

## BCRR IS SPRING SERIES CHAMPION!

by Bob Brown



Congratulations BCRR, you are the Club and Team

Champion for the HARRA Spring Series. This is first time since Spring 2006 that BCRR has been both the Club and Team Champion (see Tables 1 and 2). Further congratulations are due to the Veteran Men's (50+) team which followed a club championship in the Fall with another title this Spring (see Table 3).

### HOW DOES THIS HARRA COMPETITION WORK?

This competition has been described in previous newsletters, but it is worth repeating how HARRA determines who wins a team and club competition.

Many of you may not realize how much you contribute to our success. In each of the Series races, HARRA keeps track of the times for each HARRA member. These times are then age graded. HARRA members designate a club for which they would like to compete.

At the end of each race, the age graded results are tabulated for one of the six divisions. "Teams" for each club in each division are formed based on the results. All divisions have three runners on a team except Men Masters and Men Veterans, which have four. In a division (except Men Masters and Veterans), the top three age graded times will form a 'team,' the next three will form another team, and so on.



Jay Hendrickson



Anna Sumrall Helm

In the club division, a running club can have as many teams as it can fill. In each division, the fastest team gets 13 points, second gets 10 points, third gets 8, then 6, 5, 4, and 3. All other teams get 2 points regardless of their times. In the team competition, only the top score per division is counted instead of a total of all teams.

### WHY DID WE WIN?

The Club competition is the most important competition, and the reason BCRR won is a combination of participation and speed, with

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# From the PREZ

I am honored to be the newly elected president of BCRR, the best running club in town. I am also excited by the enthusiasm of our new Board and am looking forward to next year. First, there are a few changes to note. This is the first newsletter produced by the new team of **Mike Mangan, Michelle Wolpert, and Dani Carbone-Sohn**. Mike planned the content and organized the articles, Michelle edited them, and Dani produced the final product. We thank **Tom Moulder** for his excellent contribution in producing our newsletter over the last two years. I will be passing webmaster duties to **Neeraj Rohilla and Avi Moss**.

**Summer is here:** The Summer Solstice has just barely arrived and we are already experiencing the "Dog Days of Summer". Karmic payoff for the relatively pleasant weather we had earlier in the spring, no doubt. With the official HARRA race season over, we can concentrate on more relaxed pursuits for a while (unless, of course, you are training for a summer or early fall marathon). Along those lines, the club has two summer running/recreation excursions planned. **Bob Brown** has organized a junket to Washington State for the [Langley Half Marathon](#) followed by a trek to Olympia National Forest (July 10-15). **April Murphy** has organized a trip to Idaho for the Mesa Falls Marathon and Half-

Marathon (Aug 22). Mesa Falls is close to the Grand Tetons and Yellowstone National Park, so there will be plenty to do afterwards. Details of these excursions can be viewed on the "Party Page" of our website under "[Road Trips](#)".

There will be plenty to do for those of us staying home as well. We are planning creative "cross-training activities", like an interclub softball game, bowling, and other activities. We also plan to host another Friday Happy Hour run like the one earlier this year. Stay tuned for more details.

**New Member Liaisons:** As I mentioned in a previous email to the club, one of the major initiatives on the new Board's agenda is to attract new active members.

Accordingly, we have formalized a **BCRR Welcoming Committee consisting of June Harris, Jeff Tabourne, Brenda Gonzalez, and Sheila Ramamurthy**. June will send a "Welcome to BCRR Packet" to new members, consisting of a handwritten note, a BCRR bumper sticker, Smart ID, and tattoo. Jeff and Brenda will act as "Official Greeters" by sending emails and interacting with new members or member wannabes to make them feel welcome and socially integrated. **Sheila** will spearhead the "BCRR Buddy System" designed to match new members with a member who has similar pace and running goals. We hope that in doing this we not only attract new members, but encourage active participation in our events. We also welcome members who haven't been active in the club to take advantage of the buddy system as well if they need someone to run with.

**Smells like Team Spirit:** After a second place showing the last few years, BCRR has won back the Overall HARRA Team and Club titles that we so richly deserve. Veteran Men were also Club champs, and we were 2<sup>nd</sup> in most other categories.

## BCRR Contact Info

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May/June, 2009

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participation being the most important factor. All clubs have fast runners. This is illustrated by the fact that only the veteran men won their overall division. This Spring our competition was the Striders. Here are some facts and figures from the Spring Season:

Participation by ALL members is key to a successful season. 86 BCRR and HARRA members competed in one of the seven Spring Series races, which blows away the competition.

The best attended race was the Bayou Bash Relay (where's the Bayou?) with 52 member runners, followed by the Bayou City Classic with 45 runners, most of who celebrated a successful competition well into the afternoon of the race!

Richard Verm, Mark Fraser, David Piper, Lana Moody, and Mick Midkiff ran in all seven Spring Series races. Nine others ran in six of the races. BCRR won the team competition by only 6 points over the Striders. Dominant performances in the Buffalo Wallow (+10 pts.) and Law Week 8K (+9 pts.) propelled BCRR to the championship.

Continued from page 2

Last year's Board deserves credit for mobilizing the effort, but the real heroes are those of you who ran one or more HARRA races this spring for BCRR. You all contributed to this achievement regardless of pace and finishing time, so if you ever feel down about your running performance, take heart in the knowledge that you're an integral cog in the well-oiled machine that is BCRR! For the next year we would like to build on this strength and encourage even more participation in HARRA Races. At the risk of sounding sappy, we want to foster **"team spirit"**. This goal is not simply because we are competitive (even though most of us are), but the reality is that pulling together as a team is fun, and brings us closer together. Remember how excited many of you were when your team placed in the relays this year? That's the kind of feeling we need to extend to the HARRA competition in general.

One simple way we can cultivate this sentiment is by encouraging you to wear BCRR running singlets/ shirts/ socks at the HARRA races. Not only does wearing the BCRR logo foster our team camaraderie, it also sends a message to others that we are a visible and active club. Think of yourselves as running advertisements for BCRR! For our part as your Board, we will make sure that we have adequate stock of running attire that is readily available, so everyone wants a BCRR shirt will have one. We will make this so.

Lastly, besides reminding you to pay your dues, I welcome any suggestions or ideas for the Board to address to make this an even better club.

- Another way to look at the Team Competition: Going into the relay, BCRR led the Striders by only 2 points.

- BCRR's Open Women team Cheetah Girlz (Brenda Gonzalez, Margaret Pace, Carlye Graydon, and Sheila Ramamurthy) earned 10 team points by finishing second. The Striders did not field an Open Women's team. This was the difference that put BCRR over the top!!!! BCRR lost 6 points because four members who ran on a relay team were not HARRA members. REMEMBER TO JOIN HARRA!

- You think you are too slow to make a difference? You're wrong!! If we had an additional three women over the age of 40 run each of the non-relay races at any speed, BCRR would have scored an additional 32 points.

- Three additional male runners in each race would have yielded an additional 14 points, and if we could have found two more masters men to run the Buffalo Wallow, BCRR would have received an additional 8 points.

- The Veteran Men cruised to the Club championship with a 127-95 margin over Terlingua. BCRR won the head-to-head in all events except the relay.

- Special props to the Men's Open Team which finished 3<sup>rd</sup> in the Club competition but improved its overall point total from 21 last year to 52 this Spring.

- Table 4 below lists all runners who were on teams that contributed at least 30 points to the BCRR Club total. Richard Verm was on teams that contributed the most points followed by Scott Bounds, Kathi Mahon and Mark Fraser.

Once again, congratulations to everyone for a successful season. The Fall Series starts with the Tornados Cross-Country Relay in a few short months!!

Table 1: Spring 2009 HARRA CLUB Competition

Overall	10k	5k	5mi	8k	LP	RR	XC	total
<b>Bayou City RR</b>	<b>66</b>	<b>53</b>	<b>50</b>	<b>56</b>	<b>61</b>	<b>82</b>	<b>59</b>	<b>427</b>
Houston Striders	61	58	45	35	51	51	39	340
Tornados	48	47	46	46	33	31	23	274
Bay Area RC	38	21	39	13	24	58	28	221
Al Lawrence RC	18	34	41	34	18	29	37	211
Terlingua TC	17	22	11	18	16	26	10	120
Houston Harriers	23	6	18		8		5	60
Houston Masters SA	2	10	10	5	10		3	40
The Woodlands RC	6	13	15	3				37
Finish Line Sports			6					6
Kenyan Way	4		2					6
In Flight Running	3							3
Runners' High Club	2							2

Table 2: Spring 2009 HARRA TEAM Competition

Overall	10k	5k	5mi	8k	LP	RR	XC	Total
<b>Bayou City RR</b>	<b>45</b>	<b>42</b>	<b>36</b>	<b>40</b>	<b>47</b>	<b>51</b>	<b>49</b>	<b>310</b>
Houston Striders	46	52	38	31	51	47	39	304
Al Lawrence RC	18	34	37	34	18	29	37	207
Tornados	38	39	42	26	23	21	15	204
Bay Area RC	28	21	37	13	24	39	22	184
Terlingua TC	17	22	11	13	16	19	10	108
Houston Harriers	23	6	18		8		5	60
Houston Masters								
SA	2	10	10	5	10		3	40
The Woodlands								
RC	6	13	15	3				37
Finish Line Sports				6				6
Kenyan Way	4		2					6
In Flight Running	3							3
Runners' High								
Club	2							2

Table 3:

Veterans	10k	5k	5mi	8k	LP	RR	XC	total
<b>Bayou City RR</b>	<b>20</b>	<b>19</b>	<b>16</b>	<b>20</b>	<b>14</b>	<b>15</b>	<b>23</b>	<b>127</b>
Terlingua TC	13	13	8	18	13	20	10	95
Tornados	6		13		10	8	2	39
Al Lawrence RC	8	8		8		6	8	38
Houston Striders	6	9	5			6	2	28
Bay Area RC	2				5	4	2	13
Houston Harriers							5	5
Houston Masters SA							3	3

Runner	XC	5M	10K	8K	5K	LP	Relay	TOTAL
Richard Vern	13	10	5	10	10	8	10	66
Scott Bounds	13	10	10	10	10	8		61
Kathleen Mahon	8		10	10	8	10	10	56
Mark Fraser	6	6	10	6	6	8	10	52
Don Brenner	13	10	5	10	10			48
Rosemarie Schmandt	10	8	8		8	10	4	48
Robert Brown	6		5	10	10	6	10	47
David Piper	6	6	5	6	6	8	8	45
Robert Walters	13	3	10	6	5		8	45
Jay Hendrickson	13	10	10				10	43
Lana Moody	8	8	2	6	5	8	5	42
Sheila Ramamurthy	10	2	2		8	10	10	42
Mary Jane Savino		4	10	6	8	8	5	41
Mick McKiff	4	6	3	6	6	6	6	37
Gloria Mahoney		6	10	10	8			34
Matthew Nod	13	3	10	6				32
Carlye Gaydon		5	2	6	8		10	31
Tom Wille	5	4	2	8	6	5		30

## THE SOCIAL SCENE

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

## WRITING EXCELLENCE AWARDS

by Mike Mangan



*Carlye Graydon receives her award from Mike Mangan*

In an effort to improve the quality and variety of the BCRR Newsletter, an effort was made to encourage, some might say force, non-Board members to write articles for The Bird. This effort was quite successful! We averaged almost two non-Board articles each month over the last year. Several were quite good and some excellent. We provided awards to the top three writers. Finishing third was Mr. Negative Split (the award was graciously accepted on his behalf by Alfonso Torres) for his article entitled "THE COAHUILA 25K"; finishing second was Tom Helm for his article "Running with the Springboks"; and the winner was Carlye Graydon for her article entitled "Runner's Golden Rule". Carlye's award reads as follows:

Carlye Graydon  
Best Member Submitted Article for the Club  
Year 2008/2009

For the Best Member Submitted Article published in The Word from the Bird, we the Board of Directors of the Bayou City Road Runners congratulate Carlye Graydon. Her article, entitled "Runner's Golden Rule," created a visual picture to the reader that depicted the true "joy" of running! The article showed the reader how her "running" experience provided unexpected joy and camaraderie in a sport that is often thought of as an "individual" activity. She was inspired by a fellow runner and became an inspiration to us all!

We toast this accomplishment and trust that it will inspire us all to write as well as run!

Running is fun,  
Writing is hard,  
Hand and heart,  
Feet and mind,  
We write and run on!

Congratulations to Carlye, Tom and Mr. Negative Split. Thanks to all of you who submitted articles. We appreciate your effort!

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## BCRR AWARDS 2009

To see original Awards Presentation from the BCRR Banquet go to [www.bcurr.org](http://www.bcurr.org). Detailed explanation of award criteria is contained in the June 2007 Newsletter.

### SPECIAL CONTRIBUTION (SERVICE) AWARDS

#### PARTY HOSTS

Half Marathon Post Race Party	Michelle Wolpert
25K Post Race Party	Sue Leone and Alan Svoboda
John's Looooong Run	John and Kim Phillips
Marathon Post Race Party	Cheryl Verlander and Chuck Bracht
Marathon Post Race Party	Ralph and Mary Feniello

#### BEST MARGARITA

BEST MARGARITA- Beach to Bay Competition	Chuck Bracht, John Phillips, Joe Sellers
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Newsletter	Mike Mangan
BCRR Website	Kathi Mahon and Avi Moss
Training Support: Gatorade	Rosie Schmandt and John Phillips



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#### CLUB SPONSORED EVENTS

Race Management	Eddie Rodriguez and Joe Sellers
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#### SPECIAL AWARDS

Dale Holder Award*	Susan Cita
John Phillips Award	John Phillips

#### "WORD FROM THE BIRD" WRITING EXCELLENCE AWARDS

(Best newsletter articles)

1	"Runner's Golden Rule"	Carlye Graydon
2	"Running with the Springboks"	Tom Helm
3	"COAHUILA 21K"	Mr. Negative Split (acc. by A. Torres)

#### RUNNING AWARDS

Most Improved Runner	Jeff Tabourne and Neeraj Rohilla
Rookie/Newcomer of the Year	David Piper

#### BEST PERFORMANCE (TOP GUN)

(Best age-graded performance in a single HARRA race)

Top Female	Anna Sumrall Helm - 77.3%
Runner-up Female	Esme Fantozzi - 75.6%
Top Male	Jay Hendrickson - 83.0%
Runner-up Male	Scott Bounds - 81.7%



**FASTEST RUNNERS - WOMEN**

(The average of the five fastest age-graded results during the HARRA Fall and Spring Series) Awards to Top 3

1	<b>Kathi Mahon</b>	<b>68.3% average age-grading</b>
2	<b>Gloria Mahoney</b>	<b>67.5%</b>
3	<b>Irma Conran</b>	<b>67.1%</b>
4	<b>Carlye Graydon</b>	<b>64.6%</b>
5	<b>Kelly Allen</b>	<b>61.8%</b>
6	<b>Kathryn Vidal</b>	<b>60.5%</b>
7	<b>Lana Moody</b>	<b>60.1%</b>
8	<b>Mary Jane Savino</b>	<b>59.0%</b>
9	<b>Sam Pace</b>	<b>55.9%</b>
10	<b>Sheila Ramamurthy</b>	<b>52.9%</b>



*Award winners - women*

**FASTEST RUNNERS - MEN**

(The average of the five fastest age-graded results during the HARRA Fall and Spring Series) Awards to Top 3

1	<b>Jay Hendrickson</b>	<b>80.9% average age-grading</b>
2	<b>Scott Bounds</b>	<b>79.7%</b>
3	<b>Rob Walters</b>	<b>78.9%</b>
4	<b>Richard Verm</b>	<b>77.3%</b>
5	<b>Matt Nicol</b>	<b>77.2%</b>
6	<b>Don Brenner</b>	<b>75.7%</b>
7	<b>Bob Brown</b>	<b>74.9%</b>
8	<b>David Piper</b>	<b>74.7%</b>
9	<b>Mark Fraser</b>	<b>74.0%</b>
10	<b>Tom Stillwell</b>	<b>69.2%</b>



*Award winners - men*

**RUNNER OF THE YEAR - FEMALE**

Age-graded total of ALL HARRA races run in Fall and Spring Season

1	<b>Kathi Mahon</b>	<b>726.4</b>
2	<b>Gloria Mahoney</b>	<b>662.5</b>
3	<b>Lana Moody</b>	<b>659.1</b>
4	<b>Carlye Graydon</b>	<b>582.0</b>
5	<b>Margaret "Sam" Pace</b>	<b>581.7</b>
6	<b>Rosie Schmandt</b>	<b>573.4</b>
7	<b>Sheila Ramamurthy</b>	<b>432.3</b>
8	<b>Irma Conran</b>	<b>410.3</b>
9	<b>Kathryn Vidal</b>	<b>377.3</b>
10	<b>June Harris</b>	<b>377.2</b>

**RUNNER OF THE YEAR - MALE**

Age-graded total of ALL HARRA races run in Fall and Spring Season

1	<b>Mark Fraser</b>	<b>862.7</b>
2	<b>Rob Walters</b>	<b>851.5</b>
3	<b>Bob Brown</b>	<b>791.6</b>
4	<b>Don Brenner</b>	<b>722.1</b>
5	<b>Simon Brabo</b>	<b>718.7</b>
6	<b>Eddie Rodriguez</b>	<b>718.4</b>
7	<b>Jay Hendrickson</b>	<b>703.2</b>
8	<b>Mike Mangan</b>	<b>702.0</b>
9	<b>Scott Bounds</b>	<b>701.9</b>
10	<b>Fred Steves</b>	<b>685.4</b>

## HARRA RACE PARTICIPATION

Drawing of Finish Strong Sports Gift certificates based on participation in HARRA races

<b>Open Women</b>	<b>Sheila Ramamurthy</b>
<b>Masters Women</b>	<b>Lara Allen, Lana Moody</b>
<b>Veteran Women</b>	<b>Jovita Lopez-Smith, Jill DeVay Gloria Mahoney</b>
<b>Open Men</b>	<b>Simon Brabo</b>
<b>Masters Men</b>	<b>Matt Nicol, Tom Stillwell</b>
<b>Veteran Men Senior Men</b>	<b>Scott Johnson, David Piper, Ron Morgan, Doug Carlyle, Mick Midkiff, Mike Mangan, Don Brenner</b>



## THREE HARRA RACES IN APRIL AND MAY

by Mike Mangan

Bob Brown's article let us know that BCRR did extremely well in the HARRA Spring Series. We have reported on half of these races in previous newsletters. This will let you know who did well in the last three races: the Bellaire Trolley Run, The LP Run and the Bayou Bash Relay. BCRR had great participation in each race. 40 of us participated in the Bellaire Trolley Run, 33 in the LP Run, and we had 15 teams (60 people) in the Bayou Bash Relay. Several members brought hardware home from each race for great finishes in their respective age groups:

### Bellaire Trolley Run

- 1st - Katrina Price Stilwell 18:12  
Ursula Spilger 28:40  
2nd - Neeraj Rohilla 19:37  
Suzy Seeley 21:43  
3rd - Scott Bounds 18:59  
Don Brenner 22:38  
Joann Luco 38:01

### LP Run\*

- 1st - Katrina Price Stilwell 5:373  
2nd - Tom Wille 4:501\*\*  
Neeraj Rohilla 4:930  
Hardeep Thind 5:293  
Lana Moody 4:047  
Fred Steves 4:016  
3rd - Kathi Mahon 4:014

\* Results in Miles

\*\* 2<sup>nd</sup> Clydesdale

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### Bayou Bash Relay

- 2nd - BCRR Cheetah Girlz 1:02:15 (Brenda Gonzales, Margaret Pace, Carlye Graydon, Sheila Ramamurthy)  
BCRR Bell Busters 1:04:08 (Kathleen Mahon, Nancy Greig, Rhonda Emerson, Ellen Pannell)  
BCRR Vermin 48:04 (Mark Fraser, Richard Verm, Robert Brown, Jay Hendrickson)  
3rd - The maimed and Infirmid 1:04:46 ( Gary Wood, Fred steves, Mike Mangan, John Fredrickson)

Additionally, we had several near misses. Lana Moody and Rob Walters finished fourth in the Bellaire Trolley Run and Sheila Ramamurthy, Clayton Smith, Dave Piper, Jill DeVay, Mick Midkiff and Mike Mangan all finished fourth in the LP Run. Three teams finished fourth in the Bayou Bash Relay:

- Beeman Plus 50:21
- (Trey Beeman, Robert Kaping, Carolyn Muirhead, Raymond Verm)
- Beat LA!
- (Stuart Muirhead, Rob Walters, Tom Helm, Dave Piper)
- BCRR Born to be Wild
- (June Harris, Ivy Martino, Linnie Reichle, Jill DeVay)

Congratulations to all you winners and near winners. Thanks to all participants. You represented BCRR well!

## BCRR BOARD 2009-2010



New board (left-right): Avi Moss - Secretary, Sam Pace - Member at large, Kathi Mahon - President, Lara allen - VP, Neeraj Rohilla - Member at large, Sheila Ramamurthy - Member at large, Patrick Flaherty - Treasure.



## Results from the Road...

Courtesy of Roger Redding

### Galloway Mardi Gras Kemah 10K 2/21/09

Suzy Seeley 45:40 1st OA

### Runway Race (IAH) 3/5/09

Ellen Pannell 1st AG

### Texas Independence Relay 3/7-8

Team Dudinski (featuring Suzy Seeley) 25:11:17 1st Mixed Master

### Husky Hustle 5K 3/28/09

Suzy Seeley 22:15 1st OA

### Angie's Half Crazy Half Marathon 3/29/09

Suzy Seeley 1:40:49 2nd Masters

### Tour de Bayou Stage 1, 4.55 Miles 4/2/09 (Allen Parkway)

Sheila Ramamurthy 44:37

Janet Sutton 55:32

Michael Flatter 33:53 1st Junior

Tom Wille 37:30

Scott Bounds 33:03 6th Masters

Richard Verm 33:05

Stuart Muirhead 31:59

Mark Fraser 34:19

Doug Aitken 40:01

Rob Swanson 37:50

Steve Flatter 37:00

Glenn Darrah 41:02

Steven Conner 40:30

Terry Fanning 45:10

Felix Lugo 50:02

### Bellaire Trolley Run 5K

Sheila Ramamurthy 25:46

Neeraj Rohilla 19:37 2nd AG

Tom Wille 22:03

Simon Brabo 19:50

Katrina Price Stilwell 18:12 1st AG

Carlye Graydon 22:25  
 Hardeep Thind 22:25  
 Charles Kulkarni 25:32  
 Lana Moody 25:29 4th AG  
 Lara Allen 27:07  
 Tom Stilwell 18:19  
 Bernard Castro 21:04  
 Mary Kathryn Campion 25:34  
 Rosie Schmandt 31:31  
 Robert Walters 18:17 4th AG  
 Mike Heeney 23:15  
 Mike Marczak 23:15  
 Eddie Rodriguez 23:29  
 Suzy Seeley 21:43 2nd AG  
 Kathleen Mahon 25:03  
 Janet Sutton 30:59  
 Robert Brown 18:58  
 David Piper 19:36  
 Mark Fraser 20:10  
 Paul Schulz 21:05  
 Rob Swanson 22:43  
 Steve Liston 22:38  
 Chris Harris 25:49  
 Gloria Mahoney 26:58  
 Scott Bounds 18:59 3rd AG  
 Richard Verm 19:42  
 William Hayes 28:19  
 Mary Jane Savino 30:58  
 Mick Midkiff 23:59  
 Ursula Spilger 28:40 1st AG  
 Don Brenner 22:38 3rd AG  
 Mike Mangan 26:59.9  
 Larry Cullen 33:31  
 Joann Luco 38:01 3rd AG  
 Terry Fanning 25:59

**Four the Park 4 Mile 4/4/09**  
**(Should've had this race five years ago)**

Sarah Saulsbery 30:09  
 Karen Alejandre 40:29  
 Gizelle Blanga 33:43  
 Andrea Brazel 45:49  
 June Vidrine 36:59  
 Michelle Wolpert 38:15  
 Sylvia Lugo 36:08  
 Mark Saulsbery 34:01  
 Joe Landry 25:55 3rd AG  
 Felix Lugo 37:24  
 Sorrell Warren 45:28  
 Gary Wood 30:05 1st AG

**Ford Island 10K Bridge Run**  
**(Honolulu, HI) 4/4/09**  
 Fred Steves 52:33 2nd AG  
**Zooma Austin Half Marathon**  
**(Bastrop, which means very hilly)**  
 Rebecca Vandebunt 2:21:49  
**Lone Star Triathlon 4/4-5/09**  
**(Galveston)**  
**Sprint Triathlon (500m swim, 12.5**  
**mile bike, 5K run)**

Carolyn Muirhead 1:16:22 2nd AG  
 Bill Tommaney 1:14:17 2nd  
 Clydesdale  
**1/2 Ironman (1.2 mile swim, 56**  
**mile bike, 13.1 mile run)**  
 John McWhorter 4:54:18 4th AG  
**1/4 Ironman (965m swim, 28 mile**  
**Bike, 6.55 mile run)**  
 Margaret Pace 3:29:00  
 Jim Wiedemer 3:26:19  
 Bill Tommaney 2:46:42

**Relay**

Three's Company (featuring  
 Christmas Noelle Snow alias Linda  
 Casanova) 3:33:34 (Dang! missed it  
 by one second!)

**Tour de Bayou Stage 2 2.9 Miles**  
**4/9/09 (Spotts Park)**

Sheila Ramamurthy 28:15  
 Janet Sutton 36:12  
 Michael Flatter 21:08 3rd Junior  
 Tom Wille 24:21  
 Julian Martinez 26:13  
 Scott Bounds 20:46 4th Masters  
 Richard Verm 21:55  
 Mark Fraser 21:31  
 Stuart Muirhead 20:47  
 Doug Aitken 26:46  
 Bob Schamus 23:19  
 Rob Swanson 25:09  
 Steve Flatter 24:40  
 Roger Redding 25:47  
 Tom Helm 26:26  
 Eddie Rodriguez 27:50  
 Felix Lugo 32:12

**Mothers for Clean Air Earth Day**  
**5K 4/11/09**

Kristina Harper 26:18  
 Caryn Honig 23:10 1st AG  
 Sandra Harris 29:16  
 Kathleen Mahon 25:11 4th AG

Christopher Eick 22:54 4th AG  
**Tour de Bayou Stage 3 4/16/09**  
**3.85 Miles (White Oak Bayou)**  
 Sheila Ramamurthy 40:08  
 Kathi Mahon 36:58  
 Mary Jane Savino 42:26  
 Janet Sutton 43:50  
 Elizabeth Nann 42:55  
 Tom Wille 30:19  
 Scott Bounds 26:24 6th Masters  
 Richard Verm 26:56  
 Mark Fraser 27:45  
 Joe Landry 27:15  
 Avi Moss 27:26  
 Doug Aitken 33:13  
 Rich Vega 34:45  
 Glen Darrah 32:48  
 Terry Fanning 35:20  
 Tom Helm 32:33  
 Steven Conner 34:14

**Thoroughbred Half Marathon**  
**4/19/09**

Gizelle Blanga 1:57:12 4th AG  
 Terry Fanning 2:08:34

**Boston Marathon 4/20/09**

Robert Walters 3:03:55  
 Jay Hendrickson 3:12:42  
 Jen Brown 3:12:55  
 David Nemoto 3:25:39  
 Carlye Graydon 4:01:22  
 Beverly Handy 4:21:15

**42nd Annual LP run 4/22/09 (33**  
**1/3 minutes)**

Tom Wille 4.501 miles 2nd  
 Clydesdale  
 Sheila Ramamurthy 3.736 4th AG  
 Neeraj Rohilla 4.930 2nd AG  
 Clayton Smith 4.191 4th AG  
 Katrina Price Stilwell 5:373 1st AG  
 Margaret Pace 3.736 5th AG  
 Hardeep Thind 5.293 (!) 2nd AG  
 Lana Moody 4.047 2nd AG  
 Katie Decker 3.388  
 Stuart Muirhead 5.076 5th AG  
 Jeffrey Tabourne 4.186  
 Rosie Schmandt 3.129  
 Eddie Rodriguez 3.956  
 Kathi Mahon 4.014 3rd AG  
 Gail Stewart 3.525  
 Linnie Reichle 3.515  
 June Harris 3.514

Janet Sutton 3.295

Dave Piper 5.076 4th AG

Mark Fraser 4.848 5th AG

Robert Brown 4.726

Roger Redding 4.268

Felix Lugo 3.632

Jill DeVay 3.518 4th AG

Ivy Martino 3.475 5th AG

Scott Bounds 5.163

Richard Verm 4.972 5th AG

Scott Johnson 1.284 ?

Mary Jane Savino 2.924 3rd AG

Mick Midkiff 3.960 4th AG

Fred Steves 4.016 2nd AG

Gary Wood 3.959 3rd AG

Mike Mangan 3.824 3rd AG

### **Tour de Bayou Stage 4 4/23/09 (Ho**

### **Chi Minh Trail) Distance:**

### **"Various/Unknown!"**

Matt Nicol 30:03

Scott Bounds 38:51

Richard Verm 39:03

Mark Fraser 39:26

Michael Flatter 40:11

Rob Schamus 40:41

Tom Wille 43:41

Steve Flatter 44:14

Glenn Darrah 46:16

Tom Helm 46:56

Julian Martinez 47:25

Doug Aitken 47:48

Steven Conner 50:49

Kathi Mahon 52:41

Felix Lugo 58:30

Joe Sellers 1:10:58

### **Sudan 5K 4/24/09**

Suzy Seeley 22:29 1st AG

David Seeley 27:55 4th AG

### **Houston Rise & Shine 5K 4/25/09**

Caryn Honig 22:36 1st AG

Charles Kulkarni 26:59

Felix Lugo 28:05

Sylvia Lugo 29:12

### **Portland (TX) Windfest 10K 4/25/09 (Reportedly lived up to its name)**

John Koenig 50:26 3rd AG

### **Nashville Country Music Marathon 4/25/09**

John McWhorter 3:28:21

Eric Stotzer 3:40:28

### **Half Marathon**

June Harris 2:22:00

Ellen Pannell 2:33:20

Robert Thompson 2:52:03

### **Oklahoma City Memorial Marathon 4/26/09**

Katrina Price Stilwell 3:31:19 8th

OA, 5th AG

Eddie Rodriguez 4:17:49

Hardeep Thind 4:49:47

### **Tour de Bayou Stage 5 4/30/09 3.9 Miles (Ho Chi Minh)**

Sheila Ramamurthy 36:49

Mary Kathryn Campion 47:26

Kathi Mahon 38:08

Gwen Weddington 38:55

Elizabeth Nann 41:11

Sylvia Lugo 44:57

Janet Sutton 51:10

Diana Unruh 48:02

Raymond Verm 26:20 3rd Junior

Michael Flatter 27:58 4th Junior

Simon Brabo 25:53

Tom Wille 30:52

Scott Bounds 26:09 3rd Masters

Matt Nicol 24:53 5th Masters

Richard Verm 27:35

Mark Fraser 27:48

Stuart Muirhead 27:16

Doug Aitken 32:47

Steve Flatter 30:17

Bob Chandler 35:58

Glenn Darrah 33:13

Peter Birkhead 33:57

Steven Conner 35:34

Felix Lugo 40:13

Joe Sellers 42:31

Steve Liston 45:43

### **Tour De Bayou Final Standings:**

Sheila Ramamurthy 7th Open  
Women

Janet Sutton 8th Master Women

Tom Wille 11th Open Men

Scott Bounds 3rd Masters Men

Richard Verm 6th Masters Men

Mark Fraser 9th Masters Men

Doug Aitken 10th Masters Men

Felix Lugo 24th Masters Men

Michael Flatter would have been 1st  
Junior had he run stage 3.

### **Bayou Bash Relay 5/2/09**

### **Bayou Bash Relay 5/2/09**

BCRR Cheetah Girlz 1:02:15 2nd Div

(Brenda Gonzalez, Margaret Pace,  
Carlye Graydon, Sheila  
Ramamurthy)

Beeman Plus 50:21 4th Div

(Trey Beeman, Robert Kaping,  
Carolyn Muirhead, Raymond Verm)  
Purple Lightning 57:13

(Ron Wolfe, Clayton Smith, Mark  
Saulsbery, Hardeep Thind)

BCRR Open Mixed Rockers 51:42

(Neeraj Rohilla, Michael Barney,  
Lindsey Littrell, Sarah Saulsbery)

Sunshine Running 1:07:55 3rd Div  
(Lara Allen, April Murphy, Elizabeth  
Nann, Cathy McGlohn)

Never Too Late 1:13:59

(Lana Moody, Michelle Wolpert,  
Valerie Larremore, Ursula Spilger)

BCRR Bayou City Cougars 1:21:16

(Rosie Schmandt Katie Decker,  
Penny Mooney, Susan Cita)

Beat LA! 51:07 4th Div

(Stuart Muirhead, Rob Walters, Tom  
Helm, Dave Piper)

Rodriguez Group 58:34

(Eddie Rodriguez, Jeff Tabourne,  
Mick Midkiff, Don Hilber)

BCRR Bell Busters 1:04:08 2nd Div

(Kathleen Mahon, Nancy Greig,  
Rhonda Emerson, Ellen Pannell)

BCRR Born to be Wild 1:10:51 4th  
Div

(June Harris, Ivy Martino, Linnie  
Reichle, Jill DeVay)

BCRR Bombshells 1:20:34

(Mary Jane Savino, Janet Sutton,  
Hope Sellers, Gwen Weddington)

BCRR Vermin 48:04 2nd Div

(Mark Fraser, Richard Verm, Robert  
Brown, Jay Hendrickson)

BCRR Senior Roadrunners 59:07

John Shields, Eric Faria, Patrick  
Flaherty, Hank Kastner)

The Maimed and Infirm 1:04:46  
3rd Div

(Gary Wood, Fred Steves, Mike  
Mangan, John Frederickson)

### **Blue Cross Broad Street 10 Miler 5/3/09 (Philadelphia)**

**Blue Cross Broad Street 10 Miler  
5/3/09 (Philadelphia)**

Chris Harris 1:27:09

**Pear Run 5/9/09 (Pearland)**

Sharon Prentice 28:42

**Sprint for Life 5K 5/9/09**

Gizelle Blanga 25:36

Caryn Honig 23:24

Sandra Harris 29:04

Andrea Milbourne 29:37

Robert Walters 18:42 1st AG

Gloria Mahoney 28:42 1st AG

**Summer Kick-Off Run 5K 5/9/09  
(League City)**

Hillary McLennan 22:50 2nd AG

June Harris 28:54

JoAnn Luco 38:24 1st AG

Alfonso Torres 23:09

Jay Hendrickson 19:31 1st AG

Larry Cullen 37:25

**Beach to Bay Marathon Relay  
5/16/09 (Corpus Christi)**

Houston Hot Flashes 5:18:32 2nd  
Div

(Featuring JoAnn Luco)

Houston Watermill Express "The  
Juice" 2:34:05 1st Div

(Featuring Jennifer Brown)

Retention Bonus 2:51:18 1st Div

(Featuring Robert Brown, Jay  
Hendrickson, and Scott Bounds)

Girl Toys 2:59:57 6th Div

(Tom Stilwell, scott Wonderly, Eric  
Stotzer, Bill Ciacanelli, Brian

Reichard, Avi Moss)

Killer Red Pandas 3:34:40

(Sarah Saulsbery, Mark Saulsbery,  
Tom Wille, Sheila Ramamurthy, Jeff  
Tabourne, Trey Beeman)

Purple Peeps 3:43:28 10th Div

(Eddie Rodriguez, Udo Heginger,  
Alan Svoboda, Danny Sohn, Mark  
Conran, Scott Johnson)

Houston Masters 4:09:45 4th Div

(James Knievel, Chuck Bracht, Bob  
Chandler, Fred Ward, Mike Mangan,  
Don Brenner)

Runnin for Ritas 4:21:06

(Lara Allen, Lana Moody, Rosemarie  
Schmandt, Katie Decker, Brenda  
Gonzalez, Margaret Pace)

Bayou City Stimulus Packages

4:23:39 3rd Div

(Ursula Spilger, Cheryl Verlander, Ivy  
Martino, Jill DeVay, Sue Leone, Serai  
Abraham)

Weard O's 4:44:23

(Ron Morgan, April Murphy, Nancy  
Greig, Michelle Wolpert, Tim Murphy,  
Sorrell Warren)

Party – Run – Party 4:53:18

(Bob Kirkpatrick, Joe Sellers, Hope  
Sellers, Ann Worrel, Glenn Darrah,  
Maggie Kirkpatrick)

Mixed Gnats 5:00:09

(featuring Nancy Reuter, John  
Fredrickson, and Tom Rech)

Seaside Sole Sisters 5:02:40 5th Div

(Featuring Gwen Weddington)

Familia Torres Running Fever  
3:47:10

(Featuring Alfonso Torres)

Flying Fashionistas 3:38:58 2nd Div

(Featuring Jovita Lopez-Smith, Kathi  
Mahon, and Rhonda Emerson)

**American Lung Association Stair  
Climb 5/16/09**

Lisa Foronda 8:39

**U S Veterans 5K 5/16/09**

Mary Jane Savino 31:14 2nd AG

**Cinco Ranch 5K 5/16/09**

Mick Midkiff 24:27 3rd AG

**Silverlake Triathlon 5/17/09  
(Pearland)**

**400m swim, 10 mile bike, 3 mile  
run**

Felicity Ashcroft 1:09:19

Karen Kavenaugh 1:11:55

Monica Kervandjian 1:12:24

John McWhorter 53:42 1st AG

Andrea Milbourne 1:17:12

Mark Kosicki 1:14:12

**COMBAT Triathlon 5/23/09 (Texas  
City)**

**300y swim, 15 mile bike, 3 mile run**

Linnie Reichle 1:26:54 4th AG

John Lindsey 1:14:03

**Astros Run for the Pennant 5K  
5/30/09**

Rosie Schmandt 32:08

Robert Walters 18:54

Joe Landry 19:42

Bavid Seeley 28:08

Joe Sellers 31:36

Suzy Seeley 21:58 1st AG

June Harris 27:43

Alfonso Torres 27:44

Hope Sellers 34:38 4th AG

Homer Plate 23:28 4th AG

Don Brenner 22:20 1st AG

**Impact A Hero 5K 5/30/09 (Sugar  
Land)**

Jennifer Brown 19:04 2nd OA

Karen Alejandre 31:30

Emily Robins 35:50

Gail Stewart 28:09

Ursula Spilger 27:30 1st AG

Michael Crowley 17:44 3rd Masters

Michael Barney 18:31 2nd AG

Neeraj Rohilla 19:40 3rd AG

Simon Brabo 20:10 2nd AG

Eddie Rodriguez 22:59 PR

Robert Brown 19:21 1st AG

David Piper 19:31 2nd AG

Paul Schulz 21:28

Eric Faria 22:46

John Fredrickson 29:54 1st AG

**HSBC Calgary Marathon 5/31/09**

Chris Harris 4:42:21

# HARRA RACES

(And other fun activities)

DATE	TIME	LOCATION	ACTIVITY
6/27	6 PM	Heights Fire Station	HARRA Summer Celebration
7/3	6 PM	Onion Creek	Happy Hour
7/10-7/15		Washington State	BCRR Summer Runaway (Langly Half Marathon)
8/22		Ashton, Idaho	BCRR Summer Excursion 2 (Mesa Falls Marathon)
9/19		Berlin, Germany	BCRR 2009 Official Marathon Road Trip (Berlin Marathon)
9/26	5 PM*	TBA**	Cross Country Relay
10/11	7 AM	TBA**	USA Space Center 10 Miler
10/25	7 AM*	Sam Houston Park	Koala/Luke's Locker Half Marathon
11/8	7 AM*	TBA**	HMSA Classical 25K
12/13	7 AM*	TBA**	Sugar Land Lakes of Williams Ranch 30K
1/17	7 AM*	George R. Brown Convention Center	Chevron Houston Marathon/Aramco Houston Half Marathon/EP 5K



\* These times are tentative as the information has not yet been posted.

\*\* The locations are expected to be the same as last year, but the information has not yet been posted.



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