



KEEPING PACE



The Official Newsletter of The Robins Pacers

September 2000

<http://pacers.rvx.net>

Warner Robins, GA

Pacers at the Races

Jim Herrin Memorial Stampede 5K August 19th

| | | |
|-----------------|-------|--------------------|
| Chuck Reaves Sr | 19:27 | 1 st AG |
| Marv Champion | 24:50 | 3 rd AG |
| Al Freitag | 25:48 | |
| Don Tate | 16:18 | |
| Mallory Freitag | 31:40 | |
| Gail McUmbert | 31:44 | 2 nd AG |
| Ross Freitag | 32:25 | |
| Raul Paniagua | 34:24 | 1 st AG |

Jim Herrin Memorial 10K

| | | |
|---------------|-------|--------------------|
| Mitch Sinyard | 38:43 | 1 st AG |
| John Hunter | 47:39 | 3 rd AG |
| Joe Reott | 52:11 | |
| Sue Beighley | 57:44 | 1 st AG |
| Joe Howard | 57:45 | |

Ham Slam, Culloden August 26th

| | | |
|---------------------------|-------|--------------------|
| Mitch Sinyard | 18:56 | 1 st AG |
| (5 th overall) | | |
| Caryl Deems | 27:02 | 2 nd AG |
| Elaine Westberry | 30:55 | |

Upcoming Races

Sept 4th - Macon Labor Day
5K/10K; Macon, GA; 912-477-7327

Sept 16th - Southern Jubilee 5K;
Macon, GA; 912-477-7327

Sept 16th - Buggython 5K/10K;
Barnesville, GA; Joyce Hutchison
@ 770-358-3866

Sept 23rd - Peanut Festival 5K;
Plains, GA; Jan Williams @ 912-824-5393

Sept 30th - Dublin Lions Run for
Sight 5K/12K; 912-277-5240/275-1140

Oct 21st - Hog Jog 5K; Vienna; Don
Thomas @ 912-268-8656

Oct 28th - Boston Mini-Marathon
(Half marathon and 5K walk);
Boston, GA; 912-498-6743

Nov 4th - Deer Dash 5K;
Monticello, GA; Louise Marshall
@ 706-468-8933

Nov 23rd - Atlanta Half-marathon
and Marathon

I have copies of many of the race applications. If you need them, contact me, and I'll be glad to send them out to you. My contact numbers are listed below.

Please send any news you would like included in the newsletter (race results, new babies, etc) to: **Caryl_Deems@pap.state.ga.us** or call me at 956-2534 (home in Byron) 785-1176 (work in Macon)

September Birthdays

| | |
|------------------|------------------|
| 2 nd | Patrick Morgan |
| 9 th | Michelle Werchan |
| 25 th | Joyce Hall |
| 25 th | Mitch Sinyard |

Run & See GA Grand Prix Standings as of August 2000

| | |
|-------------------|------------------|
| Caryl Deems | 11 th |
| Stephanie Johnson | 12 th |
| Sue Crenshaw | 5 th |
| Gail McUmbert | 10 th |
| Charlene Earles | 12 th |
| Linda Whitaker | 13 th |
| Mitch Sinyard | 8 th |
| Marv Champion | 8 th |

Next Pacer meeting will be September 5th at 7 PM at the Houston Health Pavilion.

See ya there!!!

Summer Social

Our summer social was held on the evening of August 19th. We had a good crowd of folks and way too much *good* food! We were happy to have some of our newer members there so we could all get to know one another better. Thanks for a great time everyone!

Jim Herrin Memorial Stampede
August 19th

The 5th Annual Jim Herrin Memorial Stampede 5K/10K was held on August 19th. Once again, it was very successful! We had a record number of runners this year. There were 118 5K runners and 84 10K runners.

Overall Winners:

| | |
|---|-------|
| 1 st place 5K male - Buddy Clark | 16:42 |
| 1 st place 5K female - Hana Stamatovic | 19:50 |
| 1 st place 5K masters male - Clark Walker | 17:54 |
| 1 st place 5K masters female - Myra Kucera | 23:58 |
| 1 st place 10K male - Karl Hungos | 35:08 |
| 1 st place 10K female - Heather Neal | 46:21 |
| 1 st place 10K masters male - Richard Bishop | 38:58 |
| 1 st place 10K masters female - Donna Reynolds | 56:36 |
| 1 st place 10K male Clydesdale - Ian Minielly | 49:51 |

We haven't totaled everything yet, so we don't know exactly how much scholarship money will be given to our two recipients. I will have that, along with information on the two students, in the next newsletter.

Thanks to everyone who came and helped out so early that morning. We couldn't put on such an event without your assistance! Special thanks to Charlene Earles, race director. You'd have to hold this position to understand how much work it really takes to put on a successful race. She did a great job!

Running the Rim of the Grand Canyon

Mike and I attended the American Probation and Parole Association conference in Phoenix, Arizona in late July. I ran twice during the four days we spent in Phoenix. Each time, I ran at 5:30 AM - for two reasons: 1) 5:30 AM in Arizona is 8:30 AM in Georgia, and I was already wide awake at 5:30 AM every morning, and 2) Don't believe people when they say "It's hot in Arizona, but it's a dry heat." It was 115 degrees during the day! And trust me when I tell you that 115 degrees is hot, no matter how you cut it. The temperature at 5:30 AM was around 85-90 degrees, the equivalent of running in the afternoon in the summer in Georgia. So that wasn't too bad.

Following the conference, we drove up to the Grand Canyon to spend a few days. On Thursday, we spent most of the day looking out over the rim. (Mike looked out over the rim - I stayed back a ways - I don't do heights!) On Friday morning, we went back to the Canyon in the early morning hours to run the rim. There was a section about two miles long where we could run along the edge (not too close) and see the magnificent views of the Canyon. Along the way, we saw mule deer within a few feet of the trail and squirrels that you could almost reach out and touch. It was really something to see. I try to run wherever I find myself - beach, mountains, etc. Running the Grand Canyon was one I will never forget!

Caryl Deems