



# The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

## Faces at the Finish Line: Vernon Hodge

By Don Wallace

October 2007



Vernon Hodge

**Name:** Vernon Earl Hodge

**Age:** 54

**Pacer member since:** 5/1/2004

**Resides in:** By the Chisholm Trail in Plano, Texas

**Family:** We are third to fifth generation Dallasites. My parents were teachers. I have lived in Baltimore, El Paso, Shreveport, Brownsville, and returned to Plano. My sister still competes in tennis; my older brother, Chuck, swims but used to run 5K's along with his wife Lisa. Various family members have played professional sports, but I do not have that level of athletic gifts.

**Background:** I am a Highland Park High and UTA Graduate...a mixed educational background.

**Running since:** I started in McAllen, Texas in 2002. I was bored; there was a fitness room. In High School, I gave up track and concentrated on Baseball since a 4:45 mile would not get me a scholarship.

**Why did you start running?** I started running once I hit 50 to improve my golf game and health. I noticed that I was short of breath climbing stairs. My beginning work out in a fitness center was 15 minutes walking on a treadmill, 15 minutes on a horizontal cycle, and 15 minutes on a elliptical stepper. I thought that running 4.8 miles per hour was fast. Later, I

read "Aerobics" by Dr. Cooper and started running faster on treadmills to get in my "Cooper Points". My brother taunted me into running a real 5K instead of just running on treadmills.

**Why do you keep running?** I run for general health, weight, conditioning, and for the peace and quiet on the trails. It took about three years to have some effect on blood pressure. I have gone from a 159/95/ 85bpm to a resting rate of 118/78 /57bpm. I changed my diet and stopped eating sugars, fats, and excessive red meats to lower my calorie intake. I dropped from a 40 waist to a 33, and now backsliding to a 34 waist.

**What is your favorite running route and time to run?** I prefer running early morning with Karen spotting me on her bicycle. You can catch us from our apartment on the Chisholm Trails at 6 am. We cross Clyde and Kelley's 5 am group from Einstein's on our way out. We also cross Bill Johnson's group at Spring Creek Parkway. We know and meet the usual Trail users. It is comforting to know your environment, support, and help. Plus Saturn looks great right now in the morning sky and Venus looks great in the evening sky.

**Describe your normal training routine and mileage:** My routine is to run a light 12K, approx 6 minute kilometers, on Tuesday and Thursday. This loop is what I can do in an hour, but the distance has been increasing. If there is no Saturday race I will run either the entire Chisholm Trail or expand out to Carpenter Rec for an 18 to 25 K loop. On those days, catch us at Einstein's on 15TH afterwards on the outside porch. In the spring and fall I add speed workouts in the evening for approximately 4 more miles. This adds up to approximately 25 miles a week.

**What was your most memorable race (and why)?** My first race was the inaugural Wildflower Run put on by Bob Wilmot and the Plano Parks Recreation. I had my first running shoes, Nike Pegasus. It rained hard and I covered up with sweats so I would not pull anything. In the first mile I was wet, overheated, and pulled a back muscle. Fortunately I was beginning yoga, so I slowed down, stretched the back, and reset my breathing. I finished over 27 minutes for a disappointing start. Karen was smarter; she stayed in the car and read a book. Though I was soaked and slow I learned about running and found the Plano Pacers Running Group.

CONTINUED ON BOTTOM OF PAGE 7

## September Race Report - "5 Mile Fling" and Kid's K By Jerry Powell

Our September event was a "5 miler" and the morning weather was race perfect. We had 87 enthusiastic runners participate. The number of runners was lower than usual, but we still had a very competitive field. Five new records were established; four were for course records and one was for the speed in which finish line results were displayed at the gazebo!

The Overall race winner was Bob Smeby (M50-54), who completed the course in an age group record setting time of 30:16. Bob surpassed the record established in 2004 by Terry Ziegler of 31:36.

Linda Kelly (F55-59), was the first female to cross the finish line with an age group record setting time of 36:20. The previous record, 36:39 was established by Marylyn Patrick. The closest female competitor to Linda was 50 seconds behind. Linda also beat the majority of the male runners. That had to be a nice way to start a Saturday. Congratulations!



*Bob Smeby*

*Linda Kelly*

*Renee Nobles*

*Rob Higley*

*Cynthia Thomas*

*Bryce Wilson*

Rob Higley won the male Masters division with a time of 31:15. He was being motivated by Michael Held, who finished three seconds later at 31:18. Renee Nobles won the female Masters category in 38:20. It was great to see Renee out racing with the Pacers again. Cynthia Thomas won the female Seniors group in 42:39. Cynthia was also the fifth OA female. Bryce Wilson (M60-64) won the male Senior category with a time of 36:15. Since his entry into the 60-64 age group, Bryce has been unstoppable. Keep up the good running.

In addition to Bob and Linda, two other Pacers established new 5 mile records. Sarah Heady (F07-09) established the five mile record for the age group in a time of 53:42. This young Pacer is both an excellent runner and a frequent volunteer. On the more senior side of the ledger, Murray Forsvall established a record for AG M75-79 with a time of 01:13:10. Murray serves as a role model to all runners.

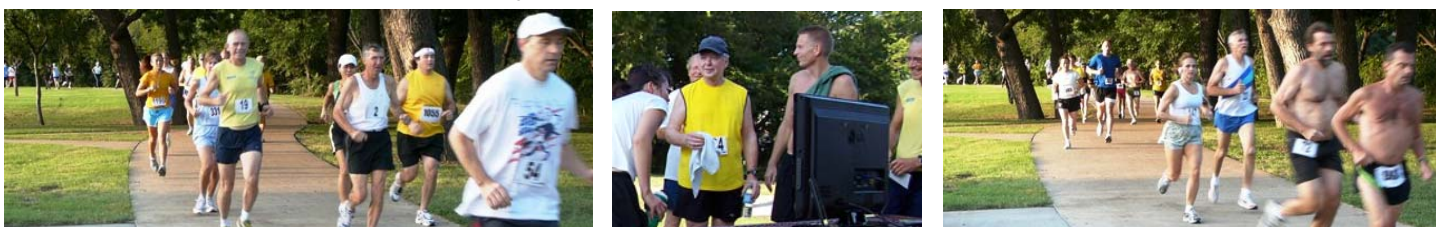
The last record involved the speed and manner in which the finish line results were displayed on screen at the gazebo. The new system that was introduced by Ruben Saguil (with assistance from James Royal and Daysi Houellemont) stole the show. If you want to see results displayed almost as soon as you cross the finish line you have two choices. First pay almost \$100 for entry fee into one of the better marathons or come to a Plano Pacers race! Great job Ruben and team.

The male age group 60-64 results are being scrutinized for possible age group collusion. The first, second and third place winners are all aged 62. I'm sure nothing is going on, but in case you want to help me watch this group in the future, the winners were Tom Beiting (36:30), Bob Wilmot (40:12), and Mike Koskan (42:54).

The Kids' K was represented by 18 small, but very fast runners. The first finisher was Sarah Heady (9-12), with a time of 4:37. The first male finisher was time David Hashe (9-12), in 4:47. All the kids and parents had fun with this event.

A big thank you to all the volunteers. Somehow, at this race, they walked away with all the race day gifts.

Thanks to all for participating. We look forward to seeing you at our next event — The Plano Pacer's "Boo Scoot" 5K & 10K scheduled for Saturday, October 27th.





## It's Our Time To Help By Jerry Powell

Actions speak louder than words. Don't confuse activity with accomplishment. These phrases probably sound familiar. In the business calendar, it is now the fourth quarter, which is characteristically the time to push, push, push. The final quarter is the last chance to achieve and hopefully exceed those objectives established way back in January. As a runner, it is also the last quarter of 2007, but it is not so much associated with the end of the year job pressures but, rather, the cooler mornings and the reintroduction of the long run into our training regiments. Whether in business or in running, when you meet or exceed your goals, you get a sense of personal satisfaction. As Plano Pacers, I want to provide yet one more opportunity to achieve a feeling of personal and club satisfaction. This challenge is to give to those in the community that need our help.



Historically, the Pacers have held a Charity Race each year to raise money for the club and to donate a portion to a worthy cause in the area. This year, we are taking a slightly different approach to the charity run. After all, we only average 8 races per weekend in the DFW area. We want to make it as easy as possible for our members, volunteers and guests to participate.

Beginning with the October race and concluding in December, we have **three distinct 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.

During October we are holding a food drive. We are requesting that you bring any non perishable food products to the race and drop it off at the designated table. If carrying food to a race is not the first thing you think of on a Saturday morning, we will gladly accept a donation which will be used to purchase additional food. Make donation checks payable to the Plano Pacers. At the end of the race the food will be delivered by troop 3695 to the Plano Santas' warehouse. If for some reason you miss the October race, you still have two more opportunities to help.

**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.

Remember, for the upcoming October race on the 27th, please bring some non-perishable food, non-expired can goods or consider making a small donation. If you wish to come and just run the race, we welcome you and will enjoy your company.

Thanks in advance for your consideration in participating in these upcoming charitable activities. Let's show the community the true "Pacer" spirit!

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

**ADDRESS CHANGES:** Feeling ignored? Wondering what's happening with the Plano Pacers? Perhaps it's because we have been unable to reach you via email!

Each month, the club sends Pacer "Quick Update" e-reminders to the many hundreds of our members. These notifications announce the details of upcoming events, the online availability of our monthly newsletter, and periodic important club news or notices. Unfortunately, quite a few of these updates are returned to us each time we send them due to incorrect or invalid email addresses in our database. In some cases, our address (info@planopacers.org) has been inadvertently identified as "spam" by your e-mail program's "spam filter".

Please help us to always keep you well informed! If your contact information (e.g., current email address, mailing address, or phone number) has changed in the past year or you simply feel we might not have the correct info for you and your family, please let us know. You can do this by emailing your current information to membership@planopacers.org or you can drop us a note at the following address:

Plano Pacers  
PO Box 867136  
Plano, TX 75086-7136

You can also verify that our address is not being blocked by your e-mail program's "spam" filter. Please see the documentation for your particular e-mail or anti-virus program in order to remove this type of blocking. We appreciate your assistance in order to ensure that we will be able to provide you with valuable Plano Pacer information in a timely manner. Thanks!

**WOMEN MARATHON RESEARCH STUDY:** Pacer Michele Martin thought this might be of interest to the women Pacers who reside in the Dallas area. Her friend Gali Birk, a fellow runner who has been working on her PhD in Psychology, is currently conducting a study and is looking for research participants. It concerns women and marathons and will contribute to the fields of sports psychology, women's studies, and psychotherapy. Participation will require approximately two hours of face-to-face time with each participant. If you would like to be considered for this study, please contact Gali at galit\_birk@yahoo.com. Those who qualify will be contacted via email and invited to participate either in the current pilot study, and/or the dissertation research set to begin in early 2008.

## Smiling Faces



*What's wrong with this picture? Bill Cherry's bib is upside down. Please check your bibs!*



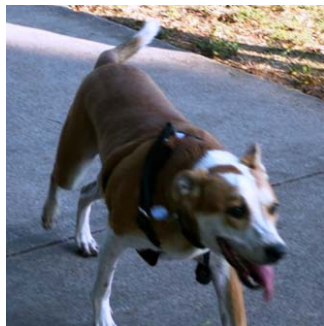
*Murray and Betty Forsvalls*



*Linda finishing for a new age-group record*



*Friends pacing each other!*



*This tired doggy was seen looking for his relay partner at the finish line!*



*Debye and Sandra approach the finish line*

# Race Results

## 5 MILE FLING OVERALL RESULTS @ Harrington Park, Plano, TX 9/29/07

### MEN

<b>1</b>	Bob Smeby	0:30:16
<b>2</b>	Rob Higley	0:31:15
<b>3</b>	Michael Held	0:31:18
<b>4</b>	Blake Kennedy	0:31:52
<b>5</b>	Colby Mehmen	0:32:11
<b>6</b>	Jeffery Arnier Sr	0:32:19
<b>7</b>	James Royal	0:32:32
<b>8</b>	Mark Olateju	0:32:42
<b>9</b>	Dan Cowles	0:33:18
<b>10</b>	Gabriel Sapien	0:33:35

<b>Overall:</b>	Bob Smeby	0:30:16
<b>Master:</b>	Rob Higley	0:31:15
<b>Senior:</b>	Bryce Wilson	0:36:15

<b>13-15:</b>	Colby Mehmen	0:32:11
	Dalton Knowles	1:01:49

<b>20-24:</b>	Blake Kennedy	0:31:52
	Robert Garza	0:36:38

<b>25-29:</b>	Richard Greene	0:38:32
	Calvin Ly	0:39:20
	Thomas Teran	0:50:39

<b>30-34:</b>	Matthew Novotny	0:33:56
	David Nemcok	0:37:34

<b>35-39:</b>	Ray Boydston	0:37:56
	Gregory, Sr. Home	0:44:37
	Bruce Richards	0:45:32

<b>40-44:</b>	Michael Held	0:31:18
	Jeff Hashe	0:36:18
	John Mehmen	0:39:49

<b>45-49:</b>	Mark Olateju	0:32:42
	Dan Cowles	0:33:18
	Gabriel Sapien	0:33:35

<b>50-54:</b>	Jeffery Arnier Sr	0:32:19
	Ken Ashby	0:37:23
	Mike Schaefer	0:38:11

<b>55-59:</b>	John Nance	0:37:08
---------------	------------	---------

<b>60-64:</b>	Thomas Beitinger	0:36:30
	Bob Wilmot	0:40:12
	Mike Koskan	0:42:54

<b>65-74:</b>	Tommy Farrar	0:39:55
	Bill Johnson	0:41:20
	James Matthews	0:41:41

<b>75-79:</b>	Murray Forsvall	1:13:10
---------------	-----------------	---------

<b>Clydes:</b>	James Royal	0:32:32
	James Dunn	0:38:56
	Bobby Clark	0:55:36

### WOMEN

<b>1</b>	Linda Kelly	0:36:20
<b>2</b>	Sachi Wisner	0:37:10
<b>3</b>	Renee Nobles	0:38:30
<b>4</b>	Maria Moore	0:39:12
<b>5</b>	Karen Tam	0:41:26
<b>6</b>	Daniela Nemcok	0:42:09
<b>7</b>	Anne Kang	0:42:19
<b>8</b>	Cynthia Thomas	0:42:39
<b>9</b>	Renee Mitchell	0:42:51
<b>10</b>	Kylie Prather	0:44:26

<b>Overall:</b>	Linda Kelly	0:36:20
<b>Master:</b>	Renee Nobles	0:38:30
<b>Senior:</b>	Cynthia Thomas	0:42:39
<b>7-9:</b>	Sarah Heady	0:53:42

<b>20-24:</b>	Kylie Prather	0:44:26
	Amy Falco	0:44:27

<b>25-29:</b>	Karen Tam	0:41:26
	Daniela Nemcok	0:42:09
	Michelle Dinges	0:45:26

<b>30-34:</b>	Anne Kang	0:42:19
	Julie Yu	0:52:35

<b>35-39:</b>	Sachi Wisner	0:37:10
	Tami Ishii	0:46:42
	Bethany Ross	0:50:56

<b>40-44:</b>	Renee Mitchell	0:42:51
	June Orth	0:44:36
	Donna Hashe	0:48:51

<b>45-49:</b>	Maria Moore	0:39:12
	Debbie Brewer	0:48:36
	Mary Marks	0:52:46

<b>50-54:</b>	Patricia Vincent	0:46:52
	Debye Humphrey	0:55:20

<b>60-64:</b>	Ruth Olinger	0:57:12
	Barbara Bowen	0:58:24

<b>70-74:</b>	Betty Forsvall	1:13:11
---------------	----------------	---------

<b>80-ov:</b>	Jan Richards	1:06:19
---------------	--------------	---------

<b>Clydes:</b>	Norie Alvarez	1:13:36
----------------	---------------	---------



## Race Results

## 5 MILE FLING INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 9/29/07

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Bob Smeby	Plano	M	50	30:16	60	Debbie Brewer	Plano	F	47	48:36
2	Rob Higley		M	53	31:15	61	Henry Tam	Plano	M	53	48:41
3	Michael Held	Dallas	M	41	31:18	62	Donna Hashe	Plano	F	40	48:51
4	Blake Kennedy	Longview	M	24	31:52	63	Thomas Teran	Dallas	M	25	50:39
5	Colby Mehmen	Princeton	M	13	32:11	64	Bethany Ross	Plano	F	37	50:56
6	Jeffery Arnier Sr	Arlington	M	50	32:19	65	Richard J. Smith	Dallas	M	60	51:18
7	James Royal*	Plano	M	45	32:32	66	Bruce Jenniges	Plano	M	50	51:42
8	Mark Olateju	Rowlett	M	46	32:42	67	Julie Yu	Richardson	F	34	52:35
9	Dan Cowles		M	45	33:18	68	Mary Marks	Plano	F	45	52:46
10	Gabriel Sapien		M	47	33:35	69	Sarah Heady	Richardson	F	9	53:42
11	Matthew Novotny	Plano	M	33	33:56	70	Belinda Dugas	McKinney	F	40	54:07
12	James Drumm	Garland	M	49	34:33	71	Timothy Eaton		M	51	54:13
13	Bryce Wilson	Allen	M	60	36:15	72	Sandra Bienkowski		F	37	55:20
14	Jeff Hashe	Plano	M	41	36:18	73	Debye Humphrey	Dallas	F	53	55:20
15	Linda Kelly	Dallas	F	56	36:20	74	Bobby Clark*	Allen	M	51	55:36
16	Thomas Beitinger	Denton	M	62	36:30	75	Martin Meier	Richardson	M	37	55:50
17	Robert Garza	Plano	M	20	36:38	76	Chris Slay		M	45	57:02
18	John Nance	Rowlett	M	59	37:08	77	Ruth Olinger	The Colony	F	64	57:12
19	Sachi Wisner	Dallas	F	35	37:10	78	Barbara Bowen	Dallas	F	63	58:24
20	Ken Ashby	Dallas	M	54	37:23	79	Ed Humphrey*	Dallas	M	56	00:59
21	David Nemcok	Plano	M	31	37:34	80	Dalton Knowles	Denton	M	14	01:49
22	Ray Boydston	Princeton	M	38	37:56	81	Michael Knowles	Denton	M	38	02:50
23	Mike Schaefer	Dallas	M	52	38:11	82	Mark Levine*	Dallas	M	43	03:54
24	Renee Nobles	Plano	F	44	38:30	83	Jan Richards	Dallas	F	80	06:19
25	Richard Greene	Aubrey	M	29	38:32	84	Murray Forsvall	Dallas	M	76	13:10
26	Sigi Diaz	Plano	M	53	38:39	85	Betty Forsvall	Dallas	F	72	13:11
27	Mike Picard	Plano	M	54	38:41	86	Norie Alvarez*	Keller	F	48	13:36
28	James Dunn*	Plano	M	50	38:56						
29	Tad Wall	Mckinney	M	51	39:06						
30	Maria Moore	Plano	F	47	39:12						
31	Calvin Ly	Plano	M	27	39:20						
32	Day-Ruey Liu	Plano	M	49	39:27						
33	John Mehmen	Princeton	M	42	39:49						
34	Tommy Farrar	Coppell	M	66	39:55						
35	Bob Wilmot	Plano	M	62	40:12						
36	Bill Johnson	Plano	M	67	41:20						
37	Karen Tam	Plano	F	25	41:26						
38	James Matthews	Richardson	M	67	41:41						
39	Tom Hall	Nevada	M	51	42:00						
40	Daniela Nemcok	Plano	F	29	42:09						
41	Anne Kang		F	30	42:19						
42	Cynthia Thomas	Denton	F	55	42:39						
43	Renee Mitchell	Plano	F	43	42:51						
44	Mike Koskan	Plano	M	62	42:54						
45	Kirby Collins	Anna	M	49	43:28						
46	Greg Louallen	Plano	M	48	43:41						
47	Hector Teran	Dallas	M	60	44:23						
48	Kylie Prather	Plano	F	22	44:26						
49	Amy Falco	Plano	F	23	44:27						
50	Jim Cavanaugh	Plano	M	47	44:36						
51	June Orth	Richardson	F	43	44:36						
52	Gregory, Sr. Horne	Allen	M	38	44:37						
53	Michelle Dinges		F	27	45:26						
54	Bruce Beaty	Richardson	M	44	45:29						
55	Bruce Richards	Richardson	M	39	45:32						
56	Freddie Smith	Garland	M	63	45:49						
57	Tami Ishii	Plano	F	35	46:42						
58	Patricia Vincent	Prosper	F	52	46:52						
59	Bill Cherry	Richardson	M	67	47:56						

### Race Day Volunteers

**Race Director:** Jerry Powell

**Registration:** Gaby Ahrens, Daysi Houellemont, Michele Martin, Jennifer Rutledge, Marylyn Patrick

**Membership:** Claire Goulthorpe, Bob Wilmot, Angelo Prieto

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

**Finish Line:** James Gabhart, Richard Vasquez, Claire Goulthorpe, Michele Martin, Christi Heady, Daysi Houellemont, Ruben Saguil

**Awards:** Jerry Powell, Jennifer Rutledge

**Food/Water:** Maria Moore, Marilyn Patrick

**Kids' K:** Mike Koskan, James Gabhart, Steve Schiemann, Cynthia Thomas, Thomas Beitinger, Ken Ashby

**Results:** Ruben Saguil, James Royal

**Photography:** Jennifer Rutledge



## Race Results (Continued)

### JUNIOR SPRINT (0.673 mi) TOP FINISHERS 9/29/07

BOYS 0-8		
1	John Burnett	05:18
2	Ivan Delgado	05:27

BOYS 9-12		
1	David Hashe	04:47
2	Joe Burnett	05:00
3	Michael Hashe	05:06

GIRLS 0-8		
1	Kirsten Montgomery	04:50
2	Samantha Gant	05:20
3	Anushka Ray	05:38

GIRLS 9-12		
1	Sarah Heady	04:37
2	Rachel Schiemann	05:17
3	Emily Schiemann	06:03



### JUNIOR SPRINT INDIVIDUAL RESULTS

PL	Name	Age	M/F	Time
1	Sarah Heady	9	f	4:37
2	David Hashe	9	m	4:47
3	Kirsten Montgomery	8	f	4:50
4	Joe Burnett	12	m	5:00
5	Michael Hashe	11	m	5:06
6	Rachel Schiemann	12	f	5:17
7	John Burnett	8	m	5:18
8	Samantha Gant	8	f	5:20
9	Ivan Delgado	5	m	5:27
10	Anushka Ray	7	f	5:38
11	Katie Heady	4	f	5:43
12	Emily Schiemann	10	f	6:03
13	Amanda Heady	5	f	6:48
14	Madison Orth	7	f	7:13
15	Brandy Orth	9	f	9:47

### September's New Records:

Dist	AgeGrp	New Record	M/F	Age	New Record	Previous Holder		
5M	M50-54	Bob Smeby	M	50	30:16	Terry Ziegler	31:36	Sep-2004
5M	F55-59	Linda Kelly	F	56	36:20	Marylyn Patrick	36:39	Sep-2003
5M	F07-09	Sarah Heady	F	9	53:42			
5M	M75-79	Murray Forsvall	M	76	1:13:10			

## Faces at the Finish Line: Vernon Hodge (Continued from Page 1)

**What other sports and interests do you enjoy?** I enjoy and direct duplicate contract bridge. I do not play golf any more. Karen and I love to roller blade; she's faster...something about the hips. We walk or bicycle in the evening. We also enjoy dancing; swing, salsa, polka, meringue, Cha Cha... Life for the 1970's people always occurs outdoors.

**What else would you like Pacers to know about you?** I like to encourage other just to try to improve their health, their outlook on life, their skill sets. I have probably experienced what they are going through from their furtive beginnings

**Can you offer some advice to younger Pacers?** The same advice Mrs. Martha Ghio in Shreveport gave me. No one ever was born, nothing (weird syntax, huh?). Anything that you might be or want to be, you must apply to have it happen. Only you can do the work. Amazingly, what you want and work for will happen to a degree that will surprise even you.

While running, try not to be judgmental; you are after all only competing against yourself. You will have good days and bad days. You rarely exist at either extreme, so don't let the moment control you. Pain is damage which needs treatment. Remember to stretch; I prefer Yoga. Above all enjoy the moment.

## Prediction Run Results

Schimelpfenig Library – 10/9/2007

PL	Name	Predicted	Actual	Diff(secs)
1	Ruben Saguil*/**	23:23	23:25	2
2	George Kampas*	26:59	27:03	4
3	Day-ruey Liu*	25:00	25:05	5
4	Al Angell	31:31	31:40	9
5	James Royal	19:52	19:40	12
6	Sheila Natho	20:07	19:55	12
7	James Dunn	27:00	27:12	12
8	Peter Goodspeed	31:30	31:17	13
9	Michael Novotny	22:20	22:35	15
10	Thomas Faulkner	21:00	21:17	17
11	Ella Montgomery	27:30	27:49	19
12	Ken Ashby	23:45	23:24	21
13	Hector Delgado	23:20	23:42	22
14	Mark Lichty	25:50	26:12	22
15	Tina Jasper	27:30	27:52	22
16	Don Wallace	21:59	22:23	24
17	Larry Fine	26:00	26:30	30
18	Colby Mehmen	20:00	19:30	30
19	Stacey Rotunno	36:00	35:28	32
20	Henry Tam	28:35	29:08	33
21	Mike Koskan	27:16	27:51	35
22	Matthew Novotny	20:50	20:15	35
23	Dennis Chupp	30:34	31:11	37
24	Bob Wilmot	25:00	24:20	40
25	Jason Bogardus	21:45	21:03	42
26	Konda Mehmen	39:38	38:56	42
27	Vernon Hodge	26:00	26:42	42
28	James Matthews	27:00	27:43	43
29	An Nguyen	24:37	23:49	48
30	John Ahrens	26:30	25:31	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:**

Christi Heady James Gabhart  
Jerry Powell Ruben Saguil

**Course Setup:**

Ken Ashby

**Conditions:**

82 deg F and Clear

Course Start: Library Parking Lot

Course Finish: Gazebo

**Footnotes:**

\* - Five seconds Club

\*\* - Did not start with main group

PL	Name	Predicted	Actual	Diff(secs)
31	Claudia Delgado	34:40	33:10	90
32	Jody Faulkner	32:00	30:25	95
33	John Beall	30:23	28:43	100
34	John Mehmen	26:00	27:47	107
35	Dzuy Nguyen	28:00	30:29	149
36	Micchele Dewitt	29:02	26:27	155
37	Lauri Jones	40:00	43:29	209
38	Rachel Jones	40:00	43:30	210
39	Sarah Heady	27:15	30:57	222
40	Todd Warner	34:30	30:12	258
41	James Boydston	33:00	38:19	319
42	Ray Boydston	33:00	38:21	321





# Awards Update

By Ruben Saguil

## Annual Participation Awards (APA)

**APA  
Top 5  
(As of  
Sept. 2007)**



J. Nance



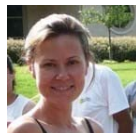
R. Olinger



M. Koskan



J. Gabhart



M. Martin

Below are the top Pacers sorted by total points earned. You must volunteer at least once to qualify for this award. If you are interested in helping at an upcoming race, please email: [volunteer@planopacers.org](mailto:volunteer@planopacers.org). Rules and details regarding point calculation is available at: <http://www.planopacers.org/NewAwards/Participation.htm>

Name	Total	Volunteered	J-07	F-07	M-07	A-07	M-07	J-07	J-07	A-07	S-07
John Nance	263	Yes	29	29	30	28	29	29	30	30	29
Ruth Olinger	248	Yes	29	29	28	29	25	27	25	27	29
Mike Koskan	244	Yes	27	28	28	29	28	27	25	25	27
James Gabhart	240	Yes	28	27	25	28	25	27	28	27	25
Bob Smeby	234	.		29	30	29	29	29	29	29	30
Michele Martin	233	Yes	25	27	29	27	25	25	25	25	25
Jerry Powell	232	Yes	25	25	25	25	25	28	25	29	25
Freddie Smith	231	Yes	25	27	25	27	27	25	25	25	25
Richard J. Smith	230	Yes	28	25	25	27	25	25	25	25	25
Day-Ruey Liu	229	.	25	25	25	29	25	25	25	25	25
Maria Moore	226	Yes		30	25	30	29	29	25	29	29
Ruben Saguil	225	Yes	25	25	25	25	25	25	25	25	25
Tommy Farrar	220	Yes	28	28	29	28	25	28		25	29
Norie Alvarez	220	.	28		28	25	28	29	28	25	29
Belinda Dugas	219	Yes	28	27		29	25	29	27	29	25
Bobby Hoskins	217	Yes	28	28	28	27	27	27	27	25	
Matthew Sunna	217	Yes	25	28	28	28	28	28	27	25	
Mike Picard	211	Yes	28	27	28	28		25	25	25	25
Cynthia Thomas	207	Yes	29	30	30			30	29	29	30
Vernon Hodge	205	Yes	27	25	25	28	25	25	25	25	
Bobby Clark	205	.	25	25	25	28	25		25	25	27
Tom Hall	204	.	27	25	25	27	25	25	25		25
James Royal	203	Yes	29	29	29	29	29	29			29
Mark Levine	203	.	28	25	25		25	25	25	25	25
Thomas Beifinger	202	Yes	28	29	29			29	29	29	29
Claire Goulthorpe	200	Yes	25		25	25	25	25	25	25	25
Daysi Houellemont	200	Yes	25	25	25	25		25	25	25	25
Debbie Brewer	195	Yes	29	29			27	29	28	25	28
Beth Kohler	194	.	27	28	29	28	27	27	28		
June Orth	192	.	29		28	27	25	27		28	28
Don Wallace	189	Yes	29	25	25	29	28	28	25		
James Dunn	184	Yes	25			28	25	25	28	25	28
Ken Ashby	184	Yes	29		25		25	27	25	25	28
Jennifer Rutledge	181	Yes	28	25		25	25	28		25	25
Linda Kelly	180	.	30		30		30		30	30	30
Tommy Smith	179	Yes	30	30		30		30	30	29	
Sigi Diaz	179	.			27	27	25	25	25	25	25
Susan Sams	178	.	30	30	29	30	29		30		
Angelo Prieto	177	Yes		25	25		27	25	25	25	25
Andy McLaughlin	175	Yes	25	25	25	25	25		25	25	
Bruce Jenniges	175	.		25	25	25	25	25	25		25
Jeanne Pitz	175	.	28	29	29	30	29	30			
Marlin Meier	175	.			25	25	25	25	25	25	25
Dewey Fambry	174	.			29	29	29	29	29	29	
Mark Olateju	171	.	29	29			28	28		28	29
James Matthews	168	Yes	27	29			27	29	29		27
Bob Wilmot	167	Yes				30	25	29	27	28	28
Tony Tang	164	.	28	28	25	29		27	27		
Debye Humphrey	162	.	25			26	27	28	28		28
Cindy Morgan	162	.		25	25	27	25	25	25		
William Swafford	162	.	25	25	25	27	25	25			
Jake Spivey	150	Yes	25	25		25	25	25	25		
Kelly Shank	150	Yes	25		25	25	25	25	25		
Andy Beach	150	.		25	25	25	25	25		25	
Ed Humphrey	150	.	25			25	25	25	25		25
Larry Fine	150	.	25	25	25			25	25	25	
Stephen Maffei	150	.		25		25	25	25	25	25	
Subhankar Ray	150	.	25	25	25	25	25	25			

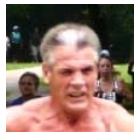
# Awards Update (Continued)

## Most Improved Pacers (MIP)

**Top 3 MIP**  
(\*\*Qualified participants as of September 2007)



S. Gant



T. Epting



A. Wallace

\*Note— '06 score averages the top 2/3rds of each runner's scores at monthly Pacer races from 11/00 to 12/06. Runner must have run at least 6 races during that period. Rules & details on point calculation available at <http://www.planopacers.org/NewAwards/Participation.htm>

\*\*Qualified runners must finish at least 4 monthly Pacer races in '07 and have completed 6 monthly Pacer races from 11/00 to 12/06.

NAME	'06 Score*	Jan	Feb	Mar	Apr	May	June	Jul	Aug	Sep	YTD Avg	Best 4	Improvement	
Samantha Gant	66.13			78.25		76.52	79.48	76.05		71.58	72.26	74.83	77.57	11.44
Tim Epting	55.31	60.81		61.55		62.57	71.53					64.12	64.12	8.8
John Maldonado	62.35								70.26			70.26		7.91
Sam Tillery	77.23	87.12			84.16			83.16				84.82		7.58
Alex Wallace	87.18	92.29		92.73		89.73	97.94	83.1	95.2			91.83	94.54	7.35
Ivan Houellemont	78.45	85.44										85.44		6.98
Jeff Dorrill	67.45							74.29				74.29		6.83
Jim Oppedal	59.48	65.69	65.58	64.83	65.49	59.84						64.29	65.4	5.91
Donna Hashe	53.53					57.88			58.88		60.36	59.04		5.51
Josie Warrington	63.03					68.31						68.31		5.27
Colby Mehmen	80.01					85.05				83.12	87.09	85.09		5.07
Clint Bell	95.53						100.17					100.17		4.64
Andy Beach	64.32		56.41	61.65	55.82	70.12	71.94	62.5		70.98		64.2	68.88	4.56
Fred Schwall	70.91						81.53	68.72				75.12		4.21
James Matthews	75.12	77.2	78.71			79.61	80.88		78.07		77.13	78.6	79.32	4.19
Melissa Gonzales	68.88	73.08		72.6	73.13							72.93		4.04
Steven Kirchner	74.71				80.36	79.78	69.49	75.44	79.38			76.89	78.74	4.03
Tricia Wegren	55.05	58.99										58.99		3.94
Joe Miller	94.14						97.94					97.94		3.79
Bob Abbott	87.28	90.52	82.24		90.14	90.39	93.12	76.66				87.18	91.04	3.76
Gary Wright	69.69								73.32			73.32		3.63
Sharon Towery	67.39			71.77					69.91			70.84		3.45
Jerry Powell	76.19						81.73			77.42		79.58		3.38
Frances McKissick	88.89			91	94.28	90.8						92.03		3.13
Mark Salamasick	49.55	48.89	50.92	54.48		55.57						52.47	52.47	2.92
Becky Angeles	88.11			91.61			91.04	89.42				90.69		2.57
James Royal	81.23	81.32	81.49	80.14	81.23	83.07	88.36	69.58		82.16		80.92	83.77	2.53
Gregg Long	71.7		74.14									74.14		2.43
Jeff Fox	80.49	82.86										82.86		2.36
David Wagner	69.82				72.17							72.17		2.34
Lindsay Musielak	83.79			86.14								86.14		2.34
Bobby Hoskins	62.49	62.55	62.67	63.9	65.17	65.22	61.91	61.3	64.66			63.42	64.74	2.24
Susan Sams	80.96	82.56	80.32	82.29	83.54	84.37			80.1			82.19	83.19	2.22
Allen D Taylor	65.03							67.25				67.25		2.21
Megan Rozman	85.96			83.54						92.61		88.08		2.12
Tommy Smith	86.47	88.21	87.97		88.74			85.11	87.39	87.91		87.56	88.21	1.74
Vernon Hodge	69.66	69.65	71.26	69.65	74.24	70.09	69.72	64.21	67.27	68.77		69.43	71.33	1.66
Matthew Sunna	62.25	63.01	47.04	60.44	57.49	62.55	66.78	54.76	62.98	62.31		59.71	63.83	1.58
Marissa Collins	56.25				57.75							57.75		1.49
Betty Forsvall	52	54.28		53.15						52.77		53.4		1.4
Mitchell Erickstad	57.49	55.84	61.75	58.55	58.17	56.01			53.68	56.71		57.25	58.8	1.3
Jessica Kirchner	82.76					79.87	88.38		83.88			84.04		1.27
Kevin Subbert	66.07					66.88			67.81			67.34		1.27
Martin Leister	78.26		79.53	80.25		78.45	79.72	73.91		77.54		78.23	79.49	1.23
Tamara Clatanoff	64.96								66.13			66.13		1.16
Jeff Amier Sr	81.06									82.16		82.16		1.1
John Mehmen	65.55			64.9		64.42				70.72	66.02	66.52	66.52	0.96
Ed Humphrey	46.77	47.96			44.24	46.63	48.55	41.66	46.59		47.43	46.15	47.64	0.87
James Dunn	70.23	69.61			70.33	69.34			70.17	72.82	70.93	70.53	71.06	0.83
Sheila Natho	89	91.13			88.5							89.82		0.81
Barbara Bowen	59.9	58.77						59.69	61.08	62.24	59.83	60.32	60.71	0.81
Ellie Erickstad	67.84	71.18	65.07	66.67	68.55	68.16			63.21			67.14	68.64	0.79
Richard J. Smith	61.55	63.01	62.4	59.6	63.5	58.64	60.38	56.86	57.65	60.31	58.4	60.07	62.32	0.77
Doy-Ruey Liu	68.52	67.87	63.48	67.96	67.05	58.18	70.88	64.45	68.14	68.19	69.52	66.57	69.18	0.66
Julie Wall	81.04					81.66						81.66		0.62
Michelle Mire	64.28			61.94	64.34	68.24						64.84		0.56
Kevin Towery	74.82			77.1					73.58			75.34		0.52
Thomas Beifinger	81.02	80.75	81.1	80.29			71.36	79.38	80.72	78.98	83.61	79.52	81.54	0.52
Fred Ellefson	75.04		73.19			77.42	79.5	71.9				75.5	75.5	0.46
Rachel Schiemann	64.24					65.51				65.65	62.75	64.64		0.4
Emily Schiemann	58.22					59.98				57.38	58.49	58.62		0.39
Bryce Wilson	80.96	80.34			79.56	82.52					82.61	81.26	81.26	0.3
Ruth Olinger	60.85	56.47	58.13	60.04	61.85	55.21		59.09	60.99	59.09	61.71	59.18	61.15	0.29
A J O'Neal	69.46		69.72									69.72		0.26
Thomas Vaughn	65.38	70.04				61.29	65.86	57.91		65.22		64.06	65.6	0.22
Joe Landry	83.68		86.08	86.67					79.98	82.84		83.89	83.89	0.21
Mike Fields	82.38	85.95	82.54	79.59	82.02							82.52	82.52	0.14

## Upcoming Race Schedule

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

Date	Name	Event
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
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

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

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)

*Don't Forget To Patronize Our Generous Sponsors!*



**Richardson**  
1469 W. Campbell Rd  
Richardson, Texas 75080  
972-231-8260

**Dallas**  
5400 E Mockingbird Ln. #114  
Dallas, Texas 75206  
214-821-0909

**Coppell**  
680 N. Denton Tap Rd Suite #100  
Coppell, Texas 75019  
972-956-5550

**McKinney**  
5180 Eldorado Pkwy, #200  
McKinney, TX 75070  
972-540-0333

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



7000 Independence Pkwy. Suite 136  
Plano, Texas 75025  
Phone: (972) 491-7973

1201 N. Central Expressway, Suite 1  
Plano, TX 75075  
Phone: (972) 881-2166



**The Print Place**

4680 Beltline Road  
Addison, TX 75001  
972-392-2679



832 W. Spring Creek Pkwy  
Ste 500  
Plano, TX 75023  
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)

