



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

November 2022

Alex's 5K Brings out Best of BCRR



Dave Piper

The Twelfth Annual running of Alex's 5K was held under cool and cloudy skies on Nov. 5 at McGregor Park.

Volunteers worked under pre-dawn dark skies to get the course marked, registration teams in place, and food tables ready before the contestants arrived. When all was in place the Kid's K event went off at 8 AM with an enthusiastic crowd of youngsters; and the 5K went off 30 minutes later after the return appearance of **William Gray** singing the National Anthem.

There were hordes of BCRR runners in the pack, many of whom scored the treasured winner's tiles or the coveted cash awards. Participants included:

Alex and Zoe Paddon-Jones, Ally Serrao, Amy Tan, Andrew Young, Avi Moss, Brenda Hilton, Fred Steves, Fred Ward,



Photo: Hardeep Thind



Photo: Milan Jamrich

Gail Webster, Joanna Ira, Joe Lengfellner, June Harris, Katie Decker, Larry Lindeen, Lisa Thompson, Michelle and Scott Wolpert, Mike Mangan, Mirka Jalovcova, Nancy Greig, Piotr Paczkowski, Romu and Bella Budiman, Ron Morgan, Sam Pace, and Susan Elias. Sarah Austin, Kyle Crop, and Madison took the

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Word from the Bird

November 2022
FREE

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Has your contact info changed?
Send any updates to
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From the President



Lisa Thompson

Hey BCRR,

One of my favorite parts of serving as president of this club is getting to see firsthand my fellow members that I know and admire showing that they are more than just a "runner" at BCRR. They are AMAZINGLY good sports and volunteers; and they prove it time-and-time again.

Last month, at our Annual Banquet, we recognized many of the club's volunteers. However, I know not everyone could join us that evening, and so for everyone who was not there, I'd like to give a shout out to some of our biggest-hearted volunteers.

In no special order, here below is my ultra mini-flashback of the volunteers we recognized at the BCRR Annual Banquet.

- HYDRATION HEROES: Loris Fusi, Andrew Kenworthy, Chris Mancini, Tina Reynolds, and a rotating cast of fabulous folks that make running possible
- MASTERS OF RACE MANAGEMENT: Laura Allen, Mike Mangan, Joe & Hope Sellers
- PARTY HOST/HELP: Chuck Bracht, Susan Cita, Sue Leone, John Phillips, Alan Svoboda, Lisa Thompson, and Cheryl Verlander
- MARATHON HOOPLA STATION SAINT: Susan Cita
- NEWSLETTER & WEBSITE WONDER: Joe Lengfeller
- PHOTOG DOCUMENTARIAN: Milan Jamrich
- MELLOW MONDAY MANIAC: John Navaro
- OVERALL QUEEN ON THE SCENE (and John Phillips Award winner): Christina Young

Please give these good souls a virtual high five, or thank them in person the next time you see them! They deserve all the thanks we can give them. It is our volunteers that keep this club going and make it an honor to serve as your leader.

(Continued on page 4)

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 spyderbounds@gmail.com or thatsjoesmail@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 sarah.austin@utexas.edu.

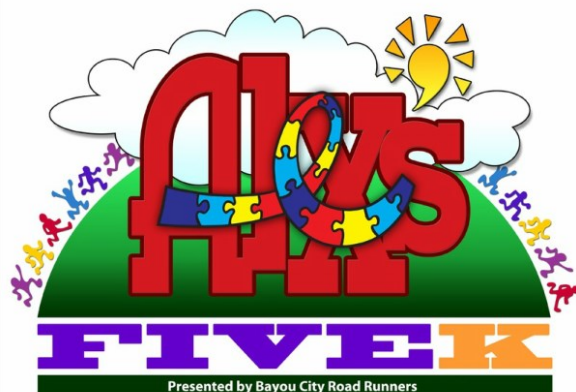
Alex's 5K *(Continued from page 1)*

top stroller award, escorted by **Manpreet, Tegh, and Sharan Thind.**

Susan Cita (Crazy Cat Lady) hosted the kids' table, while **Dave Piper** supervised the food service, and **Joel DuBois** conducted multiple quality control checks of the beer.

Christina Jones Young and baby-to-be-named-later kept the crowd in suspense, but there was no rush to the hospital.

Many other BCRR members were volunteering or in the crowd, and the race was emceed as always by **Joe and Hope Sellers.** **Milan Jamrich** and **Kathi Mahon** hosted the event that honors their son, **Alex.** Most importantly, BCRR added to its long track record of supporting autism related causes, which of course is the most important part of this day.



Houston Half Marathon & 10K



Joel DuBois

I arrived at Sam Houston Park at about 6 AM, set up the BCRR tent, then waited for folks to show up. It didn't take long before I started to see purple showing up... I didn't count the number of runners that showed up, but thought we had a pretty good presence. The weather was pretty good, with temps in the 50's and humidity was not bad.

We had a few members that podiumed (not sure that's a word, but y'all know what I mean). Congrats go out to:

Half Marathon

Ally Serrao
Theresa Pearsall
Valentino Julien
Avi Moss
Cathy McGlohn
Freddy Queen

F 55-59	1 st Place
F 65-69	1 st Place
M 30-34	1 st Place (5 th Overall)
M 60-64	1 st Place
F 60-64	3 rd Place
M 70-74	3 rd Place

10K

My apologies if I missed anyone, this was a manual effort...

There were also a number of PRs that morning. I will not mention them because I cannot search for them, but if you ran a PR (like my running partner, **Sam Pace Webster** did) you should be very proud of



Photo: Steve Hasson



Photo: Steve Hasson

that effort!!

(Continued on page 4)

Houston Half (Continued from page 3)

Comments I heard afterward were pretty positive, but I did hear complaints about the length of the course and the double loop change made days before the race. The double loop course made it hillier than expected due to doubling the Allen Pkwy underpasses and faster runners had to fight their way through slower runners and walkers on the way to the finish line. To be clear, the City of Houston had promised Memorial would be open, but provided the Striders a late update that it would not be available all the way to I-610. I truly think they did the best they could with the time they had to adjust.

On the length of the course, I spoke with our own **Jay Hendrickson** (who certified the course) and to the best of his knowledge the course was the correct distance. He stated that the typical GPS watch is roughly 3% off (based on a lot of measurement experience). So a reading of 13.5 miles on your watch is not abnormal. He also reiterated that the course measurement is using the tangents which are impossible to run, especially on a double loop course with 5,000 of your closest friends where you are fighting to get by runners and walkers in front of you.



Photo: Milan Jamrich



Prez letter (Continued from page 2)

Up next, we have several fun events! There's the *Cross Country Relay* and *Classical 25K* this month. Then we have the BCRR Holiday Party, Holiday Lights Run and *John's Loooong Run* next month. So you have plenty of opportunities to THANK A VOLUNTEER, or better yet, raise your hand and be a volunteer!

See you on the road!
Lisa

Thank You!



The Next Big Thing



Joel DuBois

What's coming up next? I'm glad you asked! Looking out over the near-term horizon, here are the next big things for BCRR members!

- **BARC Cross Country Relay**

Nov 12 at 3 PM at *Challenger 7 Memorial Park* in Webster, TX

We are hoping for a good turnout since BARC makes the drive to support our *Bayou Bash Relay* and we want this race to continue after the Tornados had to give it up. Weather looks like it will be pretty good, MUCH cooler than when it was held in September!!

- **HMSA Classical 25K/10-miler/5K** – Nov 20 at 7 AM at Fish Plaza on Texas Ave

See the link in the weekly BCRR email for more information and to register.

After-party at Modern B&B, more details to follow in Nov 14 weekly email.

- **BCRR Christmas Party** – Dec 9 at 7 PM at Modern B&B

Does any more need to be said???

- **Miles for Military 30K/15K** – Dec 11 at 7:15 AM at Texas Army National Guard (15150 Westheimer Pkwy) – no after-party.

- **Christmas Lights Run** – Dec 14 at 6:30 PM at River Oaks Rose Garden

Note: Parking has NOT been allowed at the Rose Garden the past few years, suggest parking across Kirby (be careful crossing Kirby in the dark). Some sort of running lights are recommended. After the run, we'll meet up at Kenneally's Irish Pub for some adult libations.

- **John's Looooong Run** – Dec 18 at Sue & Allen's – More details to be announced, see weekly emails.



Happy Halloween!



Lisa Thompson

The annual BCRR Halloween party is always the Friday before the *Houston Half*. Costumes are required, and just like when we race, BCRR goes all out. This year the Astros were playing the first game of the World Series during our party, so we put the game on the big screen. Though **Ronan Harris** brought over his record player so we could spin records and dance, we watched the game and ate and drank, but never got around to playing the music. The game went into extra innings and no one wanted to turn it off early and dance!

About 40 guests attended. As always the costumes were off the chain. **Pablo Rivero, Maria Del Pino and Miguel** dressed as Jurassic Park. Miguel rode in on a dinosaur. He is 9 years old and informed me that he selects the costume and his parents follow his lead. Ronan the pirate showed up with his two boys. **Romu Budiman and Eliza Leggatt** came kid-less and were ready to fix your car or paint the town red. **Avi Moss** was Ted Lasso and I dressed as Monkeypox... think red pompoms on a black dress with a monkey tail, ears, and sock monkey slippers. **Ron Morgan and Theresa Pearsall** were the Blues Brothers, Elwood and Jake, and had their names written on their knuckles just like in the movie. **Andrew and Christina Young** were also in attendance; Andrew helped set up before the party while Christina was at home painting a T-shirt to make her Baby belly look like a baseball. **Peter Griffiths** somehow got away without dressing up, claiming to be an Astros fan, because he had a koozie. **June Harris** showed up as a pregnant Astro fan... Oh My! Only pictures will do this whole scene justice; and I wish I had taken a group picture.

All photos: Maria Del Pino



Harvest Marathon Relay for Houston Food Bank



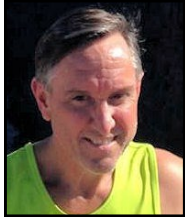
Steve Hasson

On October 16, 2022, 12 teams gathered at the *Wendell D Ley Track* at Rice University to participate in the *Harvest Marathon Relay*, to benefit the Houston Food Bank. Among them, a team of 14 runners from BCCR took turns running laps around the track, with several running 3 mile loops around Rice when they were not on the track, in order to get their Weekly Long Runs in! Our Houston Team finished in FIFTH place, out of 12, with a total time of 3:03:26. More importantly, BCCR's donation to the Harvest Marathon Relay of \$500 will provide 1,500 meals for Houston's Hungry via The Houston Food Bank! Thanks to all who participated, including: **Amy Tan, Anna Helm, Barry Tobias, Harsh Bhasin, Jeremy Tobias, Joe Lengfellner, Joel DuBois, John Navarro, Kathi Mahon, Lisa Thompson, Paul Schulz, Ronan Harris, Sam Pace Webster, and Steve Hasson.**

All photos:
Steve Hasson



Space City 10 Miler Opens the Fall Warm-Up Series



David Piper

Could this really be the *Space City 10 Miler*? Were we in the right place on the right day? How was this possible? The temperature was about 70 degrees and the humidity was pleasant - this can't be! Well, never mind how it happened, but happen it did.

Bayou City Road Runners were out in force - many rocking the new purple "Run with Us" singlets. And BCRR was STILL out in force when the "countin' was done."

Age group podium winners included **J.P. Frederickson** (1st AG), who was also the most seasoned competitor in the race. It was great to see J.P. still kicking butt and taking names at 84 years young. Joining J.P. on the podium were **Fred Ward** (1st AG), **Paul Schulz** (2nd AG), and **Ozzie Guven** (3rd AG and I suspect a PR with a blistering 1:02:53)!

The ladies' side was led by **Gloria Mahoney** (3rd AG), **June Harris** (3rd AG), **Amy Tan** (1st AG), and **Jacqueline Flaherty** (3rd AG). Special kudos to **Ally Serrao** (1 AG, PR, 5th woman overall, and second overall age-graded time only behind world class runner **Sabre Harvey**!).

Anna Helm and **Dave Piper** took 2nd overall in the Co-ed relay, which marked Dave's official return to HARRA racing after two hip replacements in 2020.

Narrowly missing the podium were "biggest losers" **Kathi Mahon** (4th AG), **Michele Wolpert** (4th AG) and **Ron Morgan** (4th AG). Just kidding.

Also seen in the crowd were **Pablo Rivera**, **Harsh Bhasin**, and the ever present volunteer with the mostest, **Susan Cita**.

On the broader running front, this was the first HARRA race under the new very challenging Local Elite standards for the *Houston Chevron Marathon*. There were only a few area qualifiers, led by **Sabre Harvey** who looks to make some noise nationally after moving into the 70 year old age group.

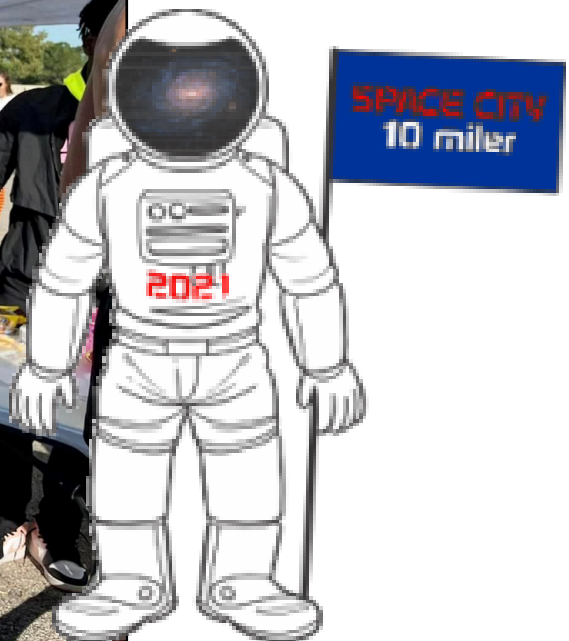
Other local elites included **Lynn Malloy**, **Flora Lai** (overall female winner!), and BCRR's own **Ally Serrao**. Also making the cut were **Oscar Garcia** and **Oscar Beltrane**.

Ron Morgan and **Theresa Pearsall** hosted a delicious post-race hydration fest at their Casita. Thanks Ron and Theresa!

It was a great start to a promising 2022 *Fall Warm-Up Series*!



Photo: Amy Tan



CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Nov 12	Webster, TX	HARRA BARC Cross Country Relay
Nov 20	Wortham Theater Center	HMSA Classical 25K*
Dec 9	Modern B&B	BCRR Holiday Party
Dec 11	Texas National Guard Armory	30K Miles for Military*
Dec 14	River Oaks Rose Garden	Holiday Lights Fun Run
Dec 18	326 Terrace Dr	John's Looooong Run
Jan 15	GRB Convention Center	Houston Marathon* & Half Marathon*
March 4	Hermann Square	Bayou City Classic*

*Official HARRA race series event.

BCRR is seeking volunteers for events in **BOLD**.



BAYOU CITY ROAD RUNNERS
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