

# WORD FROM THE **BIRN**



## Running with the Springboks

By Tom Helm

Background: Long-time BCRR members remember me from the early 90's when I was 20 pounds lighter, doing lots of triathlons, and when I would usually be the last one to leave Valhalla every Wednesday night. These days, with my celebrity wife Anna getting all the limelight, I'm usually referred to as "that guy, you know, Anna's husband?" Believe it or not, I do still run almost every day, and occasionally drop in to a race. Work commitments, work travel, and maintenance of a 100-year-old house tend to keep me from being the social butterfly that I used to be. Anyway, while I don't run the mileage these days that my wife does, when I'm traveling I do pack my shoes and try to get a few good runs in wherever I happen to be. And this is what this story is about.



*One of my morning running companions*

One of the "occupational hazards" of what I do for a living (exploration geologist) is that I end up traveling a couple of times a year to various exotic locations to look at rocks. The usual questions I get are things like "are you looking for oil there?" and "are you taking Anna with you?" The

answers are "no, there isn't oil there, we're just looking at rocks" and "No, Anna would get bored." Occasionally these trips can be tedious, with many erudite discussions involving sedimentology, stratigraphy, etc., but the highlight is that many of them

happen to be conveniently located in areas where there is grape growing and wine production, which leads one to the question, "are these localities of geological research selected because of the quality of the rock exposures, or because of the wine?"



Back to the story...In November, about the same time when you guys were running the 25K, I was on a geology field trip in the Karoo desert region of South Africa. This was my first trip to that part of the world, but what totally surprised me was that the landscape of South Africa did not look at all like what I expected Africa to be. Driving out of Cape Town, we passed through the mountains and the South African wine country. If I had been blindfolded and dropped in here from outer space, I would swear that I was in California or New Zealand. A sure tip-off that something was up, however, were the "beware of baboons" signs posted on the highways. Even stranger, when we crossed over the mountains and into the rain-shadow desert of the Karoo, the landforms looked just like what you might see in west Texas or central Nevada.

*(cont. on page 3)*

# SAVE A TREE

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## REPORT YOUR RACE RESULTS

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## From the PREZ

2007-2008 was a learning experience for me as I really didn't know what to expect going into my first term as President. The people on the Board that surrounded me were, in my humble opinion, responsible for all the positive remarks I received from the members all year long. Everyone worked so hard to make the Bayou City experience a fun-filled one and, quite frankly, made my job easier. I will be forever grateful.

This year should go just as smooth if not smoother on many levels. New Board members have stepped in and the outgoing Board will continue to help on a much smaller scale but the more people contributing, the less each individual is responsible for. It's a refreshing feeling indeed to know that so many people intend to remain involved. We've also added a

fourth at-large position in the person of Ron Morgan. His experience will be an unending source of knowledge I intend to tap into on a regular basis.

I may not be running too much this Fall, but I will always do my part to advance the cause. When I first came to BCRR five years ago, I was influenced by some of the best people the running community had to offer. It has been a true pleasure attempting to give back to the club even though the job is never really finished. I realize I can never get even. Thanks everyone for all the help, support and kind words and thanks to all who continue giving of their time.

**Peace, love and purple power!**

**Eddie Rodriguez**

**NOTICE:** We are constantly trying to improve ourselves, which is why we keep track of our times for each run. This newsletter is where we showcase these successes and failures and photography is key to making the newsletter fun to read and attractive. To help us out and make the pictures more enjoyable, please follow these three guidelines. A: be considerate of the background in combination with your subject. Candid shots are, by nature, whatever we can get, but when you pose someone (or a group), do it against a blank wall with no glass to reflect or with as little background interference as possible. B: since most of us are using digital, take a couple of shots to make sure no one blinked or moved before letting them go, and C: if you write an article to go with your photo(s), please do not embed your photos in your text, send it to us separately. Thanks.

## BCRR Contact Info

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(cont. from page 1)

Our accommodations were on a 25,000 acre wildlife preserve, and were reasonably comfortable. The upside was that it is owned by a French family, which meant the food was excellent (with things like grilled ostrich meat on the menu), with an extensive selection of South African wines. I was very happy to have brought my running shoes, because if I had not gotten that morning 5 miles in daily I would have come back to Houston 10 pounds heavier.

I was limited in where I could run since there is some dangerous



The best local beer was from Namibia

wildlife on the preserve, i.e. rhinos, Cape buffalo, and cheetahs. There was a Jurassic Park-style high electric fence that supposedly would keep us separated from the critters, and I was assured that "cheetahs don't jump, and they don't eat people," but I always kept one eye over my shoulder in order to prevent losing my position on top of the food chain, or maybe just becoming a chew toy.

Not all of the wildlife was dangerous, however, and that made those morning runs better. On our side of the fence, the long dirt road that I ran daily did have free-roaming small antelope known as springboks, so I entertained myself by trying to get them to chase me. This usually consisted of running down the road until the springboks would get curious



We're not in Texas anymore

and follow me, until I turned around and surprised them. This would elicit their signature flight response, which is to leap high in the air before tearing away at high speed. But as soon as I turned back around and started running again, they would run back to resume the chase. By 6:45 a.m. it was time to head back and get ready for another day in the field, so I would return to the building to find all of my fellow geologists still sleeping. Of course they thought I was crazy when I reported my morning activities, but as a runner I've come to expect that sort of response from those who just don't understand.

Anyway, I was happy to return to Houston, St. Arnold beer, Mexican food, and of course my tasty little wife Anna, but I will never forget the week of running with the springboks.



Another inhabitant of the game preserve

## BCRR Awards

by Bob Brown

Year end awards were presented at the BCRR banquet May 28th. The members of the awards committee were Don Brenner and Hank Kastner and Bob Brown. The running awards were tied directly to performance and participation in HARRA races. The only exceptions were for Rookie of the Year and Most Improved Runner.

Instead of giving rewards by age divisions as has been done in the past, the committee decided to base everything on age-graded results and skip division results. The reason for this is that some divisions, particularly the men's masters and veterans, have

a large number of participants and others like the men's open division have a small number of participants. The committee believed that the age grading leveled the playing field when comparing results. There were three running categories where awards were given to men and women. The categories and awards given are listed below:

**TOP GUN-** This is the best single age graded performance in an HARRA race. Awards were given to the top two men and women in this category. Runner up was given an awards glass and the winner was awarded a glass and \$25

gift certificate.

**FASTEST RUNNER-** To be eligible, a runner had to run at least FIVE HARRA races (relays not included). The average of the best five age graded performances was used to determine fastest runner. Awards were given to the top three men and women in this category. Third place was given an awards glass; Runner up was given an awards glass and free admission to a BCRR party next year and the winner was awarded a glass and \$25 gift certificate.

(continued page 4)

**RUNNERS OF THE YEAR-** This is a summation of all age graded performances for all HARRA races. Relay participation counts as 75%. The more races in which a runner participates, the more points he accumulates. Awards were given to the top 10 men and women in this category. 3rd through 10th place finishers were presented with an awards glass; Runner up was given an awards glass and a free admission to a BCRR party next year and the winner was awarded a glass and \$50 gift certificate.

Special thanks to Don Brenner and Kathi Mahon for keeping track of the results throughout the year.

In addition to running awards, several service awards were presented to individuals whose valuable contributions to BCRR make it the premiere running club in Houston.

### RUNNING AWARDS

<i>AWARD</i>	<i>RECIPIENT</i>
Most Improved Runner	Irma Conran
Rookie of the Year	Sheila Ramamurthy

#### TOP GUN- Best single age graded performance in an HARRA Series Race

Top Gun - Female-2nd	Rhonda Emerson
Top Gun - Female- 1st	Anna Helm
Top Gun - Male- 2nd	Jay Hendrickson
Top Gun - Male- 1st	Terry Garrett

#### FASTEST RUNNERS- Average Age Graded

##### Performance of Runner's Top 5 HARRA Races

Fastest Female- 3rd	Mary Jane Savino
Fastest Female- 2nd	Kathi Mahon
Fastest Female- 1st	Anna Helm

Fastest Male- 3rd	Mark Conran
Fastest Male- 2nd	Rob Walters
Fastest Male- 1st	Matt Nicol

#### Runners of the Year- Summation of Age Graded Performance of ALL HARRA races

ROTY- Female-10th	Gloria Mahoney
ROTY- Female-9th	Kathryn Vidal
ROTY- Female-8th	Lana Moody
ROTY- Female-7th	Janet Sutton
ROTY- Female-6th	Katie Decker
ROTY- Female-5th	Mary Jane Savino
ROTY- Female-4th	Rosie Schmandt

ROTY- Female-3rd	Lara Allen
ROTY- Female-2nd	Kathi Mahon
Female Runner of the Season	Anna Helm

ROTY- Male- 10th	Eric Stotzer
ROTY- Male-9th	Simon Brabo
ROTY- Male-8th	Richard Verm
ROTY- Male-7th	Chris Buchanan
ROTY- Male-6th	Rob Walters
ROTY- Male-5th	Bruce Mansur
ROTY- Male-4th	Bob Brown
ROTY- Male-3rd	Mike Mangan
ROTY- Male-2nd	Scott Wonderly
Male Runner of the Season	Mark Fraser

### PARTIES

Half Marathon Party	Michelle Wolpert
25 K Party	Sue Leone & Alan Svoboda
Marathon Party	Chuck Bracht & Cheryl Verlander
	Ralph and Mary Feniello
LOOONG RUN	John and Kim Phillips

### DAY TO DAY OPERATIONS

Race Results Reporting	Roger Redding
Newsletter Award	Tom Rech
Website	Kathi Mahon
	Avi Moss
Inside Texas Reporter	Tom Radosevich
Gatorade Gal	Rosie Schmandt
Club Sponsored Events	John Phillips
Race Management	Joe Sellers
Relay- Open Women	Lara Allen
Relay- Master Women	Susan Cita
Relay- Open Men	Simon Brabo
Relay- Master Men	Eric Faria
Relay- Vet Men	Scott Bounds
Relay- Senior Men	Mike Mangan

### SPECIAL AWARDS

Lifesaver Award	Ron Morgan
Dale Holder Award	Steve Connor
John Phillips Award	John Phillips
Service Award	Michelle Wolpert
	Kathi Mahon



# BCRR Banquet



Ellen Pannell, Monica Tucker, and June Harris (Photo: June Harris)



Hank Kastner and others (Photo: Tim Murphy)



Alfonso Torres and June Harris (Photo: June Harris)



Janet Sutton and MJ Savino (Photo: Tim Murphy)



Daniel Jason (Photo: Tim Murphy)



Chuck Bracht, Cheryl Verlander, and Tom Radosevich (Photo: Tim Murphy)

# The Social Scene

For information on our Happy Hours and Parties, click on "See what's up this week with BCRR" on [www.bcrr.org](http://www.bcrr.org).

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## CONTRIBUTE TO THE NEWSLETTER!

Feel free to contribute any interesting running material you want to see in the newsletter. We're always on the lookout for entertaining run/race reports, how-to/technical articles, editorials, and photos. Just mail copies to the BCRR P. O. Box or submit them to [mikemangan@advantage-intl-mktg.com](mailto:mikemangan@advantage-intl-mktg.com).



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# Shocking Developments at the Bellaire Trolley Run

by Ron Morgan

Some of you may be aware that HARRA has its own medical emergency team that rides the HARRA events. I joined that team a little over two years ago. I'm sure you have noticed the team in the bright yellow t-shirts on their bikes at these events. The team was started by Bob Hoekman, a retired Orthopedic surgeon and Terlinguan. He approached the HARRA board in 1999 asking for funding for this new portable machine that could "shock" people who were in cardiac arrest, just like you see in the medical shows on TV. They're called AED machines, for automatic external defibrillator. Back in 1999 they were fairly new.

Bob, or Dr. Bob, as we call him, said that sooner or later we would have someone at an HARRA race go into cardiac arrest. That person could die in the time it would take to get the EMTs, who at that time were usually positioned at the finish line, to the location. But, if we had riders on bikes spread out on the course, all trained in CPR, some with those portable AED machines, and all with walkie talkies, we could offer almost immediate assistance while waiting for the EMTs to get there.

Dr. Bob has been training HARRA members in CPR and AED in his living room ever since. The team has been working HARRA races for 8 years without any real emergencies. I think I can speak for every AED team member that no one was looking forward to that first emergency. In fact, I think most of us were dreading that moment. That moment came at the Bellaire Trolley Run.

It was probably close to 30 minutes into the race. I was riding south on S. Rice Blvd. about 2 miles from the finish line. I had ridden AED 10-12 times before and was thinking this was another calm day. No problems, no emergencies,

and that was a good thing. Suddenly I heard some yelling behind me. I turned around and saw two or three people jumping up and down yelling "runner down," about two blocks back. I turned my bike around and radioed that there was a runner down near Evergreen. As I got closer, they were yelling "call 911." I could see a man flat on his back in the middle of the street. I didn't yet know his condition, but decided that 911 was not a bad idea and radioed for someone to call 911.

I got off my bike and went to the man. A woman who was already there said she was a nurse. The whole scene was a little chaotic, not at all like working on a dummy in Dr. Bob's living room. It was hard to tell whether he had a pulse and I was still wondering whether this was a real emergency, but I decided that starting CPR was the thing to do. The nurse was working on the man's mouth to keep him from swallowing his tongue. While I was doing chest compressions, someone, I think the nurse, hooked up the AED machine. It tells you whether you need to shock or not. It told me to shock. Frankly I was surprised, maybe even "shocked" when I heard this. I thought any second the guy was going to sit up and tell me to stop pounding on his chest. When I heard "shock required" I finally realized this was the real thing. I made sure no one was touching the "patient" and pressed the button. The man jolted, just like in the movies. I resumed the chest compressions. By that time, Dr. Bob was at the scene, giving the two breaths while I did chest compressions. Dr. Bob remembers that I shocked him a second time, but I don't recall. I do recall, having to put my ear to the AED machine to hear what it was saying. Finally it said, "no shock necessary." I kept doing chest compressions until the EMTs arrived and took over.



I recall getting fatigued when I did several sets of chest compressions in Dr. Bob's living room and wondering how long I could keep going in a real emergency. The adrenalin was pumping and I wasn't tired at all, though my knees were a little raw from the pavement. When the EMT's took the man away, they said he was stable. Later we heard that he had been taken to River Oaks Hospital and then transferred to the Medical Center. Less than two weeks later he called me. He is a 67 year old physician and he's fine. Doesn't have brain damage and will make a complete recovery. He even expects to start running again. Happy ending!

The real story here is Dr. Bob and all the volunteers that comprise HARRA's AED team. The fact that we are out on the course, can radio for help and can offer almost immediate assistance until the EMTs get there is absolutely incredible. The Bellaire EMTs were quite astounded that our "runner down" is apparently going to make a complete recovery. If there ever was a reason for joining HARRA it would be to support this program, which one day could save your life. This incident may have been the first for the AED team at an HARRA event, but it wasn't the first time a Dr. Bob trained runner has saved a life. On two other occasions, runners trained by Dr. Bob helped runners down on the trail at Memorial Park. We all hope we never encounter someone in this kind of trouble. The odds are, though, that you will. Being able to take some action and perhaps save their life is an experience you'll never forget.

If you're interested in being trained, and volunteering for at least 2 or 3 races a season, watch for information from HARRA. Dr. Bob will be doing more training classes in the fall. One evening of your life could give you the skills to save someone else's life. And, besides, there's free pizza from Star.

## BCRR Election Results

by Mike Mangan

The election for the 2008-2009 BCRR Board of Directors was held at the Annual Banquet on Wednesday, May 28th. Eddie Rodriguez was re-elected as President. This is his second term as President and third year on the Board. Bob Brown was re-elected as Vice President and Mike Mangan was re-elected as Secretary. This is the second term for each of them. Patrick Flaherty is the newly elected Treasurer. Elected as Members-at-Large were Sue Leone, June Harris and Neeraj Rohilla. This is Sue's third term as Member-at-Large. It is the first term for June and Neeraj.

At the Board Meeting of June 3rd, it was recommended that Ron Morgan also be selected as a Member-at-Large because of the experience and dedication he will bring to the Board. This was presented to the membership during a brief meeting at Valhalla on June 4th and he was approved unanimously.

Michelle Wolpert, Kathi Mahon and Lara Allen are leaving the Board. Michelle served for five years, Kathi for two years and Lara for one. We thank them for the time and effort that they have given to BCRR!



*Mary Feniello Announcing Results  
(Photo: Tim Murphy)*



*2008-2009 BCRR Board - Neeraj Rohilla, Mike Mangan, June Harris, Patrick Flaherty, Bob Brown, Eddie Rodriguez, Sue Leone (Photo: Tim Murphy)*

## Dues Increase Effective July 1st!

In keeping with other running clubs, to help fund future events, and because we haven't raised dues in 15+ years the Board has voted to raise annual dues by \$5 effective July 1st. The good news is that if you renew before June 30th, it will remain at the old pricing. Beginning July 1st the price structure will be as follows:

- \$25 individual membership, \$20 if HARRA member
- \$30 family membership, \$25 if head of household is an HARRA member

You can renew in person with any board member, by mail to BCRR, PO Box 925534, Houston, Texas 77292, or online at [www.bcrr.org/join.html](http://www.bcrr.org/join.html).

# “Summer’s Here and the Time is Right for Dancing in the Streets!”

You’re Invited to Visit Ralph and Mary Feniello in New York.

We don’t dance in the streets at Van Buren Point (although we do have one heck of a “retro dance” on July 12th). We do swim, fish, bike, hike and take wonderful day trips to Niagara Falls, Buffalo, Erie, Amish country, wine country and Canada. Not to mention a wide variety of delicious ethnic foods, wines and local beers.

You are all invited to come and join us this summer at the Texas Rose,

our cottage on the shores of Lake Erie. We will be there from June 23rd until mid-September. Our doors are always open for company.

Van Buren Point is located halfway between Buffalo, New York and Erie, Pennsylvania. Niagara Falls is one hour away. You can drive (only 1500 miles!) or fly into Buffalo, Toronto, Erie or Cleveland.

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## BCRR Vet Women on Top

By Kathi Mahon

Got Hardware? For the first time BCRR Veteran Women won BOTH Team and Club Competition Awards for the HARRA Fall Series! Awards were presented by HARRA at the Bayou Bash Relay in which BCRR Vet women teams also took 1st, 2nd and 4th place in their division - Sweet!

For those unfamiliar with the HARRA Interclub Competition, the “Team” competition is based on the top age-graded performance for the top scoring team (3 people/team) for each category for each race. The “Club” award is based on performance and participation as it scores for each

team. (Bob Brown wrote a detailed explanation in the October 2007 newsletter.). Thus, even if a Vet woman ran only one HARRA race in the fall series, she contributed to the Club award. Every person counts!! Well Done!!



(back row) Nancy Greig, Ivy Martino, Rhonda Emerson, MJ Savino, Kathi Mahon  
 (front row) Jill DeVay, Gail Stewart, Janet Sutton, Linnie Reichle, Cheryl Verlander, (Photo: Katie Decker)

## Did You Know?

by Mike Mangan

Did you know that BCRR had 13 teams that completed the Bayou Bash Relay? Did you know that eight of our teams finished 4th or better? Did you know that our veteran women's teams finished 1st, 2nd and 4th? Did you know that our senior men's teams finished 2nd and 3rd? Well, you are not alone. I didn't either until I saw all the hardware in the photos for this issue of the newsletter.

So, special congrats are in order for the veteran women:

1st Place - Bayou City Bombshells (Kathleen Mahon, Ivy Martino, Nancy Greig, Rhonda Emerson)

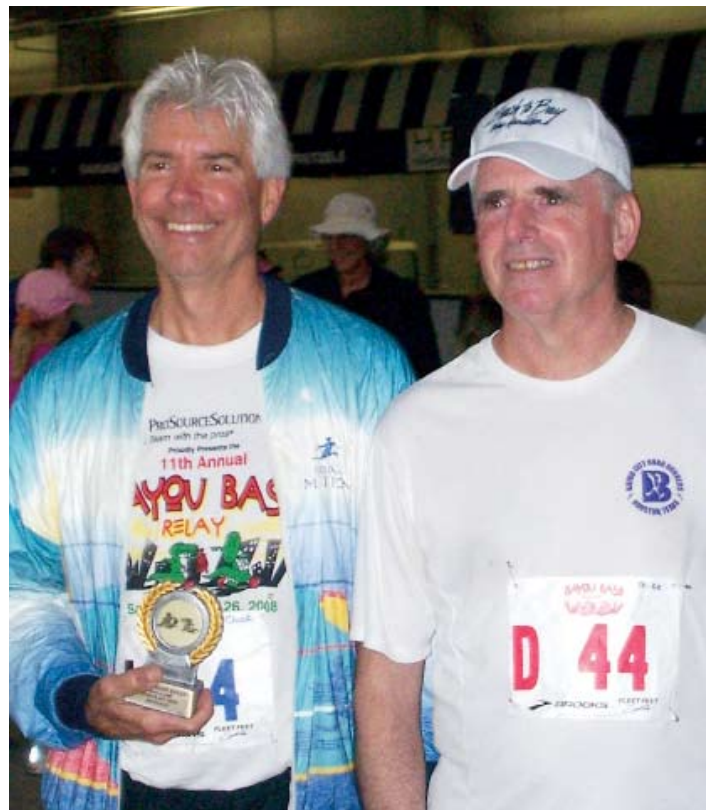
2nd Place - Babes of Iron 1 (Linnie Reichle, Gail Stewart, Jill de Vay, Cheryl Verlander)

4th Place - Purple Passions (Kathryn Vidal, Janet Sutton, Hope Sellers, Mary Jane Savino)

And congrats to the senior men:

2nd Place - Sizzlin' Hot (Chris Buchanan, Don Brenner, Larry Lindeen, Gary Wood)

3rd Place - We'll Be there Soon (Chuck Bracht, Doug Carlisle, Phil Smith, Mike Mangan)



Chuck Bracht and Mike Mangan (Photo: Katie Decker)

Our other 4th place finishers were:

Open Women - Bayou City Divas (Lara Allen, Deborah Touchy, Anna Sumrall Helm, Brenda Gonzales)

Masters Men - Masters of their Domains (Stuart Muirhead, Joe Sellers, Robert Brown, Jesus Flores)

Veteran Men - BCRR Purple Birds (Hank Kastner, Richard Verm, Thomas Radosevich, Mark Fraser)

In the interest of full disclosure, I must report that the "We'll Be There Soon" team wasn't there very soon at all. We were actually quite late. But we made it for the pizza and beer and did not refuse the hardware!

## If you are planning to run the 2009 Houston Marathon...

or the Half Marathon, you may want to act quickly. There is a combined registration limit of 18,000 for the marathon and half marathon and the races are now 65% full. Registration may be open for only a few more weeks! Additionally, if you register before July 1st, you can save some bucks. Beginning that day, registration for the marathon will increase by \$20 and for the half marathon by \$10. So act quickly, you don't want to miss out!

# Bayou Bash Relay



Rosie Schmandt (Photo: Katie Decker)



Brenda Gonzales, Kathi Mahon and Gary Wood (Photo: Katie Decker)



Ivy Martino, Nancy Greig, Rhonda Emerson, Kathi Mahon (Photo: MJ Savino)



Jill DeVay, Cheryl Verlander, Gail Stewart, Linnie Reichle (Photo: Kathi Mahon)



Kathryn Vidal, Janet Sutton, Hope Sellers, MJ Savino (Photo: MJ Savino)



Tara Shipper, Emily Robins, Dani Carbone, Katie Decker (Photo: Katie Decker)

## SUMMER ROAD TRIP

BCRR will travel to Mammoth Lakes, California, which is near Yosemite and perhaps, more importantly, is where Olympic long distance runners Deena Kastor and Ryan Hall live and train. Here are the details:

- Leave Houston late Tuesday, July 29th (there is a 9 p.m. flight to Reno)
- Return to Houston, Sunday, August 3rd.

Activities include: running, hiking, day trip to Yosemite, paddling, etc. This is the weekend of the Mammoth Beer and Blues Festival ([www.mammothbluesbrewsfest.com](http://www.mammothbluesbrewsfest.com)) which should be a fun addition to the weekend. Mammoth is a ski town and summer is considered off-season so lodging is very affordable.

Please contact Bob Brown ([Bob.Brown@Emerson.com](mailto:Bob.Brown@Emerson.com)) if you are interested in this trip.

## LP Run - 2008

by Kathi Mahon

We had a respectable club turnout for the annual LP Run held at St Thomas track April 9th. This race is part of the HARRA Spring Series and is sponsored by the Terlinguins. For those unfamiliar, the object is to run around and around the track as fast as you can for 33 1/3 minutes - the goal being to cover the most distance in this time.

BCRR Hardware: Chris Harris was 2nd Clydesdale, Anna Helm was

2nd master's woman, and MJ Savino and Hope Sellers got 2nd and 3rd respectively in the 60+ women's division. Gary Wood, Don Brenner and Fred Steves swept the 65-69 division, completely shutting out Mike Mangan. However, Mike literally enjoyed the "last laugh" when he won 3rd place in the Limerick contest. Here is his winning contribution:

*I have run many different style races,  
And did them at various paces,  
But the LP Run,  
Has been the most fun,  
For a change I am seeing folks' faces!*

Great Limerick Mike!! This is not the first time you have rhymed - remember the "Ode to John's Long Run" a couple of newsletters ago? You are arguably becoming the Poet Laureate of BCRR!!



*Fred Steves, Mike Mangan and Gary Wood strategize (and check their pulses) before the race*

# Results from the Road...

## Tour de Bayou, Stage 5 4/29/08 (Ho Chi Minh Trail)

Anna Helm 34:01 3rd Masters  
Kathi Mahon 43:08 4th Masters  
Kathryn Vidal 50:46  
Janet Sutton 50:08  
Joann Luco 1:14:09  
Julian Martinez 38:14  
Matt Nicol 29:25 3rd Masters  
Stuart Muirhead 30:46  
Richard Verm 33:55  
Mark Fraser 33:14  
Doug Aitken 39:35  
Tim McGuirk 35:31  
Glenn Darrah 38:22  
Roger Redding 38:04  
Steven Conner 40:44  
Joe Sellers 51:45

### Final Standings:

Anna Helm 2nd Masters Women  
Kathryn Vidal 3rd Masters Women  
Jo Ann Luco 4th Masters Women  
Matt Nicol 2nd Masters Men  
Richard Verm 5th Masters Men  
Doug Aitken 8th Masters Men  
Tim McGuirk 12th Masters Men  
Roger Redding 13th Masters Men

## Sprint For Life 5K 5/3/08

Cathy McGlohn 25:12 3rd AG  
Kathi Mahon 25:45 3rd AG  
Avi Moss 20:03  
Janet Sutton 6th AG  
Mark Fraser 19:47 2nd AG  
Jake Tonge 18:31 1st AG  
Gizelle Blanga 24:03 2nd AG  
Rob Walters 18:59 2nd AG  
Rosie Schmandt Finished & Happy  
Clayton Smith F&H

## Cinco de Mayo 5K 5/3/08

Gwen Weddington 27:29 2nd AG  
Bernard Castro 21:58  
Felix Lugo 27:19  
Tom Radosevich 21:12 3rd AG

Ron Morgan 41:49

## Running for the Arts 5K 5/3/08

Anna Helm 20:47 1st Masters  
Nicholas Purday 17:42 1st AG  
Robert Brown 20:17 1st AG  
Kim Phillips 27:14 1st AG  
Edward Fras 24:53 1st AG

## CB&I 5/3/08

### (The Woodlands)

Bill Tommaney 1:14:23 1st AG  
(Clydesdales)

## HYLA 5K 5/8/08

Suzy Seeley 23:00 2nd 0/A  
David Seeley 29:31

## Summer Kick-Off 5K 5/10/08

### (League City)

Priscilla Schneider 30:21  
Gizelle Blanga 24:20 3rd AG  
Kathleen Mahon 25:54 2nd AG  
Joann Luco 35:43 1st ASG  
Roger Redding 22:49  
Don Brenner 24:02 1st AG  
Ray Boytim 31:45 3rd AG

## YMCA Trail Run 5/10/08

### (Conroe)

Gloria Mahoney 30:01 1st AG  
Clark Courtright 23:51 3rd AG  
Larry Lindeen 25:53 2nd AG

## Ironbabe Super Sprint Triathlon 5/11/08

Linnie Reichle 53:32 2nd AG

## Great Wall Marathon 5/17/08

### (Tianjin Province, China)

June Harris 5:57:12

## Beach to Bay Relay Marathon 5/17/08 (Corpus Christi)

PRIME CUTS 2:42:34 1st Division  
(featuring Anna Helm)

ROBOT CHICKEN 4:16:49

(featuring Eddy Day and Lorna Mangus)

BCRR Too Hot Trotters 4:07:44 4th  
Division

(Cheryl Verlander, Jill DeVay, Ivy Martino, Deborah Touchy, Kathi Mahon, Nancy Greig)

Nifty Fifties 2:59:21 3rd Div

(Robert Brown, Benton Harvie, Jay Hendrickson, Tom Radosevich, Dale Lee, Ted Traynor)

Houston Hot Flashes 5:14:33 2nd Div  
(featuring Joann Luco)

Babe In Total Control of Herself 4:47:50  
(Katie Decker, Dani Carbone, Rosie Schmandt, Susan Cita, Karen Alejandre, Brenda Gonzalez)

Tornados Tigers 2:43:13 3rd Div  
(featuring Matt Nicol and Mike Crowley)

Bayou City Runners 3:55:41

(Eddie Rodriguez, John Phillips, Glenn Darrah, Ian Newsham, Danny Sohn, Jesus Flores)

Runwild Sports Timing 2:47:20 2nd Div  
(featuring Suzy Seeley and Terry Garrett)

Weard Ones 4:16:15

(April Murphy, Ron Morgan, Michelle Wolpert, Peter Birckhead, Tim Murphy, Jim Knieval)

The Sandpipers 4:31:04

(Bob Kirkpatrick, Sue Leone, Joe Sellers, Alan Svoboda, Maggie Kirkpatrick, Elizabeth Nann)

Mixed Gnats 4:47:25

(featuring Nancy Reuter, Tom Rech, & John Frederickson)

Houston Masters Sports Association  
3:49:15 2nd Div

(featuring Don Brenner, Bob Chandler, Edward Fras, Mike Mangan, and Chuck Bracht - hey guys, next year talk Fred into joining a BCRR team!)

# Results from the Road... (Cont'd)

Girls Just Wanta Have Fun! 4:22:19  
(Lara Allen, Donna Whitney, Anne  
Worrel, Lana Moody, Cathy MGlohn,  
Penny Mooney)  
The Flying Fashionistas 3:51:42 2nd Div  
(featuring Jovita Smith and Rhonda  
Emerson)

## US Veterans 5K 5/17/08

Clark Courtright 23:11 3rd AG  
Paul Cooley 22:00 1st AG  
Larry Lindeen 24:52 1st AG

## Katy Sunrise Rotary 5K

Ray Boytim 31:45 2nd AG

## Silver Lake Triathlon 5/18/08

(Pearland)

Bill Tommaney 56:40 1st Clydesdale

## COMBAT Triathlon 5/24/08

(Texas City)

Linnie Reichle 1:28:26

## Venture On! Katy 5K Fun Run 5/31/08

Clark Courtright 23:06 3rd AG  
Paul Cooley 21:52 1st AG

## Astros Race for the Pennant 5K 5/31/08

Tricia Hernandez 22:33 4th AG  
Cathy McGlohn 25:55 4th AG  
Cheryl Esposito 31:45  
Anna Marie Levy 36:39  
Kathleen Mahon 26:13 4th AG  
Gloria Mahoney 27:26 3rd AG  
Brian Feyereisen 19:40  
Clayton Smith 26:01  
Robert Walters 19:08 2nd AG  
Alfonso Torres 23:55

Patrick Flaherty 24:34  
Robert Swanson 24:27  
Homer Plate\* 21:31 2nd AG  
Don Brenner 24:05 1st AG  
\*pronounced Plah-TAY, I believe

## Impact-A-Hero 5K 5/31/08 (Sugar Land)

Ryan Seeley 30:28  
Michelle Seeley 25:48  
Suzy Seeley 21:13 1st AG  
Mark Conran 19:07 1st AG  
David Seeley 31:28  
June Harris 30:37  
Sheila Boyden 30:46  
Robert Brown 20:13 1st AG  
John Koenig 23:24  
Irma Conran 27:51 2nd AG  
Wim Burgers 20:58 3rd AG  
Mick Midkiff 21:52 3rd AG



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**The Bird is the Word!**  
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