

PAMELA HORTON

b. 8/27/1943



Pam Horton began running as a form of exercise in her later 30s, when she was living on San Juan Island, Washington. After returning to California she started running more seriously and, in her mid-40s, joined the Empire Runners Club and began running competitively.

Pam competed primarily in the 10K distance, frequently winning her division in road races in Sonoma, Napa, Marin and Yolo counties. She set the course record for Females 50 to 55 in the Foggy Bottoms Milk Run 10 mile road race in Ferndale in 1995 and ran a number of half marathons, winning her division in Humboldt and also in the Vancouver Half Marathon.

Pam ran five marathons, including the 100th Boston Marathon, until a couple of stress fractures

discouraged her from continuing with this distance. She won her division in the Big Sur and San Francisco Marathons and came in second in her division in the Victoria, Canada, Marathon.

She has been actively involved in the Empire Runners Club for many years, including around 15 years as club membership director. Of all her awards, the one that meant the most to her was the award that she received from the Empire Runners Club in 1994 when she was named the “Masters/Senior Runner of the Year; Most Inspirational Woman Runner; Most Likely to Remind You to Stop and Smell the Roses.”

Pam continues to love to run, although no longer competitively, and is frequently seen in her favorite running location, Annadel State Park.

January 2009



A few of Pam’s outstanding race results:

Age 49, Davis Turkey Trot 10K	42:42	open division equivalent—37:49
Age 51, Humboldt Half-Marathon	1:34:08	open division equivalent—1:19:49
Age 52, Cox Cable 10K	43:56	open division equivalent—37:28
Age 52, Fleet Feet Capitol Mile	6:23.9	open division equivalent—5:14.9