

www.okcrunning.org

THE LANDRUNNER

Official Newsletter of the Oklahoma City Running Club

Landrunner Mission: To support health and fitness of all ages through recreational running

January 2009 | Issue No. 153

We Will Miss You, Jack



Anyone who is a runner in Oklahoma has probably heard of Jack Rector. When he passed away in November, a truly bright light in the community was dimmed...but never extinguished. We will continue to honor Jack in so many ways...mostly through things we learned from him.

Through the determination to run.

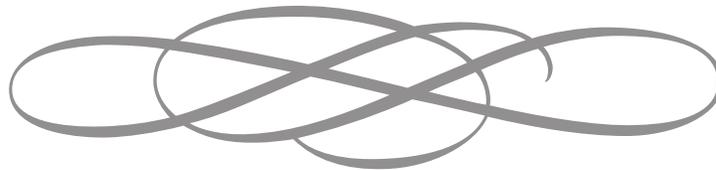
Through the encouragement we share with fellow runners, walkers and athletes.

Through the friendships we cultivate along the way.

These are the ways we can "Be like Jack."

And there is probably no better person to be like.

This issue is dedicated to Jack's everlasting memory. May he continue to run through our hearts forever.



It's a New Year

It is a true honor to be your newly elected President. They say a club is only as good as its members and we have a terrific cast of members. I am counting on your support to continue making our club even better. Sadly, we have lost a great member with the recent passing of Jack Rector, but his inspiration to the running community will live on forever. I still remember Jack's training group for my first 2004 OKC Memorial Marathon. Jack always made me believe I was a runner even after crawling in on those 20 milers. His service and dedication to the club and the running community was priceless.

I would like to thank my predecessor, Bill Robinson for keeping the club moving in a positive direction this past year and I look forward to his continued service on the board. I also look forward to working with your other newly elected officers—Cara Rogers, *Vice President*; Tom Briggs, *Treasurer*; Bob Loving, *Secretary* and a whole host of dedicated board members. Please let any of us know how we can make your club better.

Your club will be extremely busy for the first couple months with marathon training starting on January 3rd. The January 19 club meeting will feature coaches Jeff Neeley and Mark Bravo speaking about marathon training programs. Then on February 28th the club will be hosting The Panera Bread Jack Rector Beacon Run along with the club's 25th Anniversary Celebration Banquet that same evening--check the website for upcoming details. I encourage all members to get involved and help make both these events a real success. Remember volunteers are the backbone of our organization and anyone that wants to volunteer to write this monthly column is welcome to do so.

Keep Running

Chuck Mikkelson, President

Comments from the Oklahoma City Running Community

Comments continued throughout newsletter.

Jack was simply a great runner. I ran a respectable time at the Wichita Marathon, but Jack, 15 years my senior, was faster. Beyond his running ability was a love of running and a willingness to share that love in practical ways. That was, and will continue to be, an inspiration to each generation of runners. His legacy is a running community that will continue to grow. Hopefully we can all follow his lead, and in some small way, emulate him and serve as inspiration to others. — *Bill Robinson*

Jack taught me what it meant to be committed to something of which the end result would not be self-serving. His coaching the training groups from the inception of the marathon was completely altruistic. In fact, his running took a 'back seat' at times. Yet his reward was seeing the dreams of so many come to fruition. — *Mark Bravo*



Jack's final race is complete. He has passed the finish line, and has done so with style. — Jamie Pivniska

FOR THEM WE RUN

THOSE WHO WERE KILLED, THOSE WHO SURVIVED AND THOSE CHANGED FOREVER.
MAY ALL WHO LEAVE HERE KNOW THE IMPACT OF VIOLENCE.
MAY THIS MEMORIAL OFFER COMFORT, STRENGTH, PEACE, HOPE AND SERENITY.

WE RUN TO REMEMBER

THE NINTH ANNUAL OKLAHOMA CITY

— Memorial Marathon —

APRIL 26, 2009



HONOR

CELEBRATE

REACH

UNITE

WWW.OKCMARATHON.COM • (405) 525-4242

Jack's Running Records



Here is a sampling of Jack's racing records. 5k - 1/2 marathon are OK State records (courses in OK). The marathons are "all time" age group records (ANY certified course is included).

OK State Records for Age Group

Rank	Name	City, State	Age	Time	Pace	Date	Race/location
5K Male Age Group: 65 - 69							
26	Jack Rector	OKC, OK	69	22:12	4:27	07-94	OKC/Torch Run
8K Male Age Group: 80 - 99							
2	Jack Rector	OKC, OK	80	49:20	6:10	11-05	OKC/Turkey Trot
10K Male Age Group: 80 - 99							
2	Jack Rector	OKC, OK	80	1:02:19	6:14	10-05	OKC/Trolley Track
15K Male Age Group: 70 - 74							
10	Jack Rector	OKC, OK	70	1:14:42	4:59	10-95	Tulsa Run
25K Male Age Group: 75 - 79							
1	Jack Rector	OKC, OK	76	2:33:31	6:09	03-01	OKC/Beacon on Bay
Male Age Group: 80 - 99							
1	Jack Rector	OKC, OK	80	2:52:16	6:54	03-05	OKC/Beacon on Bay
1/2 Marathon Male Age Group: 70 - 74							
3	Jack Rector	OKC, OK	70	1:48:51	5:10	10-95	Madill/Reuel Little

Masters Marathon All-time Age Group Records

Compiled for the top ten Oklahoma residents over ANY certified course. Not to be confused with the Oklahoma state records which are over Oklahoma courses. There is no distinction between aided and unaided courses. The top ten times only are recorded.

Rank	Name	City, State	Age	Time	Pace	Date	Race/location
Marathon Male Age Group: 65 - 69							
8	Jack Rector	OKC, OK	68	4:08:50	5:54	10-93	Wash. DC/Marine Corps
Male Age Group: 80 - 99							
1	Jack Rector	OKC, OK	80	5:09:26	7:20	10-05	Wichita KS Marathon

Go, Jack. Go.



1st Jewel in the Triple Crown of Spring Racing
25K STATE CHAMPIONSHIP
Saturday, Feb. 28, 2009

25K - 9:00 am 5K - 9:20 am 1 mile Fun Run - 9:30 am
Championship Chip Timing by DG Productions

Entry Fee:

25K - \$22; Day of Race \$25
5K - \$17; Day of Race \$20
1 Mile Fun Run - \$10

Location:

Stars and Stripes Park
Lake Hefner, Oklahoma City

Prizes:

Overall Male & Female
Standard 5 year age groups - 3 deep
Plus Fun Doorprizes

Registration:

Mail Generic Entries to:
Bill Snipes
P.O. Box 18464
Oklahoma City, OK 73154

Online Entries: signmeup.com

Packet Pickup:

Friday, Feb. 27, 2-7 pm
Panera Bread on NW Expy. (across from Integris)

Produced by:



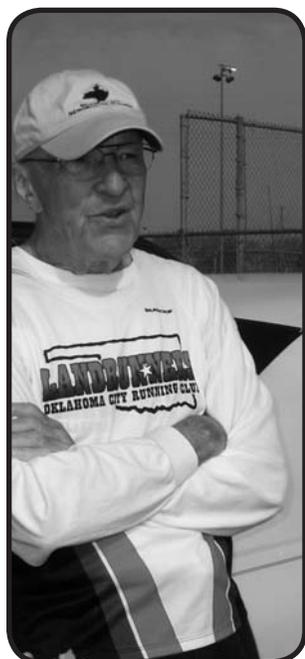
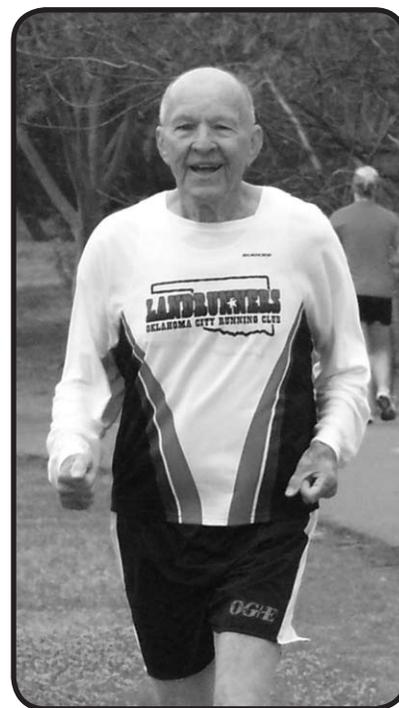
Proceeds go to the Panera/Landrunners Community Racing Fund. For more information email: bill.snipes@sterling-ins.com

I have shared the events of the past week with my sister Claudia in California. She shared the experience of my first marathon, the OKC Memorial Marathon of 2007, the same marathon that Jack and Sherri helped me train for and run. Here is a copy of her e-mail she sent to me today, another person Jack has touched:

Holy cow - 27 degrees. It was chilly in the afternoon when I ran but that's between 55 and 60s. I really want to knock off 8 lbs before the half. I did okay today; just 57 days to go. The funeral sounds like a wonderful tribute and celebration of the runner's life and contribution to others. I will dedicate my 7 miler to him on Sunday. School is keeping me really busy but the running is keeping me somewhat sane.

Stay well. Love your running sibling.

Remember: "Be like Jack." — *Arnie Angelici*



I remember him so fondly. What a spirit to be missed! It shall be a major chore to achieve the running feats he achieved as he aged, especially as my legs fall apart. But Dr. Tom assures me that with a few well placed nails hammered into my right knee and some barbed wire wrapping, I'll be at it again. So watch out Jack, I'll be creeping (or crawling) up on your achievements! — *Frank Willis*

Dearest Sherri,

The Bible says, "To make friends, you must first be friendly." You and Jack radiate friendship. Even though I was new here to Oklahoma, you both made me feel like family.

After the loss of my precious Rachel, God has continually put this scripture before me. I pray it comforts you during this short time of physical separation. We will see them again Sherri, that is a promise from God and then it will be FOREVER.

"For I know the thoughts that I think toward you says the Lord. Thoughts of peace and not of evil, to give you a future and a hope." Jeremiah 29:11 — *Karen Davis*

I am saddened at the thought of not seeing Jack at the upcoming training runs. He was a friend to all who dared to test their limitations for the first time as well as an encourager to the veteran marathoner. I remember on the out and back runs as I would pass him on the way back he would always say "You're looking strong!" Jack has given so much to so many and shall never be forgotten. Run on Jack! — *Jerry Anderson*





St. Paddy's Day Great Race of the Great Plains

8K ♣ 1 mile fun run ♣ kid's races

The Leprechauns are baaaaaack...
Come join them!
Prizes for best leprechauns.
March 14th | 10:15a.m.
Lake Hefner East Wharf

Third Jewel of the



Triple Crown

Mail generic entry to:

Lynn Institute
3555 NW 58th Street, Suite 800
OKC, OK 73112

or call Frank @ 602-3919

Go to www.stpaddysrace.com
or enter Triple Crown

\$20 pre registered
\$25 race day
\$10 students
under 8 free

Jack led by example and was a huge rock of certitude whenever there were doubts of capability. My first meeting with Jack was when he was running with Benny at Lake Hefner and he took the time to encourage me. I thought at the time what a special and beautiful person he was. Sherri, he lives on through every person with whom he came into contact. What a magnificently lived life! He will be missed! My prayers and thoughts are with Jack's family and we should organize a race in his honor. — *David Manguno*



Crossing the Finish Line in 2009!

On January 3rd, the ninth year of OKC Memorial Marathon Training will begin. This is the group training that was originated by Jack and Sherri Rector for the inaugural marathon. If you're a veteran of the group, we look forward to running with you again, and if you've never been out with us we formally (as formal as runners can be!) invite you to come out and see what it means to "Be like Jack!"

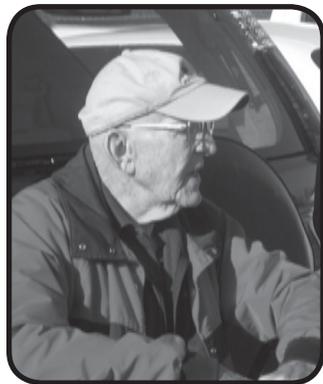
The first training run will be at 7:00 a.m. at Stars & Stripes Park. There will be plenty of water, Poweraid, and encouragement! For further details on training plans and schedules, visit the Landrunners' website at www.okcrunning.org.

We hope to see you there!

We have truly lost a great treasure, the wonderful man that Jack Rector was. A faithful runner and GREAT contributor to the running community, as he loved runners and serving in that capacity. Rest in peace, Jack.

Perhaps his leading of the annual winter/spring, and sometimes fall marathon training, with his folksy, encouraging weekly e-mails stands out the most strongly for me. I especially remember during one of the early

2003 training runs how he was very supportive and encouraging to me on the west side of Lake Hefner, close to where the dam begins, and that began a very successful training and marathon for me.



Sherri, so sorry for your personal loss, but I think you were strong during his

end times. I look forward to seeing you running again. Stay strong, lady.

Even though we lost Jack, and he is irreplaceable, it is wonderful how many of you have risen up in the running community. Not only as excellent runners, but as mentors, encouragers, leaders, editors, web masters, support people, and all other ways. So in sorrow, as my standard signature is, my desire for all of you is still to... run well! — *Doug Cunningham*

Oklahoma Christian School 2nd Annual H.E.R.O.S. Challenge 5k Run



**Saturday, February 21, 2009
8:00 a.m.**

**“Unity Makes Strength”
Benefitting Children’s Mission in Haiti**

**Central State Park
Lake Arcadia - Edmond
Certified by RRTC USATF**



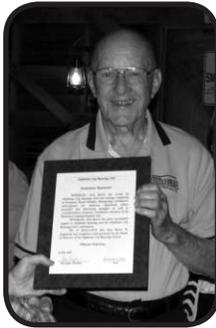
Registration forms are available at Oklahoma Christian School or can be downloaded from www.ocssaints.org

**Online Registration
www.ocssaints.org**

**For More Information:
www.ocssaints.org
Email - sjones@ocssaints.org**

A few years ago I placed at my first race because there were only two people in my age group. That little medal inspired me to race all summer long. But I was just haplessly running to get medals; then Lauri D. told me something like “You gotta meet Jack. Join his marathon training group—surely you can run more than three miles.”

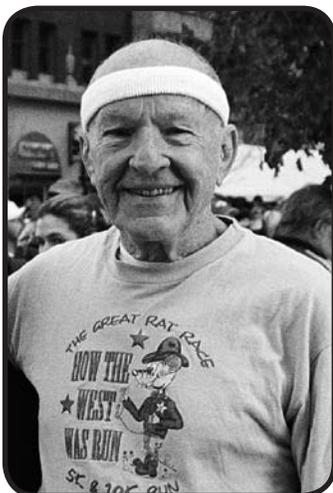
So that is exactly what I did. Training with Jack and Sherri for my first and subsequent marathons was an awesome experience. When I could get there on time, I loved Jack’s encouraging words before our training runs. I loved to hear him talk about running in his early years—how he used little packets of syrup before there was GU. I loved reading his commentaries about our training runs in the newsletters.



My impression was that he took a personal interest in every runner, and he had a way of talking to you like he had known you for years. My head was really swollen with pride when Jack told me once, “Your form looked good at last week’s race.”

Running isn’t just running anymore, it’s an amazing experience. Jack helped me to make it an experience. I know it sounds kind of cryptic, but runners know what I mean. I thank God for allowing me at my age to have started running when I did, and to have met this wonderful person, Jack Rector. My prayers are with Sherri, and I know our awesome God comforts her. — *Sharon Haley*

Be like Jack.



Jack was truly an inspiration and a great friend to all of us. I’ve logged many miles with Jack and he probably thought I talked too much while running, I’m not sure. I feel he is with us all in spirit to keep us safe as we continue to run. Miss you Jack.

— *Donna Banks*

Dear Sherri,

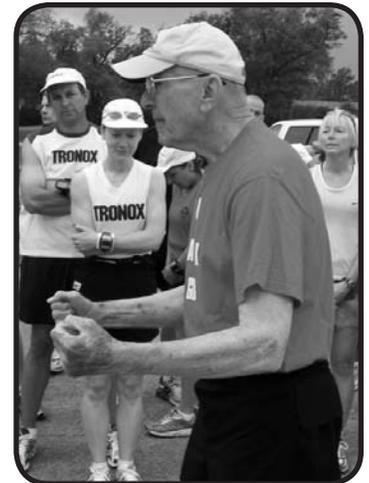
I am so sorry to hear about Jack passing away! I am praying for you and your family. I mourn for a wonderful runner friend and a hero of the Oklahoma Community. Jack was the very first running person that I met in OKC. In 1996, this wonderful smiling, handsome, and sweet man was at the Redbud Classic.

It was that pretty day after the Redbud race that Jack told me that I was a fantastic runner! He had so much enthusiasm and excitement and he said that I should join the OKC Running Club. He was the Father of Running to me!

We all know that for many years he volunteered, contributed and coached for the running club. He was famous for his great running! He organized the very first marathon training group of OKC. I am so very proud to say that I was a part of. If it were not for the training group and Jack’s encouraging words, I could not have completed my first marathon in 2005!

Sherri, keep your heart warm with all of the wonderful things that Jack did as solid gold! I have always loved you both! God be with you.

— *Steve, Dana, Ryan, and Rachel Sternlof*



Landrunners In Action

- 12/6 *Las Vegas*: Bill Goodier, Bill Robinson
- 12/6 *St. Jude Memphis Marathon*: Mary Mikkelson (BQ), Chuck Mikkelson, Gaile Loving, Jamie Pivniska, Randy Graves
- 12/6 *Memphis Grizzlies House 5K*: Bill Snipes, Alden Turci
- 12/6 *Tucson Marathon*: Maurice Lee (BQ), Joanne Jackson (BQ)
- 12/14 *Dallas White Rock Marathon*: David Ball, Katie Kramer, Matt Wilcoxon, Randy Nance, Mike Gibson, Leslie Fleck, Brian Richardson, Steve Spielman, John Tassej...
- 12/14 *Dallas White Rock Half-Mar.*: David Wray, Roger Lemmons, William London, Courtney Lemmons, Adrienne McCasland, Holly Golsen, Cara Rogers...

Who will be the 2008 King and Queen of Mileage?—be sure to E-mail dougc@ordermatic.com your mileage before January 20. Please include the date, race name and distance for each race you finished in 2008.

Marathon Training starts 7am January 3 at Lake Hefner’s Stars & Stripes Park—check www.okcrunning.org for details.

We always hear about the great local support and achievement of our fellow LANDRUNNERS in our many local races but we would like to hear about your destination adventures and achievements so let us know by e-mail at news@okcrunning.org

Landrunner Calendar of Events

<i>Date</i>	<i>Event</i>	<i>Location/Time</i>
1/1	New Years Day Resolution 5k Run	Lake Overholser @ 9:00 am
1/3	Marathon Training Starts	Lake Hefner SS @ 7:00 am
1/19	Club Meeting-Marathon Training by Neeley & Bravo	Ingrid’s Kitchen @ 6:30 pm
1/24	B.A.L.T.O. 5K	Mitch Park @ 10:00 am
2/21	H.E.R.O.S. Challenge 5K	Lake Arcadia@ 8:00 am
2/28	Panera Bread Jack Rector Beacon Run 5K/25K	Lake Hefner SS @ 8:00 am
2/28	25th Anniversary Banquet	TBA

It’s Coming  *The Triple Crown*

- February 28: The Panera Bread Jack Rector Beacon Run
- March 7: Creek Classic
- March 14: The Great Race of the Great Plains

Edmond North High School

B.A.L.T.O. 5K

Distance: 5K or 1 mile fun run

When: January 24, 2009

Time of Race: 10:00 am

Where: Mitch Park
1501 W. Covell Road
Edmond, OK 73003

Why: BALTO is a student organized fundraiser through Edmond North high school. This year it benefits the Oklahoma Brain Tumor Foundation. All race proceeds will go to our cause.

Registration:

- Online registration at www.baltoweek.org
- Mail registration due (Sunday) Jan. 18th
- Register in person (Thursday) Jan. 22nd-AM thru PM at OK Runner or (Friday) Jan. 23rd-8:00AM thru 6:00PM at Edmond North High School
- Race day registration begins at 8:00AM on (Saturday) Jan. 24th at Mitch Park.

Awards: Top Male/Female, 1st Three Finishers (each category)

Age Categories: Youth 8 & under, Adult 5 year increments to age 80 and up

Entry Fee: \$20 (\$2 late fee if not registered until day of race)

To mail application or for more information contact:

BALTO 5K Run
Edmond North High School
215 W. Danforth
Edmond, OK 73003

I first met Jack and Sherri early in 2007 when I joined the training group for the 2007 OKC Memorial Marathon, my first marathon. Sometimes I was that “last runner” that Jack waited for, handing me a much needed cup of water and words of encouragement. Jack was instrumental in helping me prepare and finish my first marathon. — *Karen Greer*



This is a sad day in the running community and he will be missed. The times I chatted with him he was all smiles and full of energy. I will always think of him as a friend and hope to see him again someday. I would like his family to know how much I care, and my thoughts and prayers go out to them. If there is anything I can do, let me know. God bless. — *Ralph Breckenridge*

Recipes to Run By...

From time to time Jack would catch me after a training run or send me an email inquiring about the type of bread I brought that morning. In this month's Tribute to Jack version of the newsletter, I have decided to forgo the usual column and just print a few of the bread recipes he seemed to particularly enjoy.

Peanut Butter Banana Bread

- ½ cup natural peanut butter
- ¼ cup honey
- 3 Tbs. brown sugar
- ¼ cup vegetable oil
- 1 egg
- 1 cup mashed banana
- ¾ cup skim milk
- 2 cups whole wheat flour
- 1 cup oats (not instant)
- 1 Tbs. baking powder
- ½ tsp. salt
- ¼ cup optional chopped peanuts

1. Combine the first seven ingredients (peanut butter through milk) well.
2. Mix the remaining ingredients separately and add to the peanut butter mixture, stirring just until combined.
3. Spread batter in a greased loaf pan and tent with foil. Bake 60 minutes at 350*, removing the foil halfway through.

Grape Nuts Bread

- 1 cup buttermilk
- ½ cup Grape Nuts cereal
- ½ cup brown sugar
- ¼ cup granulated sugar
- 1 egg
- 1 cup unbleached flour
- 1 cup whole wheat flour
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt

1. Soak cereal in buttermilk for 30 minutes.
2. Mix eggs and sugar into cereal mixture.
3. Mix dry ingredients separately and stir into cereal mixture just until combined.
4. Pour dough into greased loaf pan and tent with foil. Bake 60 minutes at 350* removing foil halfway through.

Random Runners Tips

Tips we learned from Jack

It's a natural reaction for a runner to search for ways to become better from the very first time we slip on a pair of shoes. We look to books, the internet, and other runners, both novice and veterans. If you've visited Jack's memorial page on our website, you'll likely agree that one of the greatest resources a runner could have was Jack Rector...even if only for a brief moment in your running life. When we decided to make this month's newsletter a Tribute to Jack, I began asking around for some of the most profound lessons you all have learned from Jack. I'll just share a few of them with you here.

- Lead by example.
- Take a personal interest in others and take the time to encourage them.
- No matter the distance or pace, we are all runners.
- Greet every runner and smile.
- Keep your shoulders back and head high.
- And a favorite among the Landrunners: Every day is a holiday when you're a runner!

Thank you, Jack, for being such a mentor. You truly are an inspiration.



When I began my running, my early goal was to beat that old guy in a race. I just felt that if I could get to the finish line before Jack, it would accomplish a goal and I could move forward. Took several years to do that and Jack was happy for me. We always had a good laugh about it.

However, he got me back pretty good when he cornered me one day and asked that I take over the Running Club’s newsletter. I was reluctant due to time constraints, but Jack reassured me that it would take less than eight hours a month. So I thought I could spare that little amount of time.

Then Jack went wild by gathering advertisers, talking with race officials across the state and gathering stories and information on races and runners. The eight hours a month quickly went away and the newsletter became a second job. But it was well worth it, just to see Jack promote running and the club. Jack really was the newsletter. He brought in so many new members to swell the rolls of the Running Club and he and Sherri’s work with the marathon training will never be forgotten.

Here’s to you Jack, may you rest in peace and keep ‘em running up there! We know you already have them starting out on 6 mile fun runs. — *Paul Lekarowski*

Happy running Jack, we’ll miss you. — John Oseland

I went to my first Landrunner meeting three years ago. It was the Monday after the Wichita Marathon where Jack set the age group record for the state of Kansas. I did not know a single person there and Jack was the first person I met. He told me about the marathon training group that was to resume in January. I had not run farther than six miles at that point and did not think I could do the distance but joined the group anyway. Through Jack’s encouragement and “baby steps” approach, I endured the weekly increase in miles and was able to run two half marathons that year. At the finish of the first half, Jack was there to congratulate me and tell me how strong I finished. It was then that I knew I could run a full marathon which I did about six months later. When I arrived back home, I had an e-mail from Jack congratulating me on my finish time. He had tracked me on line. I was so impressed that this great runner would think enough of my first marathon that he would track me.

God bless you Sherri, as you have been a great influence and great friend to me and I will continue to pray for you always. Jack and Sherri are two of the people who have made us the runners we are today. We love you. — *Kevin Lynes*



Dan and I are so sad to learn of Jack’s passing; he will be greatly missed by the running community. You’re in our thoughts. — Laurie

My heart is heavy with sadness. I have lost a friend and running companion. The running community has lost a great ambassador. Thanks to Jack (and Sherri), thousands of runners have accomplished their running goals...from 5Ks to marathons. No matter the distance or pace, we were all runners according to Jack.

I met Jack in 2003 while training with The Landrunners for the Memorial Marathon. Jack's encouraging words, sound advice, positive attitude and enthusiasm help me complete my first marathon. Through his giving spirit he taught me to run with style, wave and greet other runners and cheer on other runners by name. One of my favorite shirts is his red GO JACK GO t-shirt. "We must encourage each other," he would tell us.

One of my fondest memories of Jack was our 2005 trip to Kansas for the Wichita Marathon. Jack, Sherri, Troy, Donna and I rode together. Saturday night, 10 Landrunners (including Chase Cone) went out for our pasta dinner. The next day we gave our all in the race. However, Jack was the star of the day. He set a new Kansas state record for the 80-99 age group and received a check for \$50. He finished the marathon in 5:09:26. We teased him that we could no longer run with



him since he was now a "paid professional." I tried to convince him to frame the check, but he would have none of that. That \$50 could help buy a new pair of shoes. We had a great weekend!

He has completed the ultimate race—the Marathon of Life. When Jack crossed the finish line, he finished with style. Success in life results from a balance in all areas of life: spiritual, family, physical, emotional, social and career. Jack's life exemplifies this balance.

Life did not pass him by. He explored it, experienced it and lived it!

Sir Winston Church Hill said, "We make a living by what we get, we make a life by what we give." Everyone who met Jack experienced his life of giving, especially when it came to running. Jack was always willing to give to others—physically (water to the thirsty), mentally (words of encouragement), or spiritually (reminding us to enjoy the beauty of God's creation).

Sherri, may you feel God's arms of love and comfort. Joyce and I are praying for you and your family.

Jack, I will miss you... "Go Jack Go!"

Prayerfully, — *Lil' Bill (Bill Goodier)*

I feel so blessed to have met and considered having a friend in Jack. Selfishly, I feel cheated to have only met him just shy of two years ago and having only that short amount of time to experience Jack's enthusiasm, giving heart, and everything else which can all be wrapped into the word love. But, I know God and Jack would not want my most prevalent feeling to be that of feeling cheated. I choose to feel like one of the most BLESSED people in the world. I know that everyone reading this, who knew Jack, feels the same.

I first met Jack in the late winter of 2007 at the first "20 miler" for the 2007 OCMM. Jack welcomed me as a newcomer to the training group and promptly encouraged me to become a Landrunner. I did within the next three training runs. I witnessed and now completely understand the dedication and enthusiasm Jack had for our running community. I respect Jack for dedication and promise he made to the Landrunners. I appreciate Jack for the encouragement and welcoming hands he gave. I admire Jack for all that he accomplished as a father, husband, professional and runner. And I love (not loved) Jack for being Jack. All who knew him know what that means (and it means SO MANY different things to so many different people).

As I wish that I had known Jack here on earth for many more years, I feel so blessed to have known him here on earth for just the time that I did. Jack enriched my life so much in such a short period of time and because of that I want try to "Be Like Jack." I want to encourage, I want to give, I want to smile, I want to give thanks. It is such a tremendous image in my head of Jack, in heaven, watching and encouraging us from above and running right along with us, just as smoothly and swiftly as he ever did on earth and not having any pain and enjoying it every step of the way.

Jack will run with me at this year's White Rock marathon and I know that he will help me qualify for Boston as I will dedicate this marathon to him.

We miss you Jack, but feel you in our hearts. — *David Ball*

Jack even planned his last Memorial Race...and everybody helped him finish it! I was proud of the runners helping Jack do his last race and finish it like he wanted.

Jack picked a Relay Team to run his final race: Dr. Tom Coniglione, Mark Bravo, Thomas Hill and Rick Swyden. Runners wore their running shoes to Jack's last memorial race.

Dr. Tom Coniglione did coined the term, "Be like Jack." What wonderful words to remember Jack Rector. I agree with this one Tom. Maybe Ron should make us dozens of shirts to wear at the Memorial Marathon this year. Jack wanted Dr. Tom on his team to take care of all of us, and wow. Dr. Tom does this even on this last training run with Jack!

Mark Bravo shared awesome memories of Jack. He was sick and on antibiotics. I asked, "Are you OK to speak?" Mark stated as he walked into the service, "I don't even care about this bad cold I have, the Achilles tendon is what is really bothering me!" Jack would have chuckled, because Mark keeps going sick or not!

Mark's talk ended with his usual "I'll see ya later, athlete," and "Rest well, Jack." Since Jack wanted only 10 to 12 minutes from Mark, he perfectly timed his race to finish ahead of this time frame! Jack knew what it means to have a great team; he picked Mark for his perfect timing and his knowledge in running and many, many other things!

Thomas Hill delivered tears and more thoughts of Jack. Not many men can pull this one off! Jack liked a lot of emotion...no wonder he picked Thomas Hill!

Rick Swyden shared a video of beautiful running scenes of Jack's training runs and races that brought tears and smiles at the same time!

Jack was the first to influence Rick to run along with his wife and 14-year-old daughter (who finished her full marathon at age 14!). Jack knew what he was doing to have him along today to finish his Relay Team. This guy has more than one reason to run!

My favorite quote from the service race for Jack was a quote from Jack himself: "Every day is a good day when you're running."

Jodie Spielman even had a run from her house after the service. Jack is smiling on this one also from above.

He no longer runs; he's flying in heaven with the wings that God made especially for Jack Rector. I even imagine him and "Pre" racing around up there together. Pre was 23 and Jack now 83. Hmm... not in heaven! GO JACK GO!

This race was the smoothest of all races since my first race in 1978 in OKC. Way to go runners! JUST LIKE JACK! — *Betty Sadler*



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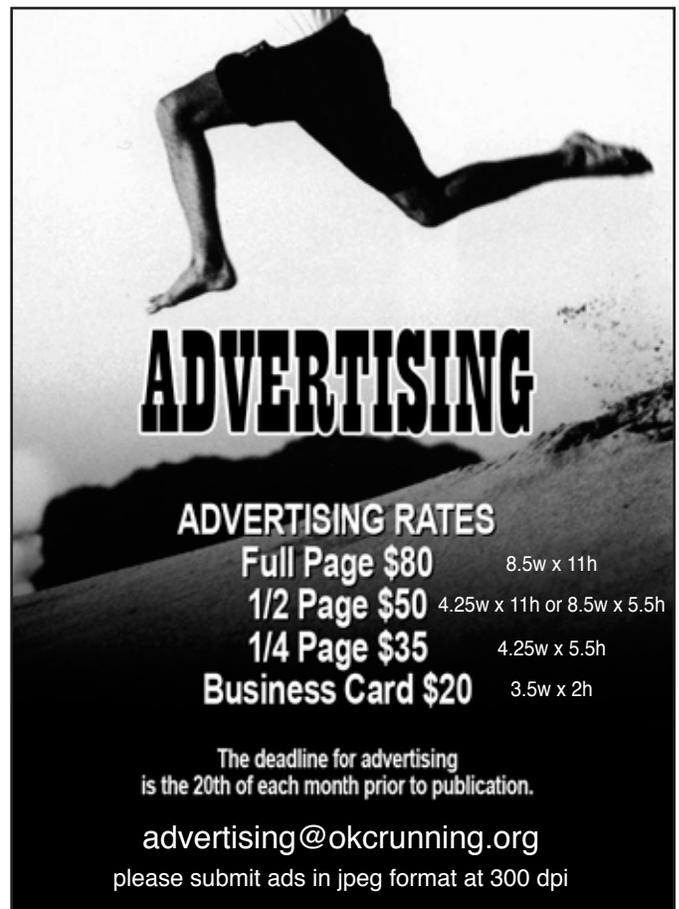
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