Maria Moore

**Water Station:** Tom Fleming

**Kids' K:** Mike Koskan, James Gabhart, James Matthews, Carol Lindenblatt, Richard Smith, Andy McLaughlin

**Results:** Ruben Saguil

**Photography:** Jennifer Rutledge, June Orth, James Dunn

**Food Drive:** Christi Heady

**Decorations/Additional Valuable Race Assistance:** Girl Scout Troop 3695

## Race Results (Continued)

### "BOO SCOOT" JR. SPRINT (0.6213 mi) TOP FINISHERS

#### BOYS 0-8

1 Peyton Anderson 06:20

#### GIRLS 0-8

1 Kirsten Montgomery 05:02  
2 Katie Heady 06:09  
3 Ellie Erickstad 06:20

#### BOYS 9-12

1 Hideo Ishii 04:29  
2 Marshall Erickstad 04:57  
3 Malcom Lind 05:14

#### GIRLS 9-12

1 Sarah Heady 04:28  
2 Claire Tannery 04:44  
3 Rachel Crow 04:48

### JUNIOR SPRINT INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Sarah Heady	9	f	4:28
2	Hideo Ishii	9	m	4:29
3	Claire Tannery	9	f	4:44
4	Rachel Crow	9	f	4:48
5	Marshall Erickstad	9	m	4:57
6	Kirsten Montgomery	8	f	5:02

7	Malcom Lind	9	m	5:14
8	Sheela Sharma	9	f	5:20
9	Katie Heady	4	f	6:09
10	Peyton Anderson	5	m	6:20
11	Ellie Erickstad	7	f	6:21
12	Caroline Erickstad	5	f	6:26
13	Amy Flower	6	f	6:29
14	Amanda Heady	5	f	7:24
15	Averie Langille	10	f	8:46

### OCTOBER'S NEW RECORDS:

Dist	AgeGrp	New Record	Sex	Age	New Record	Previous Holder
5K	F55-59	Linda Kelly	F	56	21:38 00:23	Marylyn Patrick 22:01 May-1999
5K	M75-79	Dewey Fambry	M	75	28:38 00:03	Hunter Hammett 28:41 May-2005

### "The Starting Line" Club Notes By Jerry Powell

**PACER'S TIME TO HELP EVENTS CONTINUE:** Following October's successful food drive, the Pacers continue their charitable event series with two forthcoming events to coincide with our monthly races. The events are being coordinated with Girl Scout Troop 3695 and a local charitable organization – The Plano Santas. Plano Santas is a city-wide effort to serve disadvantaged families cleared by the Assistance Center of Collin County.

At the November race, we are requesting that you bring a small toy as a donation. Again, if shopping is not your strong suit, then a donation would be used by the Plano Pacers to purchase additional toys. At the end of the race, the toys will be boxed up by the girl scouts and carried to the Plano Santas warehouse. During the early days of December, we will receive the names of ten needy senior couples. Along with their names, we will be provided with their wish list. Plano Pacer volunteers are needed to purchase the items for each family. Members will be reimbursed from the club treasury for their purchases. Guidelines will be released later. Any donations received during this period would be used to augment the Plano Pacer's club contribution. Gifts for the needy senior couples will be delivered to the families by the Plano Santas.

**ENLIGHTENING NEWS:** Good news from City of Plano Parks Department. Lighting was put in at the 15th Street bridge that goes by La Madeleine. The Parks Department has repaired the old lighting on the outside of the bridge and added new lighting on the inside. It is actually quite bright now and will make using the tunnel the most practical and safe method for crossing 15th Street.

**WE NEED TECHNOLOGY HELPERS:** Technology is my friend, but we don't quite speak the same language. That's O.K.— the club is full of interpreters. This is a request for assistance. The technological evolution of the club this year has been amazing, from the streamlined check-in process to the speed in which results are captured. However, we are at a cross road. We have the technology, but we don't have enough people that feel comfortable using it. We need your help. If you are familiar with MySQL db or PHP or FrontPage or like to work with web page design, contact myself or Ruben Saguil at our next race. We must have redundancy for our systems and for our people. Don't be shy about showing off your technical skills. Thanks for stepping forward to help your club.



## Prediction Run Results

### Schimelpfenig Library – 11/13/2007

PL	Name	Predicted	Actual	Diff(secs)
1	Ken Ashby*	23:45	23:46	1
2	James Matthews*	27:20	27:19	1
3	Sarah Heady*	27:41	27:43	2
4	Calvin Ly*/**	25:00	25:05	5
5	Mark Roman	20:58	20:52	6
6	Mark Salamasick	34:30	34:37	7
7	Karen Tyndall	37:00	36:50	10
8	Bob Wilmot	24:20	24:30	10
9	Matthew Novotny	19:45	19:57	12
10	James Dunn	23:42	23:54	12
11	Ruben Saguil**	23:40	23:27	13
12	Alex Wallace	16:45	16:32	13
13	Eric Swanson	22:35	22:21	14
14	Juan Sanchez	16:59	17:13	14
15	Colby Mehmen	19:40	19:56	16
16	Mike Koskan	27:42	27:59	17
17	Mary Marks	31:30	31:48	18
18	Terry Dill	19:30	19:53	23
19	George Kampas	26:59	26:35	24
20	Hector Delgado	19:30	19:06	24
21	Vernon Hodge	26:00	26:28	28
22	Peter Goodspeed	31:00	31:44	44
23	John Mehmen	25:00	25:44	44
24	Dallas Wilson	24:00	24:45	45
25	Jason Bogardus	21:30	20:42	48
26	An Nguyen	23:30	24:23	53
27	Ryan Smith	17:00	17:59	59

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

#### Timers/Finish Line Cards/Results:

Thomas Faulkner/James Gabhart/Christi Heady  
Jerry Powell/Ruben Saguil

#### Course Setup:

Ken Ashby

#### Conditions:

78 deg F and Clear/Dark

Course Start: Gazebo

Course Finish: Library Parking Lot

#### Footnotes:

\* - Five seconds Club

\*\* - Did not start with main group

PL	Name	Predicted	Actual	Diff(secs)
28	Henry Tam	31:24	32:25	61
29	Hannah Dill	27:00	25:57	63
30	Cathy Bohrer	33:40	32:27	73
31	Melanie Loski	25:00	26:17	77
32	Himanshu Bhatt	29:30	31:02	92
33	Day-ruey Liu	26:00	24:19	101
34	Dzuy Nguyen	29:00	31:19	139
35	Jody Faulkner	29:30	31:56	146
36	Dennis Chupp	33:01	35:42	161
37	Tiffany Kidwell	31:00	34:48	228
38	Mary Lewellyn	45:00	41:01	239

### Prediction Awards YTD Standings (Through 11/07)

Pl	Name	Tot. Pts.	B8DA* (secs)	Rank
1	James Matthews	17	12.39	1
2	Ken Ashby	16	14.15	4
3	Jason Bogardus	15	34.11	7
4	Ruben Saguil	14	41.96	9
5	George Kampas	13	53.02	11
6	Thomas Faulkner	13	13.84	3
7	James Dunn	13	12.88	2
8	Mike Koskan	12	26.79	6
9	Sarah Heady	12	140.68	14
10	Day-ruey Liu	11	44.41	10
11	Vernon Hodge	11		
12	Jerry Powell	11		
13	Hector Delgado	10		
14	Don Wallace	9	22.12	5

\*Best 8 Race Difference (averaged)



## Race Results

## 10K "BOO SCOOT" INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 10/27/07

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Joe Landry	Dallas	M	41	37:58	33	Alan Davis	Hickory Creek	M	62	50:24
2	Michael Held	Dallas	M	42	38:18	34	Jim Hallmark	Plano	M	55	50:31
3	Bob Smeby	Plano	M	51	38:51	35	Mark Alt	Garland	M	48	51:35
4	Blake Kennedy	Longview	M	24	39:21	36	Hector Teran	Dallas	M	60	51:45
5	James Royal*	Plano	M	45	39:36	37	Marylyn Patrick	Plano	F	63	52:06
6	Tyler Johnson	Fairview	M	25	41:02	38	Anne Kang	Plano	F	30	52:10
7	Jeff Fox	Garland	M	44	41:38	39	Vernon Hodge	Plano	M	54	52:47
8	James Drumm	Garland	M	49	41:41	40	Stephanie Hirsch		F	24	53:22
9	Steve Stamos	Plano	M	42	42:28	41	Cynthia Thomas	Denton	F	55	53:58
10	Martin Leister	Plano	M	47	43:09	42	Larry Fine	Plano	M	47	54:08
11	Julie Wall	Mckinney	F	25	43:24	43	Jim Cavanaugh	Plano	M	47	54:39
12	Don Wallace	Plano	M	54	44:08	44	Harry Flower	Dallas	M	44	56:24
13	Frances McKissick	Irving	F	45	44:16	45	Angelo Prieto	Plano	M	56	56:55
14	Gary Cox		M	49	44:21	46	Henry Tam	Plano	M	53	57:25
15	Bryce Wilson	Allen	M	61	46:01	47	Thomas Teran	Dallas	M	25	57:25
16	Thomas Beitinger	Denton	M	62	46:20	48	Ken Miller		M	49	58:06
17	Bruce Johnston		M	55	46:36	49	Victor Hegemann	Richardson	M	67	58:31
18	Bob Abbott	Plano	M	67	46:44	50	Joseph Gremillion	Plano	M	42	58:43
19	Sigi Diaz	Plano	M	53	46:48	51	Laura Miller		F	45	59:13
20	James Dunn*	Plano	M	50	47:08	52	Sharon Hirsch	Plano	F	52	59:21
21	Scott McKissick	Irving	M	59	47:19	53	Dennis Chupp	Mckinney	M	50	59:28
22	Day-Ruey Liu	Plano	M	49	48:04	54	Donna Hashe	Plano	F	40	59:45
23	Ken Ashby	Dallas	M	55	48:17	55	Nancy Johnson	Fairview	F	51	01:24
24	John Mehmen	Princeton	M	42	48:28	56	Bruce Jenniges	Plano	M	50	04:05
25	Tad Wall	Mckinney	M	51	48:38	57	Timothy Eaton		M	51	04:22
26	Greg Louallen	Plano	M	48	49:04	58	Lisa Fox	Garland	F	39	04:22
27	Ashley Mims	The Colony	F	14	49:24	59	Jessica Guillory		F	27	07:07
28	Robert Wade	Plano	M	44	49:28	60	Vanessa Chavez		F	25	07:07
29	Marcos Chavez		M	26	49:38	61	Maggie Eaton		F	34	07:40
30	Ella Montgomery	Plano	F	45	49:43	62	Carol Creech	Plano	F	56	10:32
31	Leah Muriel	Plano	F	28	50:03	63	April Mims	The Colony	F	35	12:59
32	Karen Tam	Plano	F	25	50:03	64	Ish Haley		M	60	29:51

## Plano Pacer Age Group Records Established in 2007 YTD By Jerry Powell

Achieving a personal running goal is a significant achievement. Establishing an age group record is a life long challenge for most of us. Establishing multiple distance age group records, sets you apart. Congratulations to all these real champions. We want to recognize you for your achievement at our November race.

Name	Age	Mile	3K	5K	8K	5M	10K	15K
Bob Abbott	65-69	6:00			35:04		44:20	
Linda Kelly	55-59		12:57	21:38		36:20		
Mary Ann Miller	70-74				1:02:09		1:16:52	
Sheila Natho	40-44		11:39				41:02	
Sarah Heady	07-09	7:43				53:42		
Juan Sanchez	13-15	4:46						
Clint Bell	25-29	4:23						
Joanne Barnes	70-74	9:51						
Jan Richards	75-79	11:50						
Susan Sams	60-64		14:16					
Dewey Fambry	75-79			28:38				
Frances McKissick	45-49				31:57			
Bob Smeby	50-54					30:16		
Murray Forsvall	75-79					1:13:10		
Craig Lutz	13-15						34:14	
Emily Field	25-29						34:06	
Bill Shaw	60-64							1:03:37

## Awards Update—Annual Participation Awards (APA)

By RUBeN Saguil

Ten members have participated in all our ten monthly races held by the Pacers so far this year. The familiar faces below are the top ten among those who have met the volunteer requirement. Remember that you have to volunteer at least once to qualify for this award. To volunteer for an upcoming Plano Pacer event, please email us at: [volunteer@planopacers.org](mailto:volunteer@planopacers.org).



Name	Total	Volunteer?	Jan 07	Feb 07	Mar 07	Apr 07	May 07	Jun 07	Jul 07	Aug 07	Sep 07	Oct 07
John Nance	292	Yes	29	29	30	28	29	29	30	30	29	29
Ruth Olinger	277	Yes	29	29	28	29	25	27	25	27	29	29
Mike Koskan	272	Yes	27	28	28	29	28	27	25	25	27	28
James Gabhart	265	Yes	28	27	25	28	25	27	28	27	25	25
Bob Smeby	263	Yes		29	30	29	29	29	29	29	30	29
Freddie Smith	258	Yes	25	27	25	27	27	25	25	25	25	27
Michele Martin	258	Yes	25	27	29	27	25	25	25	25	25	25
Jerry Powell	257	Yes	25	25	25	25	25	28	25	29	25	25
Maria Moore	255	Yes		30	25	30	29	29	25	29	29	29
Richard J. Smith	255	Yes	28	25	25	27	25	25	25	25	25	25
Day-Ruey Liu	254	.	25	25	25	29	25	25	25	25	25	25
Ruben Saguil	250	Yes	25	25	25	25	25	25	25	25	25	25
Belinda Dugas	248	Yes	28	27		29	25	29	27	29	25	29
Norie Alvarez	248	.	28		28	25	28	29	28	25	29	28
Mike Picard	239	Yes	28	27	28	28		25	25	25	25	28
Cynthia Thomas	236	Yes	29	30	30			30	29	29	30	29
Bobby Clark	234	.	25	25	25	28	25		25	25	27	29
James Royal	232	Yes	29	29	29	29	29	29			29	29
Thomas Beitinger	231	Yes	28	29	29			29	29	29	29	29
Mark Levine	231	.	28	25	25		25	25	25	25	25	28
Tom Hall	231	.	27	25	25	27	25	25	25		25	27
Vernon Hodge	230	Yes	27	25	25	28	25	25	25	25		25
Claire Goulthorpe	225	Yes	25		25	25	25	25	25	25	25	25
Daysi Houellemont	225	Yes	25	25	25	25		25	25	25	25	25
Debbie Brewer	222	Yes	29	29			27	29	28	25	28	27
Tommy Farrar	220	Yes	28	28	29	28	25	28		25	29	
Beth Kohler	219	Yes	27	28	29	28	27	27	28			25
Bobby Hoskins	217	Yes	28	28	28	27	27	27	27	25		
Don Wallace	217	Yes	29	25	25	29	28	28	25			28
June Orth	217	Yes	29		28	27	25	27		28	28	25

Please note: A more complete listing is available on the website.

# Awards Update — Most Improved Pacers (MIP)

By RUbEN Saguil

With only two months left, 35 members have already qualified and another 17 have a great chance to make it.



Name	YE '06	Jan	Feb	Mar	Apr	May	JunM	Jun	Jul	Aug	Sep	Oct	YTD Avg	Best 4	Impr.
Samantha Gant	66.13			78.25		76.53	79.49	76.05	69.65	71.59	72.26		74.83	77.58	11.45
Tim Epting	55.32	60.82		61.56		62.58	71.54						64.12	64.12	8.81
Alex Wallace	87.19	92.29		92.74		89.74	97.94	83.10	95.20				91.84	94.54	7.36
Donna Hashe	53.53					57.88			58.89		60.36	62.27	59.85	59.85	6.32
Colby Mehmen	80.01					85.05				83.12	87.10	89.53	86.20	86.20	6.19
Jim Oppedal	59.48	65.69	65.59	64.83	65.49	59.85							64.29	65.40	5.92
Andy Beach	64.33		56.41	61.65	55.83	70.13	71.95	62.51		70.98			64.21	68.89	4.56
James Matthews	75.13	77.20	78.71			79.61	80.88		78.08		77.13	78.82	78.63	79.51	4.38
Ashley Mims	63.89	63.64	63.51			65.24			54.60			79.34	65.27	67.94	4.05
Steven Kirchner	74.71				80.37	79.79	69.50	75.44	79.39				76.90	78.75	4.03
Bob Abbott	87.29	90.52	82.25		90.15	90.40	93.13	76.67				86.81	87.13	91.05	3.76
James Royal	81.24	81.32	81.50	80.14	81.23	83.07	88.37	69.58			82.16	85.21	81.40	84.70	3.47
Mark Salamasick	49.55	48.90	50.93	54.49		55.58							52.47	52.47	2.92
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
Susan Sams	80.97	82.57	80.32	82.29	83.54	84.38			80.10				82.20	83.19	2.23
John Mehmen	65.56			64.90		64.42				70.73	66.03	68.44	66.91	67.53	1.97
Joe Landry	83.68		86.09	86.67					79.99	82.85		86.91	84.50	85.63	1.94
Tommy Smith	86.47	88.22	87.98		88.74			85.11	87.40	87.91		88.52	87.70	88.36	1.89
James Dunn	70.23	69.61			70.33	69.34			70.17	72.83	70.93	73.96	71.03	72.01	1.78
Francesc McKissick	88.90			91.00	94.28	90.81						86.40	90.62	90.62	1.72
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
Day-Ruey Liu	68.52	67.87	63.48	67.96	67.06	58.18	70.89	64.46	68.14	68.19	69.52	72.03	67.07	70.16	1.63
Matthew Sunna	62.25	63.01	47.05	60.45	57.49	62.56	66.79	54.77	62.98	62.32			59.71	63.84	1.58
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	60.35	63.00	1.44
Martin Leister	78.26		79.54	80.26		78.46	79.73	73.92		77.54		79.18	78.37	79.68	1.41
Barbara Bowen	59.91	58.78						59.70	61.09	62.25	59.84	61.77	60.57	61.24	1.33
Mitchell Erickstad	57.49	55.84	61.75	58.55	58.18	56.02			53.69	56.72			57.25	58.80	1.31
Bryce Wilson	80.96	80.35			79.57	82.53					82.61	82.92	81.60	82.10	1.14
Thomas Beitinger	81.03	80.76	81.10	80.29			71.36	79.38	80.72	78.99	83.61	83.15	79.93	82.16	1.13
Ed Humphrey	46.77	47.97			44.25	46.63	48.55	41.66	46.59		47.44		46.16	47.65	0.87
Ellie Erickstad	67.85	71.19	65.07	66.67	68.55	68.17			63.21			63.87	66.68	68.65	0.80
Fred Ellefson	75.05		73.19			77.43	79.50	71.90					75.51	75.51	0.46
Ruth Olinger	60.86	56.48	58.14	60.04	61.85	55.21		59.10	60.99	59.10	61.71	59.74	59.24	61.15	0.29
Thomas Vaughn	65.38	70.04				61.30	65.86	57.92		65.22			64.07	65.61	0.22
Mike Fields	82.38	85.95	82.54	79.60	82.02								82.53	82.53	0.14

\*YE '06 Score is calculated by averaging the top 2/3rds of each runner's scores at Plano Pacers monthly races from November 2000 to December 2006. Qualifiers must have run at least six races during that period. Your "Top 4" scores in 2007 will be averaged and compared against your "YE '06 Score". Note: Scores for Kids' K races are adjusted for the shorter distance and may not match the online history.



## Upcoming Race Schedule

### 2007-2008 Schedule of Races at Harrington Park

Date	Name	Event
November 24	Turkey Run Off	5K, 15K
December 29	Holiday Hustle	3K, 8K
January 26	Fresh Start	5K, 10K
February 23	Bead Bash	5K, 15K
March 29	Spring March	5K, 10K
April 26	Spring Scamper	3K, 8K
May 31	May Day Run	5K
June 28	Millet Mile	Millet Mile, 5K
July 26	Ice Cream & Peaches Run	5K
August 30	Dog Days Relay	3x3K relay
September 27	Five-Mile Fling	5 Mile Run
October 25	Boo Scoot	5K, 10K

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

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](mailto: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](mailto: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](mailto: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](mailto:jpowell34@msn.com)

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972-509-5522



Running Fitness

3607 Oak Lawn Ave.  
Dallas TX 75219  
214-528-1290

1540S University Drive  
Fort Worth TX 76107  
817-877-1448

5717 Legacy Road  
Plano, TX 75024  
972-398-8660

5505 Colleyville Blvd.  
Colleyville, TX. 76034  
817-849-1952

Be sure to thank the folks at Luke's for their support when you shop at either of Luke's locations.  
Customer Service 800-437-0733

[www.lukeslocker.com](http://www.lukeslocker.com)

*Remember to ask for your 10% Discount For Plano Pacers Members*



Plano Pacers Running Club  
PO Box 867136  
Plano, TX 75086-7136

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_

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)

