



KEEPING PACE

The Official Newsletter of The Robins Pacers



January/February 2002

<http://robinspacers.org>

Warner Robins, GA

Pacers at the Races

Southern Jubilee 5K, 09-15-01 Macon, GA

Mitchell Sinyard	19:08	1 st overall
Teressa Sowell	23:10	3 rd female overall
Tom Dawson	30:29	
Gail McUmbert	30:57	
Raul Paniagua	36:12	

Race for the Cure, 10-27-01 Macon, GA

Mort Haddox	20:09	
Nancy Rosenberg	29:26	
Tom Dawson	30:13	

Will Robinson Memorial, 11-17-01 Milledgeville, GA

Marv Champion	24:04	
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Fall Fitness 5K, 11-17-01 Baxley, GA

Tom Dawson	28:20	2 nd Age group
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Atlanta Half Marathon, 11-22-01

Caryl Deems	2:22:00	
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Disney Marathon, 01-06-02

Sue Beighley	4:43:05	
Al Freitag	5:12:48	
Johnny Westmoreland	5:14:56	

Disney Half Marathon, 01-06-02

Charlene Earles	2:47:00	
Linda Whitaker	3:00:33	

Museum of Aviation 5K, 01-19-02 Warner Robins

Tom Dawson	29:08	
Gail McUmbert	29:21	1 st Age group

Museum of Aviation Half Marathon, 01-19-02

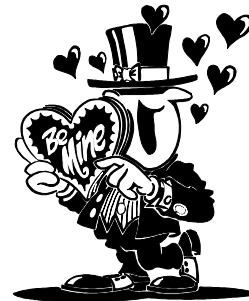
Leroy Gee	1:47:18	
Pat Morgan	2:21:25	
Michael Brown	2:47:21	

Museum of Aviation Marathon, 01-19-02

Mitch Sinyard	3:25:23	1 st Age group
Bill Likos	4:03:53	
Todd Howell	4:16:39	

Information for Newsletter

If you have any news you would like included in the newsletter, please contact me at 956-2534 or e-mail me at Caryl_Deems@pap.state.ga.us



Happy Valentines Day!!!

Happy Birthday to You!!!



January

2nd Don Hall
11th Fran Garrison
20th Craig Smoot
22nd Wendell Barker
27th Joe Reott
28th Todd Howell

February

7th Frank Shaffer
13th Albert Freitag
13th Chuck Reeves
15th John Gates
21st Joe Joe Howard
23rd Peggy Shaffer
25th Bill Likos
26th Donna Wilson
29th Mike Brown

Upcoming Races

Feb 9th - Al Tol Memorial 15K Masters/5K Open; Macon; 477-4571 or 765-8639

Feb 16th - Sweetheart Run for Sight 5K/12K; Centerville; 922-0423

Feb 23rd - Sweetheart Run 5K; Tifton; 229-382-4264

Mar 2nd - Run for Missions 5K; Macon; 474-7577/994-9795

Mar 9th - Forsythia Festival 5K; Forsyth; Georgia Public Safety Training Center @ forsythiafestival.com

Mar 23rd - Cherry Blossom Marathon/5K; Macon; 751-5588

Apr 13th - Nearly Famous Ellaville 5K; Ellaville; 229-937-2763

Apr 13th - GEICO 5K/Duathlon; Macon; 800-841-9160 Ext 5260

Apr 20th - MSO 5K; Macon

Next Pacer Meeting

Our next meeting will be held on Tuesday, February 5th at 7:00 PM at the Houston Health Pavilion on Watson Blvd.

It's time to renew your membership. I've included an application with this newsletter. If you can't make the meeting, please mail it back to us. Otherwise, bring it with you. Thanks!

2001 Run & See GA Grand Prix Standings

Gail McUmbler	9 th place	female 45-49
Jose Valencia	5 th place	male 20-24
Mitch Sinyard	2 nd place	male 40-44
Marv Champion	12 th place	male 50-54
Raul Paniagua	17 th place	male 70-74

*Taken from GA Runner magazine - January 2002

2002 Museum of Aviation Foundation Races

We had another successful series of races last weekend. We had 197 registered 5K'ers; 201 registered half-marathon'ers; and 128 registered marathon'ers. That's about a 30% increase over what we had last year. Thanks for all the help from the volunteers. Many thanks to race director, John Hunter, for keeping everything in line. The amount of money raised is yet to be determined. We'll let you know next newsletter.

2002 Relay for Life

The Warner Robins/Houston County Relay for Life is scheduled for May 17-18 at the Agri-Center in Perry. This year, the Pacers will be assisting with the *Survivors* and the activities involving that group. Caryl Deems has volunteered to head the committee working with the Cancer Society to determine such things as the type of banner the Survivors will create and carry on the Survivor lap; the song they will walk to; and any other fun activities we can come up with.

The Pacers will still have a team participating in the Relay, just as in the last few years. Caryl will continue to be the team captain - getting your packets and shirts to you and keeping you informed of all activities. We will simply share the Survivor tent during the Relay.

Information will be forthcoming as to team registration, so be prepared to be a part of the team.

Robins Air Force Base Black Heritage Observance Committee's

HEALTHY HEART HEALTHY FAIR

<http://www.robins.af.mil/blackhistory>



**HIV
AWARENESS**

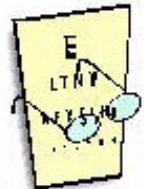
**CHOLESTEROL &
GLUCOSE
SCREENING**

**OLD BASE GYM
14 FEB 02
1000 - 1400**



**Dental
Screening**

**Optometry
Screening**



SUPPORTERS
AMERICAN HEART ASSOCIATION
AMERICAN CANCER SOCIETY
HOUSTON MEDICAL CENTER

SCREENINGS
BLOOD PRESSURE
FAT ANALYSIS
STRENGTH TEST



Smoking Cessation

**ASK DR. TR
? Question ? and
Answer Session**

POC:
BRENDA FRAZIER (926-9660)
WR-ALC/PK
DEBORAH WASHINGTON (926-1126)
WR-ALC/RE

Must RSVP for Seminar/Lunch



Seminars w/ refreshments (must RSVP)

Breast Cancer Awareness	11:15
(Speaker: Ms Esther Fussell)	
Prostate Cancer Awareness	12:00
(Speaker: Dr Samuel Palmer)	
?Ask? Dr. TR	12:45
(Speaker: Lt Col Torres-Reyes)	