



KEEPING PACE



The Official Newsletter of The Robins Pacers

March 2000

<http://pacers.rvx.net>

Warner Robins, GA

Pacers at the Races!

Al Tol Memorial 15K

Jan 29th

Joe Howard 1:16:44 2nd AG
 (Personal record for Joe for this distance)
 Marv Champion 1:20:38
 Stephanie Johnson 1:29:00

Tybee Island Marathon

Feb 5th

Sue Crenshaw 4:34

Sweetheart Run 5K

Tifton, GA

Feb 19th

Sue Crenshaw 25:57 2nd AG

Sweetheart 1 Miler

Sue Crenshaw 7:57 1st AG

Sweetheart Run for Sight 5K

Centerville, GA

Feb 12th

Elaine Westberry 30:27 1st AG
 Marion Fraley 33:06 2nd AG
 Libby Plaisted 34:49
 Sara Fraley 36:53 1st AG

Sweetheart Run for Sight 12K

Mitch Sinyard 46:23 1st AG
 John Hunter 57:07
 Marv Champion 59:59 3rd AG
 Stephanie Johnson 1:10:05 2nd AG
 Linda Whitaker 1:16:50 1st AG

Upcoming Races

Mar 4th - Run for Missions 5K -
Macon - Joe McDaniel (912) 474-7577

Mar 18th - Leprechaun 5K/10K -
Dublin - Ken Carr (912) 272-7711

Mar 19th - Cherry Blossom Festival
5K (P.M.) - Jessica Trevitt (912)
751-7429

Apr 1st - Dogwood 5K - Perry -
Mary Jane Kinnas (912) 988-1626

Apr 1st - GEICO Biathlon/5K Road
Race - Gary Musolf (912) 477-8208

Apr 8th - "Nearly Famous" Ellaville
8K - Tommy Barnes (912) 937-2763

Apr 15th - Macon Symphony Orch
Allegro 8K - Melinda Coker (404)
927-2274

May 13th - Run Americus 5K - Fred
Richmond (912) 931-2495

March Birthdays

Linda Whitaker 12th
 Todd Smoot 21st

Please e-mail

*Caryl_Deems@pap.state.ga.us
 or call 956-2534 (home) or 785-1176 (work) with any race results
 or other information you would
 like published in the newsletter!*



Happy St. Patrick's Day!
March 17th

2000 Museum of Aviation Marathon/Half-marathon/5K

The 2000 Museum of Aviation races were held on Jan 22nd and were a huge success!! A big THANK YOU to everyone who helped with the event. This newsletter includes a message from Race Director John Hunter below.

On behalf of all the Robins Pacers, I would like to thank John for all his hard work. This is no easy task, but John always steps up to the plate and does an excellent job.

Thank you very much!!!

Carson "Kit" Peyatt has started a new group called the Houston Hash House Harriers & Harrieretts which meets every other Wednesday night at 6:30 pm (run starts at 7 pm) behind the Griffin Insurance building on Watson Blvd. Their website is:

<http://community.webtv.net/CarsonP/HOUSTONHASHHOUSE>

Kit advised that they had 6 runners at their first meeting and 16 at the last. Hopefully, with the weather improving, the group will get bigger and better. Next run is scheduled for March 1st. Come join in on the fun!

Congratulations!!!

Charlene Earles' daughter, Tina, gave birth to a baby boy on December 27, 1999. **Hamilton Harris Harrison V** weighed in at 6 pounds - 7 ounces. If he grows into his name, he should be six feet tall in no time!

Mother and child are doing fine. Congratulations Grandma!



Anyone interested in running with a group? Well, you have a couple of alternatives:

Several of the Pacers run almost every Saturday morning starting at 6 am., distances from just a few miles to as many as 12 miles. Currently, those of us participating send e-mails out towards the end of each week giving time and location. This seems to be the most effective way of getting the word out these days. If you'd like to be included, contact me (Caryl_Deems@pap.state.ga.us) and I'll see that you are put on the "notification" list.

There's another group that also runs on Saturday mornings starting at various locations around Houston County. They have a web site at: <http://home.att.net/~stan.finley/runscd.htm> Check them out.

So if there's no race scheduled for the weekend or you just want to run more miles, come join us. Trust me, you're more likely to get out of the bed and go run when you know people are waiting on you to show up and run with them. See ya Saturday!!!

Next Pacer meeting will be Tuesday, March 7th at 7 pm at the Houston Health Pavilion at the corner of Watson Blvd and Houston Road.

Cancer Society's Relay for Life

We are making preparations to participate in this year's annual Relay for Life to benefit cancer research, which is scheduled for May 19-20. We hope to have a successful team *again* this year. The following Pacers have already signed up to be a part of the team:

Mike Brown
Marv Champion
Mike and Caryl Deems
Charlene Earles
John Hunter
Glen McCardle
Steve and Nancy Rosenberg
Annette Swartz
Janice and Johnny Westmoreland

If you would like to participate, please contact Team Captain Caryl Deems at 956-2534 (home), 785-1176 (work) or e-mail Caryl_Deems@pap.state.ga.us. The cost is \$10 per person, which covers the cost of your t-shirt. Each participant is asked to raise at least \$100 in contributions towards this important cause.

The Relay will start at 6 pm on May 19th and end at noon on the 20th. The opening ceremony will take place at 6 pm, so the actual walkers/runners will start between 6:30 - 7:00 pm. I will bring a schedule to the next Pacer meeting so everyone can sign up for the times they want. If you can't come to the meeting or just want to get a jump on the "best times", contact me and I'll go ahead and put you on the schedule. Each participant should take 1 one-hour block or two 30-minute blocks. Hopefully we'll get five more participants which will make this work out nicely. Otherwise, some of us will be running a little more than one hour.

Just as we have done the past two years, we plan to collect money on April 8th from 9 am - 1 pm at the intersections of Kimberly/Russell and Watson/Houston Rd. We will divide the total amount of money collected among the folks that help with the collection. This goes towards your suggested \$100 donation to the Cancer Society. So please plan to come and help. We will be making arrangements for this at our next Pacer meeting on March 7th. Even if you can't participate in the Relay, we could use your help on collection day!

Also, this year we have a new Relay fund raiser - the **Life Line of Hope** - which is designed to get more businesses involved. (Individuals can participate too.) For a minimum \$100 donation, a sign will be prepared for the contributor indicating the business's contribution to the Cancer Society Relay for Life. The business displays the sign until the Relay, at which time it will be moved to the Relay site. Hopefully we will have enough signs to make a continuous line all the way around the track. So, think about the people you do business with - dentist, doctor, dry cleaner, etc. The money you collect from them as a donation to the Life Line of Hope goes towards your individual donation as well as the team's total donation.

I will bring your Relay packets to the meeting on the 7th. See ya then!

Caryl

2000 Museum of Aviation 5K, Half Marathon and Marathon
January 22, 2000

This was our fourth annual Marathon event and third year the courses were run on Robins AFB. This year we had 356 runners and walkers in all three events. This is an increase by about 38 this year as we seem to be growing each year. We had cool but perfect weather for the Marathoners (82). Half-Marathoners totaled 134 with the 5K run/walk being 140. Opening ceremony was held in front of the Century of Flight hangar at 0745 with the 202 National Guard's Color Guard Unit presenting the colors. The National Anthem was sung by Al Carter and his Barbershop Quartet! Marathon and Half started at 0800 with 5K at 0815.

This year's event added a professional picture taking group from South Carolina which took pictures of all the finishers as they approached the finish line. The Marathon and Half-Marathon events are now USA Track and Field Certified which means that our Marathon is a Boston Qualifier course! The course goes around the perimeter of the base and back by the Base Nature Center and Lodge area (two loops for the marathon, one for the half). 5K Run and Fun Walk go out to the Lodge and back!! Start and finish for all three races is right by or next to the museum itself.

We had a couple of folks who walked the whole 26.2 miles; we had participants from as far away as California and Ohio; we had runners who needed a race in Georgia to complete a 50 states marathon event. WMAZ had a live link on the scene. Information on finishers and their times are at our Pacer's Running club website. I have been race director for the past three years and this was the best year yet. Beautiful long sleeved t-shirts were given to all applicants and large medallions with ribbon were placed over each marathoner's head as they crossed the finish line. Fruit and pastries as well as coffee, Power Aide and water for all as well. Shelly Cranford from Cochran won the Marathon for the third year in a row with a time 2:46:57. He had just run the Disney World Marathon in Florida a few weeks before and did not know he was going to run until the day before our event!!

Also, here is a human interest tidbit which I think is pretty amazing. Mr. Hu Goldstein, 71, of Los Angeles, California ran the marathon, 26.2 miles, in 4:30:40. As Mr. Goldstein crossed the finish line he did a cartwheel. Anyone who has ever completed a marathon can really appreciate this feat!!!

Please check out the race results which are now posted on the Robins Pacers web site.

This year we raised approximately \$1700! This means we have raised over \$5,700 for the Museum of Aviation in the last three years!

John Hunter
2000 Museum of Aviation Marathon Race Director

5K female overall:	Alice Smoot	19:58
5K male overall:	Brannon Cochran	16:23
Half-marathon female overall:	Sue Kelly	1:19:24
Half-marathon male overall:	CR Miller IV	1:13:27
Marathon female overall:	Mary Kowalski	3:33:27
Marathon male overall:	Shelly Cranford	2:46:57