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BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 44 - FEBRUARY 2014

The Elite 3 Hour Club

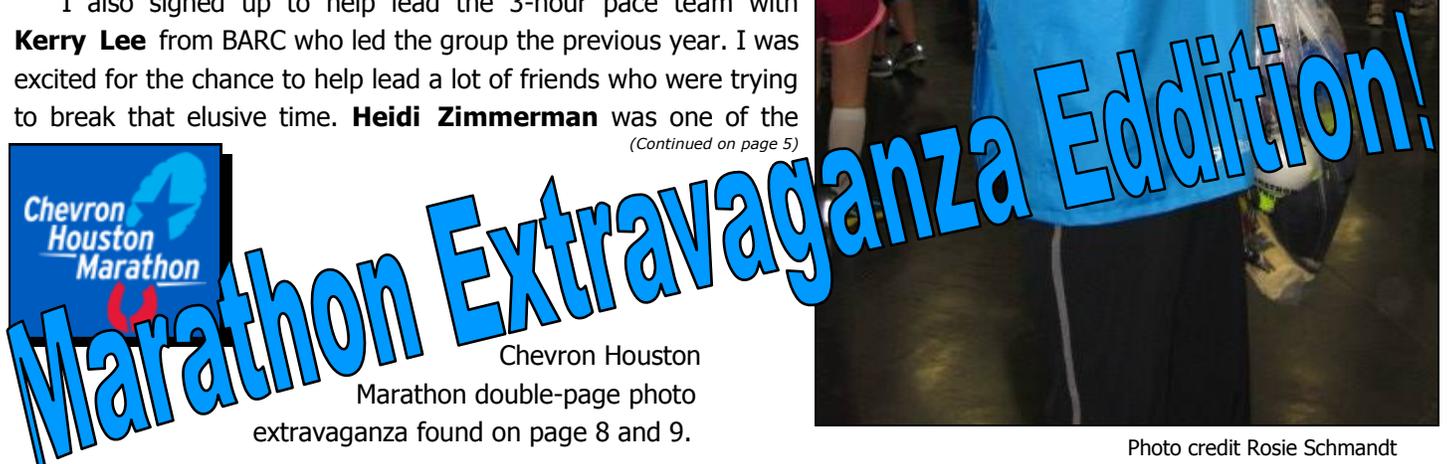


Joe Schwieterman

In the months leading up to this year's Chevron Houston Marathon I had the privilege of working with the Marathon Committee and other BCRR members (**Ron Morgan, Joe Carey, Dewey Guthrie, Anna Helm, and David Piper**) in developing new and improved plans and procedures for the Elite Fluid Stations. We borrowed ideas from New York, Chicago and Boston and addressed the lessons learned from the US Olympic Trials hosted by Houston in 2012. All the planning and preparation came together and was implemented without problems on race day. Unfortunately we will not be able to use these plans and procedures for the next Olympic Trials, since USATF awarded the bid to Los Angeles, but we will use them for the future Houston marathons and US Half Marathon Championships we are scheduled to host over the next years.

I also signed up to help lead the 3-hour pace team with **Kerry Lee** from BARC who led the group the previous year. I was excited for the chance to help lead a lot of friends who were trying to break that elusive time. **Heidi Zimmerman** was one of the

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Chevron Houston Marathon double-page photo extravaganza found on page 8 and 9.

Photo credit Rosie Schmandt

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Word from the Bird

February 2014
Issue 44
FREE

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Has your contact info changed recently? Send any updates to bayou_city_road_runners@tabourne.com.

From the President



Photo Credit: Rosie Schmandt

Marathon Time!

Well, I don't know about you, but it's only the end of February, and I'm already exhausted. It's my fault the newsletter is late! Sorry Joe L!!

This weekend marked the kick-off of the [HARRA Spring Series](#), with the Buffalo Wallow held this past Saturday, February 22 at Spotts Park. Warm humid weather for a X-country run, but our runners represented us well. Thanks to all who ran! BCRR members, now is also a good time to check if your HARRA membership is current. If you plan on running for BCRR in the spring series, your races won't count if your HARRA membership is not paid in full. Not to mention, a HARRA membership gets you discounts to race entries as well as at several of our Houston area running stores. Check the HARRA website (HARRA.org) or the HARRA facebook site for details.

Coinciding with the Buffalo Wallow was the Houston Area Women's Center "Race Against Violence". BCRR member, **Tom Stillwell**, directs this race annually, which benefits a very worthwhile cause! This year he asked BCRR to help. More than 20 BCRR volunteers stepped up help with start and finish line set up duties, timing, and water stations. We even saw a few BCRR runners up on the podium!! Thank you to our volunteers!!

Then, to cap off the weekend, Sunday February 23, we participated in the course management of the Darling Dash, a 5K race founded in 2007 by NFL wide receiver **Devard Darling** in memory of his deceased twin brother **Devaughn Darling**. This race supports underserved youth and their families (Learn more at <http://www.asonefoundation.org>). **Mike Mangan** has been instrumental in getting BCRR involved with this race over the past few years. Thanks to Mike and the regular cast and crew of volunteers for this race. This year the race was held at Constellation Field home of the Sugar Land Skeeters. It's a great venue, and we are considering attending a Skeeters game as a club event. Let us know if you'd be interested!

(Continued on page 3)

REPORT YOUR RACE RESULTS

We want to know what our members are doing on the roads and/or trails. Send all your results to us at bcrr.results@gmail.com and we'll make sure they hit the next newsletter!

ADVERTISING INFO

How would you like to see your own ad in the Bayou City Road Runners Newsletter? For all personal or business advertising inquiries, please send an email to the Treasurer at susancita.bcrr@gmail.com.

Running Partners/Letting Go



June Harris

Anyone who runs distance knows the importance of having a good running partner. Conversations during a long run can be meaningless or meaningful. Some of my deepest friendships have been with my running partners; and I think it is the same for most runners.

When I began distance running, my weekly long run consisted of 4 – 8 friends that ran similar pace, enjoyed trail-running, and enjoyed traveling together. We were a very diverse group, from different countries and different occupations. At one time, this group was so much a part of my life, I told my kids, “if I’m ever in an accident and cannot speak for myself, go to my running friends for advice”. Two of the group were doctors. One of the doctors was a plastic surgeon, so I knew I would be in good hands. Our group stayed together for several years and although we still remain friends, we have disbanded as a running group. People moved, some have medical issues and some have joined the walking and hiking ranks.

Fortunately, as that group dissolved, I had become friends with someone who was willing to slow their pace for me and was a good, steady partner and coach. Again, long hours of running with long hours of conversation turned into a treasured friendship. Unfortunately, recurring injuries have now taken another valuable partner from me.



(Continued on page 5)

Word from the Prez *(Continued from page 2)*

BCRR thanks Tom and Mike for including us in the management of their races. Both are paying gigs for us! Proceeds from both the Race Against Violence and Darling Dash will go towards our year-end awards banquet, to be held again this year at St. Arnold’s brewery.

As many of you know, **John Phillips** is currently on the disabled list, and is unable to do a lot of the heavy lifting and boatshed duty that many of us take for granted. He does so much for BCRR (and the Houston running community as a whole). We really miss his involvement in our BCRR events and we wish him a speedy recovery. We know that he will be back soon, but in the meanwhile, we are taking this opportunity to ask ALL of our members to volunteer for the club during the Spring Series. Our club tent, porta-potties, heaters, furniture, etc., would not be at HARRA events if it were not for **John Phillips**. Pick up of these items usually occurs on Friday afternoon before a HARRA race, and items are returned to the boat shed on the Saturday following the race. If you can help, please let me know (rschmandt@yahoo.com). We especially love people who have trucks and trailers and who are not averse to transporting porta-cans!!

Finally, take a few minutes to send John your well wishes. He has a facebook account, or you can email him at jrphillips@comcast.net. We are sure he has cabin fever by now and probably enjoy reading your letters and stories. Get well soon, John!!

Rosie

No Guts, No Glory



Terry Fanning

One of my friends wanted to know what it is like to run a marathon with an injury and no training. I wrote the following report.

PREPARATION / TRAINING

Technically, I did train. Between Thanksgiving and race day I had one run of six miles and a few three mile runs too. Okay, if we are being technical, most of the three mile runs ended before two miles due to the injury. Limping back to the car does not count as completing the workout.

There was no speed work, no hill work, no fartlek, no any kind of workout other than attempts to complete a slow loop at Memorial Park. My total mileage for the seven weeks and three days between Thanksgiving and the marathon was less than 30 miles, possibly less than 20 miles. I went without running or any kind of exercise at all for up to two weeks at a time.

I went to a chiropractor. **Tricia Hernandez** is trained in ART (Advanced Relief Therapy). She is good but cannot perform miracles. She recommended that I strongly consider NOT running the race. Then she told me to stretch and work on my core. Instead I visited with friends, drank beer and wine and an occasional single malt. Watching what I ate meant looking at it before I enjoyed all the good food that I wanted.

On December 27 I contacted the coordinator for the Pace Team Leaders and told him that I would not be able to pace the 5:15 group.

I considered volunteering for the marathon. Emails from HARRA, the Bayou City Road Runners and **Wayne Hasle**, one of the equipment people for the marathon, all said that help was needed. I considered it but I was not strong enough to commit to NOT running the race.

On the first day of packet pickup, right before lunch, I ran into **Arlen Isham**. Arlen was to run his 36th Houston Marathon on Sunday. He told me that if I ran one mile and walked one mile I could possibly avoid, or at least control, the pain in my legs. By running for no more than a minute at a time the leg wouldn't have time to get too bad off. He did that last year successfully. Run one minute and walk one minute with a purpose (by that he meant walk fast).

So I went to the therapist and had her tape my legs.

RACE DAY

Bob Kirkpatrick and I went to meet the 5:15 pace group. I thought that I would try to run 5 / walk 1 with them as far as I could. If my leg went out early, I would stop and go drink with the Houston Hash House Harriers. If my legs would let me, I would continue the race until they said "stop."

Around Mile 2 my right calf gave a sharp pain. It made me walk immediately. I went to the left side of the street and bent over, cursing. But I was okay. It would be much better to fail before Mile 2. Failing early is less painful and closer to the beer.

I walked a couple of blocks and saw that the pain was easing up a bit. Thinking of Arlen, I decided to run 1 / walk 1 to see how it felt. It felt bad. I could walk okay but could only run very slowly and with a limp. That was obviously a bad idea so I went back to walking. If there had been someone in a car to pick me up there I would have gotten in. People were running past enjoying the first few miles of the marathon.

After walking for 5 more minutes I tried the 1 / 1 again. It worked. Very slowly. After a few cycles of 1 / 1 and enjoying success, I tried 2 / 1 and then 3 / 1. If my right leg hit the ground smoothly, if I didn't take too large a stride, if I paid attention - I might be able to make it as far as 10 miles.

I caught up with the 5:30 pace group. Sticking with them seemed like a good idea. They were running 5 and walking 1. I was worried and paid close attention to my watch, trying to keep from running for too many consecutive minutes. Paying attention to my watch and my legs distracted me from the course. It was a pleasant surprise to see the half marathon sign. The new course was nice but I never knew what mile I was in.

When we passed the Galleria I saw the Cloggers. It was at this point that I had my second scare from my leg. The Cloggers are a dance group that stands on the side of Post Oak and dances that old folk dance style as a means of cheering runners on. I ran over to them and tried to join in. I put some weight on my right leg so that I could do some fancy footwork with my left leg. My right leg let me know that I was a mistake. So I switched my weight to my left leg. A lesson was learned. So when I danced with the belly dancers I kept my weight evenly distributed between both legs.

Around Mile 15 I let the 5:30 group go and walked a bit more, say maybe 3 / 1 and then 2 / 1. I figured that if I could see them in the distance at Mile 20, maybe even Mile 18, I could walk the rest of the way in. Before Mile 17 the 5:30 group was out of sight.

It was getting hotter. Much of my time was spent doing arithmetic. If I am at Mile 18 in 4 hours that means that I have 2 hours to complete 8.2 miles. That's 120 minutes for a little over 8 miles. Eight into 12 goes one and carry the four. Where am I carrying the four to? Why can't we have metric minutes? My GPS had stopped on me; and I didn't remember exactly when I crossed the Start Line. And I was starting to get tired. Would I get overheated? Would I be unable to drink beer after I finished? Would I even be able to finish? And still not be able to drink beer? High anxiety.

But I kept going forward. What else could I do? I was looking for the Mile 19 marker when I reached Mile 18. Damn new course. And all of that arithmetic didn't help at all. I reached Memorial Park and the Bayou City Road runners at Mile 20. I saw **Tim Murphy**, the unofficial BCRR photographer, walking the other way. Good! I didn't want my picture taken. Who wants to see an old fat guy trying to hurry a walk / run and curse.

By Shepherd Drive I was walking a lot and trying "new math." I wasn't nauseous and was well aware of it. If I could run the downhills and walk the uphill I might be able to make it. I may even enjoy a beer from the hashers before Mile 25. And finish before six hours.

When I saw the hashers I was got happy. They handed me a cup of beer. I expected Michelob Ultra Very Light. I got a good beer instead. It tasted like an IPA. Probably Saint Arnold's Elissa. It was the first alcohol that I tasted this year and, damn, it was good.



Feeling much better during Alex's 5K (shown here) than during my marathon. Photo credit Kate Philbrick.

WORD FROM THE BIRD

Running Partners

(Continued from page 3)

Being a slower runner, it is not always easy to find someone willing to run your pace. I was fortunate to have a few friends that got me through the training for January's Chevron Houston Marathon and hope they will also help get me through a spring marathon.

I'm not opposed to running alone; and occasionally like to run solo to prove to myself that I still have the discipline to do it. However, having a running companion makes the miles go quicker and builds a lasting friendship.

My running partners through the years have made my life richer: exploring new destinations, broadening my way of thinking, tackling new goals. Their friendship cannot be measured. I miss them; but know we will always be close even when we are not running side-by-side.

Elite 3 Hour Club *(Continued from page 1)*

handful of ladies. I got a chance to meet some other runners at the Marathon Expo on Saturday during the Pacer Orientation. I was glad to answer their questions and calm their nerves about how we would run Sunday. Sketchers was this year's sponsor, so I got to leave the Expo with some awesome swag. But before I left, **Trey Beeman** waited patiently for me while I stood in line to meet **Meb Keflezighi** (eventual US Half Marathon Champion) to capture some pictures of us posing in a running stride with me beating him. I had **Meb** sign the Houston Marathon Sketchers shoes I received, which I will not be wearing.

It was fun running with balloons up until mile 10 when they got annoying! (Ha ha.) **Kerry** and I were spot on for most of the race. The most challenging part is to keep the group from not running the first miles too fast. We started off with about 50 runners and by mile 20 we had about ten runners left in our pace group, which is still a great size for this pace. Some of the ten runners felt good and went on ahead of us, most stayed with us and others fell off pace a little but still BQ'ed. It was very helpful having the pace bands in the later miles when our brains were getting less oxygen to do the math. It was definitely no walk in the park but together we had the breath and energy to rally the group and keep them going. I could have hydrated more as I felt slight spasms in the legs, but luckily being in better shape than the pace we were setting affords some mistakes. Overall it felt so great to have had a helping hand in runners break that 3 hour mark, qualify for Boston and PR.



Joe Schwieterman strikes a pose with running legend Meb Keflezighi.

No Guts, No Glory *(Continued from page 4)*

There was still about 1 1/2 miles to go. It was already 1:00 pm. If there were no electronic chips I would have already failed. Thank you modern technology. However, I didn't know how long it took for me to cross the Start Line after the start's gun went off and the "official" start my race clock.

I crossed the Finish Line with the clock showing 6:18:27. That should work, I thought. I also thought that it may not.

At the convention center I picked up the drop bag and collected my finisher's shirt, medal and mug. Then I got some breakfast. I ate with some runners who had finished before me. The chocolate milk was delicious. One of the great joys of being a marathon veteran is knowing some of the crazy people who are (a little) like me. Many years of running and many finishes of Houston marathons were represented at our table.

Alfonso Torres and **June Harris** had their iPhones and were checking finishing times. They checked mine. **5:53:56**. It wasn't a lot of athleticism but it was VICTORY to me. My 27th official finish of the Houston Marathon.

The post race party included **Alan Tillotson's** Peanut Butter Porter. Tasting more like a stout than a porter, it was delicious. My marathon mug was filled several times.

The next day, Monday, I was very sore. Where I work requires that I climb a spiral staircase to get to my office. There are 22 steps. I didn't know that until Monday. They hurt more going down than going up. Tuesday was better. I can at least think. I am not slumping at my desk. But my legs still hurt. The harder that you train, the easier you recover. I may have a few more days of soreness.

Next year's report will be on how I trained so well to pace the 5:15 group that it was a nice slow run. I did that last year and I can do it again. I just need to lose some weight and work on my core. And train.

Dubai Marathon 2014



Joel DuBois, *BCRR Foreign Correspondent Extraordinaire*

Photo credit:
Joel DuBois

I'm starting this article one day after the Dubai Marathon, which was run on Friday January 24, 2014, starting at 7am (sunrise). From prior articles, you may remember that our weekend is Friday & Saturday. It was a pretty day, a great day to be a spectator, but not a pretty race, not for me anyway. Temps here never get as low as I like for running, but they were calling for a low of 57F, a decent Dubai temp. When I left home the thermometer in the car said 63F and with only wisps of clouds in the sky, it only went up from there. I think the high was only about 75F, but the sun drains me, and there was very little shade on the new course. I was in better shape than in the prior two years here, so was hoping for a time of ~4:15, but it wasn't to be. Not sure if it was long work hours the week leading to the race, or just my biorhythms being out of sync, but it wasn't my day almost from the start.

My first 5k was about as expected, but I seemed to be slowing down shortly thereafter and started to feel like I was struggling at the 10k mark, totally different than my training runs (all before sunrise). I actually walked for the first time just after the 10 mile mark, with a LONG way to go. When I hit the half-marathon mark at just under 2:08, I knew it would be a struggle to keep this from being my worst marathon ever. It just kept getting warmer and warmer. The actual temperature may not have been rising by this point, but I was getting baked, and not in a good way.

During the second half, I kept walking-running and keeping close track of my current mile's pace. I was always calculating what pace was needed to finish under 5 hours, never sure what pace I would be able to maintain. I ended up finishing in 4:51, just glad to be done. I was mostly dry, I think most of the damp spots were from the last soaked sponge I was given in an effort to stay cooler. It only worked momentarily...

Now let me talk about the race itself. A new course was used this year, even flatter than the prior course, if that's possible. The prior course started/ended near the Burj Khalifa (World's tallest building) and consisted of an out & back course. This year it's still an out & back course, but was not nearly as well organized. There was one small entrance into the Athletes village where baggage drop & toilets were located. The men's toilets were each about the size of a portable classroom and were filled with urinals, but only two stalls for "sitting". I believe there were about 6 of these buildings, but that leaves a grand total of 12 stalls for ~12000 men. Then, trying to get to the start from the Athlete's Village was interesting because hundreds were still trying to get in while many were trying to get out of the one small opening (maybe 15' wide) mentioned earlier. Hundreds of marathoners were delayed by the thousands of 10k-ers and families... For this day, there are less than 2000 marathoners, ~14,000 runners in the 10k and about 4000 registered to run/walk the 3k.

Except for the first .5k and last 1k, the entire route was run on Jumeirah Beach Road (JBR), a very flat, very non-descript route. We did start and finish near the Burj Al Arab (world's 1st 7-star hotel on it's own island), but that wasn't inspiring enough to make up for the dull route. As we neared the end, we turned off JBR by running a long curve, and they had it roped off so we could only run two people wide, a very strange set-up, given that there were several lanes of road, and it was totally closed off to other traffic. Once the long curve ended, it opened back up to a full lane until the last 100 meters or so. Then it narrowed down to only one person wide, so there was no possibility of a sprint race to the finish. Again, very strange for the end of a race (and the finishing road is 3 lanes wide and was still closed off to all other traffic).

I can honestly say I have no plans to run another Dubai Marathon, but am hoping to be able to run the 2015 Houston Marathon... I have a friend here that has run a few 10k, and I agreed to run a half-marathon with him in March, so I am currently trying to get him geared up to be ready for that distance. Wish me luck...



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Faces & Places

Runners' Deck Dedication Ceremony — On February 1, a good crowd turned out for the dedication of the new runner's stretching deck at Memorial Park. The facility honors the memory of **Mark F. Fraser**; and everyone on hand had stories and special memories of Mark's devotion to the Houston running community.



Rocky Raccoon 100 — On February 1, **Shelley Grahmann** joined the ranks of the "ultra crazy" and participated in the Rocky Raccoon 100 Mile Trail Run in the Huntsville State Park. Shelley wore traditional running gear during her 26 hour adventure, and after the event put her Superman outfit back on.

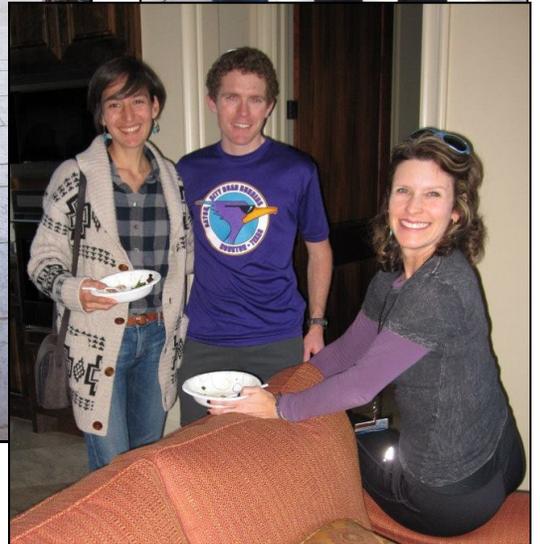
LOVE.RUN.MARATHON. — On Saturday, February 15 in the Huntsville State Park, **Ron Morgan, April Murphy,** and **Michelle Wolpert,** joined the other trail runners to participate in The Love Half Marathon. Proceeds from this event support a women's shelter in Nicaragua. Our BCRR runners did us proud. April ran 2:21:30 for 4th in her age group. Michelle ran 2:41:05, and Ron ran 2:11:41 for 2nd in his age group. Congratulations all! Thanks for representing BCRR!



HARRA Iron Foot Award — HARRA recently announced the results of their fall 2013 "Runner of the Season and Ironfoot" competition. The awards include recognition and cash prizes. Several BCRR members were standouts. Congratulations to our own: **Lisa Thompson, Loris Fusi-Goldberg, Rob Walters** and **Scott Bounds**. For a complete list of [awards winners click here](#).

Chevron Houston Marathon—January 19, 2014





CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
3/1	The Woodlands Town Center	The Woodlands Marathon
3/1	Downtown Houston	Conoco Phillips Rodeo Run
3/2	Sugar Land Town Square	Memorial Hermann Sugar Land Half Marathon
3/8	Downtown Houston	Bayou City Classic 10K Race and 5K Run*
3/22	Downtown Houston	Law Week Fun Run 8K*
3/28	Gonzales TX to San Jacinto Monument	Texas Independence Relay
3/29	Bellaire TX	Bellaire Trolley Run 5K*
4/23	Rice University	Terlingua Track Club LP Run*
5/10	Rice University	Bayou Bash Relay*

*Official HARRA race series event.

FYI—We are currently seeking volunteers for most events.



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