



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 73 - May 2019

2019 Chevron Houston Marathon Recap by Stephanie Kuzydym

It wasn't supposed to end like this. All the running things say it's not. You're not supposed to run injured. I've had a compressed nerve in my calf since last January. You're not supposed to change your training schedule. I missed multiple weeks in my build-up before and after my long run due to above-noted nerve.

You're not supposed to wear yourself out right before the race. I made a cross country move two days after the holidays. Then a week later, my aunt died of cancer. You're not supposed to change your race plan on race day. I was a bundle of emotions. After the year I had, followed by the month I had, I was viewing race day as a really, really long run.

That was thanks to a non-runner: my mom.



Earlier in the week, she asked me if I was ready to go back to Houston. Ready was an understatement. I moved for a job in a city where I knew no one and left nearly my entire support system back in the state of Texas. Then a week later, my aunt died of cancer. I was full of fear at all the unknowns of my new chapter, and honestly, angry. And she could tell. Maybe then just look at then as five and a half hours with Alan, she said. "Best pre-run speech ever."

Alan is one of the pacers for the 5 hour 30 minute marathon group. You know, Alan Tillotson. If not, he's the one who's always smiling, super patient, an incredible listener and an insanely calming presence. We joke that he's my running dad and Lara Allen is my running mom because that's what happens when you spend 10 miles every Sunday spilling all your not-so-finest week before moments, but that's for another blog.

Since Lara was coming back from her injury, it'd be just Alan and me and I had plenty to tell him. So that became my new goal: make it to the finish line next to Alan without worsening my injury.

Word from the Bird

May 2019
Issue 73
FREE

Bayou City Road Runners
P. O. Box 66196
Houston, TX 77266

November Issue Editors
Neeraj Rohilla & Sarah Cusack

From the President



Photo credit: Christina Jones

2

Hey BCRR

All content Copyrighted.

BCRR Board of Directors

President
Christina Jones
Cmjones927@gmail.com

Vice President
David Piper
dspiper@aol.com

Secretary
Sarah (Cusack) Diez
cusackse@gmail.com

Treasurer
Peter Griffiths
p_griffiths@bellsouth.net

Member at Large
David Gaskin
gaskin2006@gmail.com

Member at Large
Mirka Jalovcova
jalovcova.mirka@gmail.com

Member at Large
Mike Mangan
mikemangan41@gmail.com

Member at Large
Neeraj Rohilla
nrohilla@gmail.com

Often times I highlight the running accomplishments and events to come within the club. This time, I would like to highlight something that makes BCRR unique - the club's dedication to helping individuals in need, both near and far. On a local level, club members eagerly responded to the call for help by Sheila Katz, wife of BCRR member Dan Haworth. Dan was recently diagnosed with ALS and in response to life changes, was moving to a new home. Following a Facebook request for manpower, over a dozen BCRR members helped the couple over the course of a weekend with packing, heavy lifting, and housework - easily tackling Sheila's to-do list. This bit of local community service truly shows the depths of how caring BCRR is.

On a bit of a larger scale, I want to highlight the success of Alex's 5K. This year, the race, through the support of BCRR, raised \$28,000 that will be dispersed to 3 different organizations that support individuals with Autism and their caregivers. Over the course of the race's 8 year history, we have donated almost \$123,000 in support of our charities. This is no small feat, and it was accomplished through the joint efforts of BCRR members and families. (Statistics provided by Kathi Mahon)

Thank you BCRR for not only making this the best running club in Houston, but also for making strides to make Houston a better community.

P.S. I couldn't write a letter without a little bit of running - the BCRR sponsored HARRA Spring Series race is approaching!! The Bayou Bash Relay is May 11th! The club needs runners and volunteers alike to make it a success. Age group captains will be reaching out shortly to begin the organizing. The club will cover your registration fee as long as you are a current member! Please reply to your weekly email if you would like to volunteer or haven't yet found a team! Let's bring home the club championship for the 4th year in a row!!

Happy Running! - Christina

Member Database

Has your contact info changed?
Send any updates to
mikemangan41@gmail.com

WORD FROM THE BIRD

Contd. From page 1: 2019 Chevron Houston Marathon Recap by Stephanie...

Somewhere around mile 7, though, Alan looked at me and said, 'When you feel good enough to go, you go.' Then he said it again. At around Mile 8, I broke ahead to find a bathroom. Stupid decision. Rice Village has no port-a-cans between where the marathon and half split until you get to the edge of Rice Village shopping - about a mile later.

Then around Mile 12, after the overpass, I started to have an out-of-body feeling. I could feel my arms. I was running next to a guy named Rafael that Alan and I ran part of the HMSA 25K with and I mentioned to him that I was struggling. After running through a list of possibilities, we decided I was dehydrated. That's when he said the words that saved my marathon: "You know what makes marathoners different? When things get tough, we push through it."



I felt better by Mile 14. That's when I realized I was only six miles from Lara. She told Alan and me that she'd be at Mile 20. Six miles. Two 5Ks. I could do that. I'd just break my outlook into three-mile chunks until I get to her, then I'd be two more three-mile chunks from the finish.

I started to quicken my pace, but I kept my 3-and-1 interval because I still wasn't feeling 100 percent. But I did repeat what Rafael said every time my mind started to wander back to how I was feeling. Lara was there at Mile 20 and I broke down crying. I was so thankful to see her. And I couldn't believe I'd made it to Mile 20 and I was ahead of my pace group.

But with every step I took and every completion of the mantra, I got stronger and my pace quickened. By the time I crossed the finish line, I ran a PR. 15 minutes faster than last year's Houston.

The lesson? Quit listening to everything that says you can't and believe in yourself. So yeah, it wasn't supposed to end like this. But it did.

WORD FROM THE BIRD

Mike Mangan Interviewing Larry Lindeen's Evil Twin Brother

Editor's Note: This is purely fictitious. Any similarity to any persons living or dead is purely coincidental!

Mike Mangan (MM): I've been trying to interview Larry Lindeen for several months, but he keeps avoiding me. So, I came across his evil twin brother (I'll call him evil Larry) and he promised to give me the honest dope about Larry.

MM: Hello Evil Larry. Thanks for agreeing to talk with me. Your brother has been avoiding me for months.

Evil Twin (ET): First, I am not the evil twin. I am the twin that makes all the good things happen. He is the evil twin!

MM: Okay, we won't argue that. Just be sure to answer my questions honestly.

ET: I'm ready!

MM: Larry told me that he was a kid who stayed home and that he and his dad would pray the rosary on a daily basis.

ET: Wrong, we weren't even Catholic, so that isn't true. Second, our dad was a millworker who loved to drink beer and watch wrestling when he wasn't working. Larry would get him a couple of beers. Then Dad would fall off to sleep and Larry would go out and get into trouble.



MM: You're kidding. He lied to me!

ET: This is totally honest. Larry hung out with some of the toughest kids in South Chicago. Many of them ended up in the Big House. It was only me that saved him from the same fate!

MM: You must be quite the nice person.

ET: I certainly am!

MM: So, how did you save him?

ET: First I got him into boxing.

MM: Really!?

ET: Yeah. Unfortunately, he kept leading with his face. So, I made him quit before he lost an eye. He's still a little punch-drunk!

MM: I noticed, but didn't want to say anything. What next?

ET: He started hanging with the toughest guys in town.

MM: How did that work out?

ET: Larry liked the prettiest girls and so did the toughest guys.

MM: Uh-oh!

ET: You got it. They were all bigger and tougher than Larry.

MM: So, how did he survive?

ET: Speed and cunning.

WORD FROM THE BIRD
Mike Mangan Interviewing Larry Lindeen's Evil Twin Brother

Editor's Note: This is purely fictitious. Any similarity to any persons living or dead is purely coincidental!

MM: I understand the speed part. The cunning confuses me.

ET: I said these were the toughest guys. They weren't Rhoades Scholars!

MM: Gotcha! What next?

ET: Larry and the tough guys kept hanging out together. They would do un-nice things and Larry would get away. Remember: speed and cunning!

MM: And?

ET: The not so smart tough guys would say things like, "Larry wasn't with us."

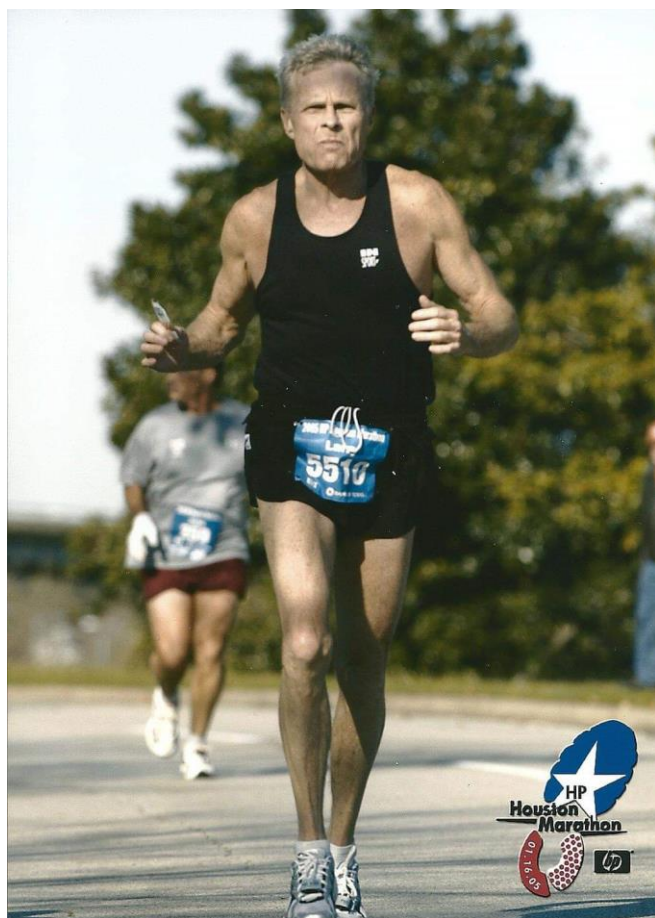
MM: I see, you don't want an alibi from a dumb guy,

ET: You got it.

MM: So, how did Larry escape his life of unsuccessful petty crime?

ET: He met up with a judge who told him he could either continue and become a real criminal or go to school and become a lawyer.

(**MM:** In deference to my lawyer friends, I will make no snide comments here!)



MM: So?

ET: Larry chose law!

MM: How did he get to Houston?

ET: Money

MM: Makes sense.

MM: And into running?

ET: Two things I mentioned before. He's fast and like pretty women. A perfect fit!

MM: I notice he's fast and can run very long distances!

ET: Let's talk about that long distance thing. Notice that he always starts really fast.

MM: Yes?

ET: Notice that he always finishes really fast.

MM: Yes?

ET: Who do you think is running all the middles? Moi!!

MM: Now I see why he always beats me! I always thought it was his special beet juice concoction!

ET: That's a story for another day!

MM: Thanks ET!

ET: Any time.

WORD FROM THE BIRD

Bayou City Classic Roars into 2019 and Introduces a Twist in the Course by David Gaskin

The 42nd Bayou City Classic was held on March 16, and ended with another rollicking good time. Change can be a good thing. Along with some good weather for mid-March, this year runners saw a change-up in the course that kept them on Allen Parkway a little longer.

The race got off at 8 am (7:50 am for the wheelchair participants) under partly sunny skies, 53 F and 41 % relative humidity. 5K runners started at 8:20 am. Really decent conditions I must say.

Congratulations to all BCRR finishers, but especially to Frank Dougherty (34:49), Pablo Rivero (35:06), Andrew Littlefield (36:38), Avi Moss (41:48), and Mike Mangan (1:18:19) who placed 1st, 1st, 3rd, 4th, and 3rd in their age groups respectively. Gloria Mahoney (58:08), Lisa Thompson (46:40), Justyna Paczkowska (48:58), and Anna Helm (49:55) who placed 1st, 2nd, 3rd, and 5th in their age groups respectively. Yet again, a great show of participation from BCRR!



Runners this year started on Smith Street in front of City Hall, and went out Allen Parkway in the incoming (east-bound) lanes and returned back downtown in the outgoing (west-bound) lanes.

5K runners ran out Allen Parkway, turned around just east of Montrose, and ran back down Allen to return downtown.

If you ran the 10K and experienced deja-vu at about mile 4.5, then you were running the second loop of the revised course this year. That second and smaller loop took runners around Bagby and re-entered Allen Parkway until they reversed course again at Taft and ran the final stretch east on Allen and to the finish line on McKinney on the south face of City Hall. So in effect, a small loop inside a larger loop.

Speaking to runners about their opinions of the course this year, many said that they ran the course without a hitch.

Bayou City Classic Roars into 2019...

Clear instructions and good road guards were part of the reason these course changes were incident-free. However, a few 10K runners did confess that they couldn't properly see the turnaround signs because they were running amongst many 5K runners who had to keep an eye out for their own turnaround. As a result, some 10K runners hesitated as the 5K runners began to peel off at Montrose and begin their second half. But no widespread confusion amongst the masses.



For those who are new to the Bayou City Classic, a little background. The race is organized by HARRA with support from long-time sponsors Apache Corporation and the Mayor's Office of Special Events. For the past eight years, over \$250,000 has been donated to the Houston Parks Board to enhance our Houston parks with new tree plantings and trail improvements. Your support of our many sponsors is greatly appreciated:

<http://www.bayoucityclassic.org/sponsors.html>.

I'm happy to have been a part of this race for five years now and it's something that I always look forward to. BCRR members that make up the Bayou City Classic committee are among the most dedicated that I've seen. Joe and Hope Sellers are a large part of the Bayou City Classic's success. They organize and direct the race, enlist sponsors, and coordinate all the pre-race planning and post-race celebration that we've come to know.

Of course John Philips makes all our creature comforts possible with that big beautiful BCRR tent and other conveniences that make all the other race clubs jealous. Thanks John!

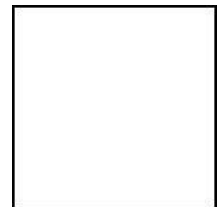
CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Mondays	Memorial Park	Every Monday evening a jog followed by a social gathering
Wednesdays	Rice University	Every Wednesday evening a jog then a social gathering
Fridays	Various Happy Hour haunts	Every Friday evening a happy hour. Info at www.bcurr.org
Sundays	Memorial Park	Every Sunday morning a long jog (with water breaks)
4/13	Bellaire City Hall	Bellaire Trolley Run
2/16	Rice University Track	LP Run
5/11	T. C. Jester Park	Bayou Bash Relay and HARRA Picnic

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
P O BOX 66196



THE BIRD IS THE WORD!
May 2018



Looking for an extra Reason2Race in 2018? Every mile you run or walk can get us a step closer to a world free from hunger and poverty when you run for Heifer International! Whether you are a triathlete, you want to get your whole family out on the course for fun, or you just want to make the world a better place, we NEED you! We have never been closer to finishing hunger for good than we are right now and you can help us reach the end. Join the team right here in Houston: <https://my.reason2race.com/cause/heiferinternational> or anywhere in the world at www.teamheifer.org