



# The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

## Faces at the Finish Line: Ella Montgomery

By Don Wallace



Ella Montgomery

**Name:** Ella Montgomery

**Age:** 45

**Pacer member since:** 2001

**Resides in:** Plano, Texas

**Family:** My husband Chris and I have five kids: Ashley (19), Paul (10), Kirsten (8), Mark (6), and Sabrina (10 mos.) Never a dull moment!

**Background:** I grew up overseas in Korea and Europe as my father was in the civil service for the military. His job was recreational sports director which influenced my outlook about sports as a big part of my world. I went to college and worked for the state government in Austin, Texas and then moved here with Chris about 11 years ago, where I've been a "stay at home" mom ever since.

**Running since:** My early teens — off and on whenever my weight would fluctuate. Until I joined the Plano Pacers, I did not race competitively after my high school years or even join a running club.

**Why did you start running?** I was 13 years old, stepped on a scale, and decided I needed to join the cross country team as I was creeping over 115 pounds! I soon discovered a whole new world that wasn't just about weight control, but a sport that taught me a lot about life. I went on to run track in high school, as well.

**Why do you keep running?** I believe it keeps me in a state of being more tuned into my mind and body. When I don't run, I miss it immediately!

**How do you manage to meet your training goals with the demands of a large family?** I have trained myself to be an early riser — not my natural tendency. I wake at 5AM to meet with other runners by 6AM. I can then spend the rest of the day with family. If I don't go early, it becomes almost impossible to find the time later.

**What is your favorite running route and time to run?** I like to run at White Rock Lake. I also enjoy running at Lake Grapevine, as it has more dirt trails that wind through the trees, reminding me of running the horse paths through the German forests. I wish Plano had similar running trails (vs. the constant concrete sidewalk), but the people I run with always make it enjoyable. I wish I could run in the evening more often, but morning seems to work best for me.

**Describe your normal training routine and mileage:** I run usually 4 days a week and right now am aiming at the upper 20's for weekly mileage.

**What was your most memorable race (and why)?** The 2004 Dallas half marathon. It snowed several inches the whole time I was running the race. I won first place for the women's division (I think this was because a lot of the women didn't show up!) It was surreal to be running and seeing kids building snowmen on Valentine's Day in Dallas.

**What other sports and interests do you enjoy?** I love dancing, art, and world history. Oh and I almost forgot cooking, and trying different cuisines.

**Can you offer some advice to younger Pacers?** Even if you're not the fastest or best runner or player of a sport when you are young, you may be surprised how much better you can become if you stick with it and train consistently. Experience is the best coach there is.

## September 2007

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## August Race Report - Dog Days 3x3K Relay and Kid's K By Jerry Powell

The 3 X 3K relay was a fun event for all participants and volunteers. Forty four teams completed the relay followed by 27 kids completing the Kids' K. This race was not your normal end-of-the-month Plano Pacers run. The starting line was moved. Membership registration was replaced by Team Registration. Guest had to register, form a team and then register as a team. We then requested that everyone comb their hair in preparation for a team picture. The finish line was a combination of fence and cones. The food and beverage table was augmented with slices of watermelon. Normal trophies were replaced with engraved 3 X 3K medals.

The usual group of about 20 fast high school runners was missing from the event as most had their own XC run that morning. A new group did show up, only to realize their coach was not allowing them to run in our event (they ran their own 10 mile run instead).



The Overall winning team TMS completed the relay in 31:41. They were led off by Tommy Smith, followed by Michael Held and anchor Scott Grischow.



Runners-up were the members of the team "We're Not Dead Yet", with members Jeff Arnier Jr, Bob Smeby and Jeff Arnier Sr.



Justin Nickle, Colby Mehmen and Megan Rozman (in their cool Team Chinchillas shirts) were the 1st placed coed team.

The runners were courteous and followed all the rules regarding baton handoff and running all the way through the finish line chute. A couple of millisecond infractions were noted, but that was not the fault of the runners nor did it impact the outcome, but was perhaps the result of ambiguous starting line directions. One young child, part of a family team, decided to do a long run past the turnaround cone. Mom quickly tracked him down and all ended fine. Next year we will have a volunteer at the turnaround station.

The volunteers really performed for the club at this event. Most arrived before daylight and all stations were ready for action by 6:45 a.m. Many of the volunteers also ran a leg in the race and took home awards. I was pleased with the number of first time volunteers who signed up online to help with the race. That really makes things easier on the regular volunteer team.

The Overall team winner was an all male team completing the course in 31:41. The team was lead off by Tommy Smith, followed by Michael Held with Scott Grischow serving as anchor. These guys beat the second fastest team by almost 52 seconds. They earned their trophies. The complete race results are posted on the web site under August Relay Results.

An interesting aspect of the race was the amount of obvious effort that everyone put into the selection of a team name. If team names had been a category, the winners might have looked something like this:

<u>Category</u>	<u>Winners</u>		
Most Charming	1. Giggles and Grins	2. Blue Light Special	3. Texas Tigers
Most Creative	1. We're Not Dead Yet	2. Fast or Slow	3. Mutants @ Table 9
Most Stealth	1. John, Ken, Linda	2. H.D.C.	3. ( 3 way tie) TI Testers, NT Runners, Team TNG

Thanks for participating. We look forward to seeing you at our next event — The Plano Pacer's "5 Mile Fling" scheduled for Saturday, September 29th.

# Awards Update

By Ruben Saguil

## Annual Participation Awards (APA)

Below are the top 45 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 us at [volunteer@planopacers.org](mailto:volunteer@planopacers.org)

Name	Total	Member	Volunteered	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug
John Nance	234	Yes	Yes	29	29	30	28	29	29	30	30
Ruth Olinger	219	Yes	Yes	29	29	28	29	25	27	25	27
Bobby Hoskins	217	Yes	Yes	28	28	28	27	27	27	27	25
Matthew Sunna	217	Yes	Yes	25	28	28	28	28	28	27	25
Mike Koskan	217	Yes	Yes	27	28	28	29	28	27	25	25
James Gabhart	215	Yes	Yes	28	27	25	28	25	27	28	27
Michele Martin	208	Yes	Yes	25	27	29	27	25	25	25	25
Jerry Powell	207	Yes	Yes	25	25	25	25	25	28	25	29
Freddie Smith	206	Yes	Yes	25	27	25	27	27	25	25	25
Richard J. Smith	205	Yes	Yes	28	25	25	27	25	25	25	25
Vernon Hodge	205	Yes	Yes	27	25	25	28	25	25	25	25
Bob Smeby	204	Yes	.		29	30	29	29	29	29	29
Day-Ruey Liu	204	Yes	.	25	25	25	29	25	25	25	25
Ruben Saguil	200	Yes	Yes	25	25	25	25	25	25	25	25
Maria Moore	197	Yes	Yes		30	25	30	29	29	25	29
Belinda Dugas	194	Yes	Yes	28	27		29	25	29	27	29
Beth Kohler	194	Yes	.	27	28	29	28	27	27	28	
Tommy Farrar	191	Yes	Yes	28	28	29	28	25	28		25
Norie Alvarez	191	Yes	.	28		28	25	28	29	28	25
Don Wallace	189	Yes	Yes	29	25	25	29	28	28	25	
Mike Picard	186	Yes	Yes	28	27	28	28		25	25	25
Tommy Smith	179	Yes	Yes	30	30		30		30	30	29
Tom Hall	179	Yes	.	27	25	25	27	25	25	25	
Bobby Clark	178	Yes	.	25	25	25	28	25		25	25
Mark Levine	178	Yes	.	28	25	25		25	25	25	25
Susan Sams	178	Yes	.	30	30	29	30	29		30	
Cynthia Thomas	177	Yes	Yes	29	30	30			30	29	29
Andy McLaughlin	175	Yes	Yes	25	25	25	25	25		25	25
Claire Goulthorpe	175	Yes	Yes	25		25	25	25	25	25	25
Daysi Houvellemont	175	Yes	Yes	25	25	25	25		25	25	25
Jeanne Pitz	175	Yes	.	28	29	29	30	29	30		
Dewey Fambry	174	Yes	.			29	29	29	29	29	29
James Royal	174	Yes	.	29	29	29	29	29	29		
Thomas Beitinger	173	Yes	Yes	28	29	29			29	29	29
Debbie Brewer	167	Yes	Yes	29	29			27	29	28	25
June Orth	164	Yes	.	29		28	27	25	27		28
Tony Tang	164	Yes	.	28	28	25	29		27	27	
James Dunn	156	Yes	Yes	25			28	25	25	28	25
Jennifer Rutledge	156	Yes	Yes	28	25		25	25	28		25
Ken Ashby	156	Yes	Yes	29		25		25	27	25	25
Sigi Diaz	154	Yes	.			27	27	25	25	25	25
Angelo Prieto	152	Yes	Yes		25	25		27	25	25	25
Cindy Morgan	152	Yes	.		25	25	27	25	25	25	
William Swafford	152	Yes	.	25	25	25	27	25	25		
Jake Spivey	150	Yes	Yes	25	25		25	25	25	25	
Kelly Shank	150	Yes	Yes	25		25	25	25	25	25	
Andy Beach	150	Yes	.		25	25	25	25	25		25
Bruce Jenniges	150	Yes	.		25	25	25	25	25	25	
Larry Fine	150	Yes	.	25	25	25			25	25	25
Linda Kelly	150	Yes	.	30		30		30		30	30
Martin Meier	150	Yes	.			25	25	25	25	25	25
Stephen Maffei	150	Yes	.		25		25	25	25	25	25
Subhankar Ray	150	Yes	.	25	25	25	25	25	25		

### APA Top 5 (As of August 2007)



**John Nance**



**Ruth Olinger**



**Bobby Hoskins**



**Matthew Sunna**



**Mike Koskan**

Rules and details regarding point calculation is available at <http://www.planopacers.org/NewAwards/Participation.htm>



# Awards Update (Continued)

## Most Improved Pacers (MIP)

Name	2006 Score**	Jan	Feb	Mar	Apr	May	MIle	Jun	Jul	Aug	YTD Avg	Best 4	Improvement
Samantha Gant	66.13			78.25		76.52	79.48	76.05	69.64	71.58	74.73	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 Houvellemont	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
Josie Warrington	63.03					68.31					68.31		5.27
Donna Hashe	53.53					57.88			58.88		58.38		4.85
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		78.89	79.32	4.19
Colby Mehmen	80.01					85.05				83.12	84.08		4.07
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
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
James Royal	81.23	81.32	81.49	80.14	81.23	83.07	88.36	69.58			80.74	83.56	2.32
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
Betty Forsvall	52	54.28		53.15							53.71		1.71
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
Rachel Schiemann	64.24					65.51				65.65	65.6		1.36
Mitchell Erickstad	57.49	55.84	61.75	58.55	58.17	56.01			53.68	56.71	57.18	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
John Mehmen	65.55			64.9		64.42				70.72	66.68		1.12
Sheila Natho	89	91.13			88.5						89.82		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	60.26	62.32	0.77
Ed Humphrey	46.77	47.96			44.24	46.63	48.55	41.66	47.01		46.01	47.54	0.77
Julie Wall	81.04					81.66					81.66		0.62
Michelle Mire	64.28			61.94	64.34	68.24					64.84		0.56
Barbara Bowen	59.9	58.77						59.69	61.08	62.24	60.45	60.45	0.54
Kevin Towery	74.82			77.1					73.58		75.34		0.52
James Dunn	70.23	69.61			70.33	69.34			70.17	72.82	70.45	70.73	0.5
Fred Ellefson	75.04		73.19			77.42	79.5	71.9			75.5	75.5	0.46
Day-Ruey Liu	68.52	67.87	63.48	67.96	67.05	58.18	70.88	64.45	68.14	68.19	66.24	68.79	0.27
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
Bruce Beaty	60.6									60.72	60.72		0.11
Emily Schiemann	58.22					59.98				57.38	58.25		0.03

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



Samantha  
Gant



Tim  
Epting



Alex  
Wallace

\*2006 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.

## Race Results

## DOG DAYS 3x3K RELAY SUMMARY RESULTS @ Harrington Park, Plano, TX 8/25/07

CATEGORY	PLACE	TEAM NAME	TEAM MEMBERS	TEAM TIME
<b>OVERALL</b>		TMS	(Tommy Smith, Michael Held, Scott Grischow)	0:31:41
<b>FEMALE TEAMS</b>				
000-044	1st	Texas Tigers	(Sarah Heady, Claire Tannery, Sheela Sharma)	0:56:26
135-149	1st	Giggles & Grins	(Belinda Dugas, Carol Lindenblatt, Michele Martin)	0:51:20
180-209	1st	Blue Light Special	(Nancy Cole, Jan Richards, Debby Earnest)	1:16:28
<b>MALE TEAMS</b>				
000-044	1st	Firebirds	(Mark Trompeter, Luke Thorne, Tommy Trompeter)	0:43:54
045-104	1st	JAS	(John Maldonado, Aaron Purser, Shane Purser)	0:36:49
	2nd	Couch Potato	(Will Brewer, Jerry Young, Mark Levine)	0:42:25
105-119	1st	We're Not Dead Yet	(Jeff Arnier Jr, Bob Smeby, Jeff Arnier Sr)	0:32:33
	2nd	DSP	(Greg Burnett, Brian Erickson, Gene Scaife)	0:38:54
120-134	1st	T I Testers	(Roger Meier, Martin Meier, Matthew Sunna)	0:46:39
	2nd	Fcs	(Fernando Ambriz, Sigi Diaz, Servando Palomeque)	0:47:06
135-149	1st	Waiting For George	(Andy McLaughlin, Day-Ruey Liu, Martin Leister)	0:45:29
150-179	1st	Man's Best Friend	(James Dunn, Jerry Powell, Vernon Hodge)	0:40:36
	2nd	NT Runners	(Bill Blackburn, Alan Davis, Richard Greene)	0:40:43
	3rd	Pagoda 3	(David Maldonado, Fred Hawn, Steve Purser)	0:42:53
180-209	1st	60 Plus Guys	(George Kempston, Bob Wilmot, Jim Sampson)	0:41:40
	2nd	Young Trouble Makers	(Mike Picard, James Gabhart, Tommy Farrar)	0:44:33
	3rd	Dog Days Three	(Roy Peyton, Jerry Teffeteller, Glenn Lerich)	0:49:59
<b>COED TEAMS</b>				
045-104	1st	Chinchillas	(Colby Mehmen, Megan Rozman, Justin Nickel)	0:33:56
	2nd	Deloitte	(Ashlea Lincoln, Chase Berg, Greg Endo)	0:40:06
	3rd	J Hawks	(Nancy Johnson, Jennifer Johnson, Tyler Johnson)	0:41:08
	4th	Drumm / Thompson	(James Drumm, Russel Thompson, Katharine Drumm)	0:42:46
	5th	Mutants At Table 9	(Steven Frick, Foster Sarah, Brent Lagesse)	0:50:27
	6th	Porkipines	(Melanie Rozman, Kim Rozman, John Mehmen)	0:50:37
	7th	Not Quite In Shape	(Tammi Trompeter, Joscelyn Trompeter, Jeff Hashe)	1:03:00
105-119	1st	Tvan Trio	(Cherilyn Hefter, Tim Gitchel, David Rosenblatt)	0:39:24
120-134	1st	Meow	(William Moore, Ernesto Caballero, Maria Moore)	0:34:34
	2nd	MaRuFi	(Fiona Green, Ruben Saguil, Mark Olateju)	0:35:58
	3rd	Lee	(Andy Beach, Trung Le, Sheryl Hawn)	0:53:59
135-149	1st	Guys & Doll	(Stephen Maffei, Lynda Fleming, Thomas Fleming)	0:47:20
150-179	1st	John, Ken, Linda	(John Nance, Linda Kelly, Ken Ashby)	0:38:51
	2nd	CDJ	(Joe Landry, Dewey Fambry, Cindy Engel)	0:41:54
	3rd	Omega	(Mike Koskan, Cynthia Thomas, Thomas Beitinger)	0:43:25
	4th	Team Tng	(Dawn Burke, Mike Colvin, Bronda Starling)	0:45:23
	5th	Too Hot To Handle	(Larry Fine, Thomas Vaughn, Debbie Brewer)	0:46:35
	6th	Fossils	(Ruth Olinger, Richard J. Smith, Kenny Gardner)	0:50:32
	7th	2 J's And An R	(Richard Hamilton, Jim Hannnon, Judy Schirato)	0:53:22
<b>FAMILY TEAMS</b>				
1 Kid	1st	Orth	(Chris Orth, Jackie Orth, June Orth)	0:49:18
	2nd	Christian's Team	(Jimmie Smith, Christian Stephens, Craig Smith)	0:50:12
2 Kids	1st	Hr2	(Himanshu Bhatt, Rohan Bhatt, Rohan Shah)	0:56:43
Adults	1st	H. D. C.	(Hector Delgado, Claudia Delgado, Hector Delgado)	0:40:47
<b>CLYDES TEAMS</b>				
MALE	1st	Fast Or Slow	(Bobby Clark, Jim Tressa, George Alvarez)	0:55:34
MIXED	1st	Vito's Babes	(Barbara Bowen, Vito Lonerio, Norie Alvarez)	1:06:32

# Race Results

## DOG DAYS 3x3K RELAY INDIVIDUAL RESULTS @ Harrington Park, Plano, TX 8/25/07

PL	Name	Hometown	M/F	Age	Time	PL	Name	Hometown	M/F	Age	Time
1	Will Brewer		M	17	0:10:00	60	Cindy Engel	Dallas	F	38	0:14:13
2	Ernesto Caballero		M	41	0:10:13	61	David Maldonado	Plano	M	49	0:14:23
3	Jeff Arnier Jr	Arlington	M	15	0:10:14	62	Vernon Hodge	Plano	M	54	0:14:24
4	Tommy Smith	Garland	M	41	0:10:21	63	George Kempston	Richardson	M	63	0:14:27
5	Scott Grischow		M	31	0:10:27	64	Larry Fine	Plano	M	47	0:14:33
6	William Moore		M	45	0:10:28	65	Greg Endo	Plano	M	42	0:14:34
7	Tyler Johnson	Fairview	M	25	0:10:30	66	Glenn Lerich		M	47	0:14:41
8	Bob Smeby	Plano	M	50	0:10:37	67	Tim Gitchel		M	37	0:14:42
9	Justin Nickel		M	17	0:10:44	68	Mike Koskan	Plano	M	61	0:14:46
10	Michael Held	Dallas	M	41	0:10:52	69	Eric Beaty	Richardson	M	14	0:14:55
11	Joe Landry	Dallas	M	41	0:10:59	70	Greg Burnett	Murphy	M	40	0:14:58
12	Jerry Young	Plano	M	39	0:11:00	71	Judy Schirato	Dallas	F	45	0:15:05
13	Shane Purser	Plano	M	15	0:11:11	72	Bronda Starling		F	49	0:15:08
14	Hector Delgado		M	38	0:11:12	73	Cynthia Thomas	Denton	F	55	0:15:10
15	Gene Scaife		M	30	0:11:16	74	James Gabhart	The Colony	M	66	0:15:12
16	Megan Rozman	Murphy	F	15	0:11:27	75	Bruce Beaty	Richardson	M	44	0:15:14
17	Hector Delgado		M	38	0:11:36	76	Tommy Farrar	Coppell	M	66	0:15:26
18	Jeff Arnier Sr	Arlington	M	50	0:11:42	77	Fred Hawn	Poetry	M	68	0:15:29
19	Colby Mehmen	Princeton	M	13	0:11:44	78	Rohan Shah		M	14	0:15:37
20	Fiona Green		F	42	0:11:48	79	Craig Smith	Carrollton	M	36	0:15:50
21	Mark Olateju	Rowlett	M	45	0:11:48	80	Debbie Brewer	Plano	F	47	0:15:54
22	David Rosenblatt	Allen	M	39	0:11:53	81	Servando Palomeque		M	35	0:15:55
23	Martin Leister	Plano	M	47	0:12:09	82	Stephen Maffei	Allen	M	45	0:16:01
24	Russel Thompson	Plano	M	24	0:12:14	83	Jim Tressa	Plano	M	62	0:16:04
25	James Drumm	Garland	M	49	0:12:15	84	Roger Meier		M	67	0:16:07
26	Thomas Fleming	Richardson	M	48	0:12:17	85	Thomas Vaughn	Mesquite	M	61	0:16:08
27	Jennifer Johnson	Fairview	F	21	0:12:18	86	Mike Colvin	Dallas	M	55	0:16:14
28	Aaron Purser	Plano	M	15	0:12:19	87	Himanshu Bhatt	Plano	M	40	0:16:26
29	Mark Trompeter	Plano	M	10	0:12:20	88	Jerry Teffeteller	Plano	M	64	0:16:27
30	Ruben Saguil	Farmers Branch	M	42	0:12:20	89	Tammi Trompeter	Plano	F	45	0:16:27
31	Kenny Gardner	Plano	M	54	0:12:26	90	Martin Meier	Richardson	M	37	0:16:31
32	Chris Orth	Richardson	M	43	0:12:30	91	Christian Stephens	Carrollton	M	9	0:16:33
33	Brent Lagesse		M	24	0:12:38	92	Belinda Dugas	McKinney	F	40	0:16:34
34	Brian Erickson	Plano	M	38	0:12:39	93	Dewey Fambry	The Colony	M	74	0:16:41
35	Chase Berg		M	32	0:12:41	94	Carol Lindenblatt	Plano	F	60	0:16:43
36	John Nance	Rowlett	M	59	0:12:41	95	Trung Le	Dallas	M	37	0:16:45
37	Cherilyn Hefter		F	32	0:12:48	96	June Orth	Richardson	F	43	0:16:55
38	Tommy Trompeter	Plano	M	14	0:12:48	97	Joscelyn Trompeter	Plano	F	16	0:17:09
39	Richard Greene	Aubrey	M	29	0:12:50	98	Melanie Rozman	Murphy	F	14	0:17:16
40	Ashlea Lincoln	Plano	F	26	0:12:50	99	Richard J. Smith	Dallas	M	60	0:17:17
41	John Mehmen	Princeton	M	42	0:12:56	100	Fernando Ambriz		M	35	0:17:20
42	Linda Kelly	Dallas	F	55	0:12:57	101	Jimmie Smith	Plano	M	58	0:17:48
43	Jerry Powell	Melissa	M	56	0:13:00	102	Claire Tannery		F	9	0:17:48
44	Steve Purser	Plano	M	42	0:13:00	103	Claudia Delgado		F	31	0:17:57
45	James Dunn	Plano	M	50	0:13:12	104	Michele Martin	Plano	F	46	0:18:03
46	Ken Ashby	Dallas	M	54	0:13:12	105	Sarah Heady	Richardson	F	9	0:18:05
47	Jim Sampson	Richardson	M	68	0:13:16	106	Katharine Drumm	Plano	F	15	0:18:16
48	John Maldonado	Plano	M	15	0:13:19	107	Jim Hannnon	Plano	M	54	0:18:18
49	Andy Beach	Garland	M	49	0:13:27	108	Nancy Johnson	Fairview	F	50	0:18:20
50	Thomas Beitinger	Denton	M	62	0:13:27	109	Steven Frick		M	24	0:18:33
51	Bill Blackburn	Van Alstyne	M	68	0:13:44	110	Luke Thorne		M	12	0:18:45
52	Sigi Diaz	Plano	M	53	0:13:50	111	Roy Peyton	Plano	M	71	0:18:50
53	Maria Moore	Plano	F	46	0:13:52	112	David Hashe	Plano	M	9	0:18:51
54	Mike Picard	Plano	M	54	0:13:54	113	Lynda Fleming	Richardson	F	47	0:19:01
55	Bob Wilmot	Plano	M	62	0:13:57	114	Bobby Clark	Allen	M	40	0:19:05
56	Day-Ruey Liu	Plano	M	49	0:14:00	115	Sarah Foster		F	26	0:19:15
57	Matthew Sunna	Murphy	M	30	0:14:00	116	Andy McLaughlin	Carrollton	M	47	0:19:19
58	Dawn Burke		F	47	0:14:01	117	Barbara Bowen	Dallas	F	63	0:19:32
59	Alan Davis	Hickory Creek	M	62	0:14:08	118	Jackie Orth	Richardson	F	13	0:19:52

## Race Results (Continued)

### DOG DAYS 3x3K RELAY INDIVIDUAL RESULTS (Continued)

PL	Name	Hometown	M/F	Age	Time
119	Richard Hamilton	Richardson	M	67	0:19:58
120	Nancy Cole	Dallas	F	65	0:20:03
121	George Alvarez	Keller	M	51	0:20:24
122	Kim Rozman	Murphy	F	47	0:20:24
123	Sheela Sharma	Allen	F	9	0:20:31
124	Ruth Olinger	The Colony	F	64	0:20:47
125	Mark Levine	Dallas	M	43	0:21:24
126	Karri Beaty	Richardson	F	42	0:22:37
127	Norie Alvarez	Keller	F	48	0:23:17
128	Vito Lonero		M	60	0:23:43
129	Sheryl Hawn	Poetry	F	47	0:23:46
130	Jan Richards	Dallas	F	80	0:23:54
131	Rohan Bhatt	Plano	M	10	0:24:39
132	Jeff Hashe	Plano	M	41	0:29:23
133	Debby Earnest	Plano	F	44	0:32:30



### Race Day Volunteers

**Race Director:** Jerry Powell

**Registration:** Angelo Prieto, Freddie Smith, Dennis Chupp, Mary Lewellyn, Jennifer Rutledge, Marylyn Patrick, Matthew Sunna, Debbie Brewer, Linda Boggs, Daysi Houellemont, James Gabhart, Ella Montgomery

**Membership:** Claire Goulthorpe, Richard Vasquez, Kenny Gardner, Michele Martin, Bob Wilmot

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

**Finish Line:** Richard Vasquez, Linda Boggs, Christi Heady, Daysi Houellemont, Bobby Hoskins, Ella Montgomery, Belinda Dugas, Jerry Powell, Claire Goulthorpe

**Awards:** Jerry Powell, Jennifer Rutledge

**Food:** Maria Moore

**Kids' K:** Mike Koskan, James Gabhart, Bobby Hoskins, Christi Heady, Carol Lindenblatt, David Maldonado, Andy McLaughlin

**Results:** Ruben Saguil

**Photography:** Gabe Abene, Angelo Prieto

### JUNIOR SPRINT (0.673 mi) TOP FINISHERS

#### BOYS 0-8

1	Kevin Gatherer	04:58
2	Jacob Erickson	05:04
3	Travis Tannery	05:46

#### GIRLS 0-8

1	Samantha Gant	05:23
2	Hana Rosenblatt	05:25
3	Abbey Erickson	05:49

#### BOYS 9-12

1	Mark Trompeter	03:50
2	Marshall Erickstad	04:52
3	Christian Stephens	05:05

#### GIRLS 9-12

1	Sarah Heady	04:44
2	Rachel Schiemann	05:03
3	Claire Tannery	05:13

### JUNIOR SPRINT COMPLETE RESULTS

PL	Name	M/F	Age	Time
1	Mark Trompeter	m	10	0:03:50
2	Sarah Heady	f	9	0:04:44
3	Marshall Erickstad	m	9	0:04:52
4	Kevin Gatherer	m	8	0:04:58
5	Rachel Schiemann	f	12	0:05:03
6	Jacob Erickson	m	8	0:05:04
7	Christian Stephens	m	9	0:05:05
8	Claire Tannery	f	9	0:05:13
9	Andrew Gatherer	m	11	0:05:16
10	Mitchell Erickstad	m	11	0:05:19
11	Samantha Gant	f	8	0:05:23
12	Hana Rosenblatt	f	6	0:05:25
13	Travis Tannery	m	6	0:05:46
14	Abbey Erickson	f	5	0:05:49
15	Anna Beaty	f	12	0:05:54
16	Colby Calagna	m	5	0:05:59
17	Jacob Aronson	m	10	0:06:07
18	Caroline Erickstad	f	5	0:06:08
19	Emily Schiemann	f	10	0:06:10
20	Lindsey Aronson	f	6	0:06:46
21	Sara Rosenblatt	f	4	0:06:58
22	Martha Beathy	f	7	0:07:25
23	Angela Landry	f	5	0:07:49
24	Emily Beaty	f	10	0:08:02
25	Sunil Sharma	m	6	0:09:24
26	Kylie Calagna	f	3	0:10:03
27	Kaleigh Stephens	f	3	0:12:05





## Prediction Run Results

Schimelpfenig Library – 9/11/2007

PL	Name	Predicted	Actual	Diff(secs)
1	Jason Bogardus*	22:00	21:57	3
2	Ken Ashby	23:45	23:39	6
3	Don Horsman	38:00	37:51	9
4	Corey Costello	32:18	32:30	12
5	Thomas Faulkner	22:15	22:27	12
6	James Matthews	27:00	26:48	12
7	Peter Goodspeed	32:00	32:13	13
8	James Dunn	24:03	23:49	14
9	George Kampas	27:25	27:09	16
10	Vernon Hodge	26:15	25:59	16
11	Don Wallace	21:58	22:16	18
12	Mark Salamasick	31:27	31:00	27
13	Ruben Saguil**	23:23	23:51	28
14	Jerry Powell	24:48	24:11	37
15	John Mehmen	24:40	23:58	42
16	John Beall	30:27	31:13	46
17	Mike Koskan	27:38	26:43	55
18	Todd Warner	32:00	31:04	56
19	Mark Lichty	26:50	25:50	60
20	Marcus Lippe	36:02	34:54	68
21	Colby Mehmen	24:00	22:51	69
22	James Gabhart	28:28	27:11	77
23	An Nguyen	25:30	24:03	87
24	Day-ruey Liu	25:00	23:24	96
25	Linda Sheridan	36:01	34:23	98
26	Sarah Heady	28:30	26:45	105
27	Al Angell	37:53	35:31	142
28	Bob Wilmot	28:01	30:24	143
29	Dzuy Nguyen	27:12	29:58	166
30	James Sheridan	32:50	29:22	208
31	Tommy Todd	33:15	28:02	313

**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 (and Kids)  
Jerry Powell Ruben Saguil

**Course Setup:**

Ken Ashby

**Conditions:**

78 deg F Clear and Nice!

Course Start: Library Parking Lot

Course Finish: Gazebo

**Footnotes:**

\* - Five seconds Club

\*\* - Did not start with main group





## Upcoming Race Schedule

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

Date	Name	Event
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
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

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

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 **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](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.

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

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



**Richardson**  
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972-231-8260

**Dallas**  
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Dallas, Texas 75206  
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**Coppell**  
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Coppell, Texas 75019  
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972-540-0333

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



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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  
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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)

