



# W O R D f r o m = t h e B I R D

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 58 - September 2016

## My Thoughts about Alex's 5K



Nancy Bounds

It is almost time for **Alex's 5K** and Kids' K, put on each year by BCRR, and benefitting autism charities. This is a very special event for BCRR and dear to our hearts.

**Scott Bounds** and I have been BCRR members since 2003. He runs; I don't. A few years ago we decided to make a donation to Alex's. We were later surprised to find that we were "sponsors". I mentioned this to a few folks at the event that year, and the following year our names were joined by a nice list of others who had decided to donate. It makes a difference.

So I'd like to ask you to really give it some thought. BCRR does a lot for us each year. And **Alex's 5K**, while it takes a lot of effort and participation each year, reflects the best in all of us.

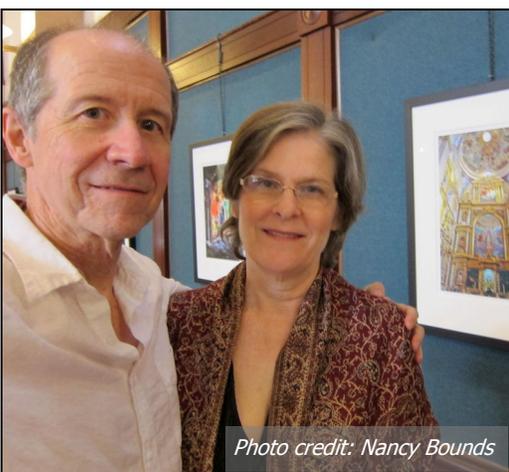
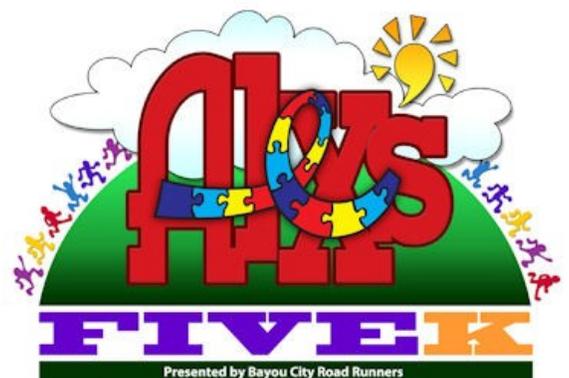


Photo credit: Nancy Bounds

Long time BCRR members, Scott and Nancy Bounds, support Alex's 5K.



Please consider whether a significant donation to this worthy cause is something you would like to do. "Significant" is different for each of us, and every gift will go 100% to fine autism charities that make a real impact in people's lives.

Over the last five years this race has donated more than \$50,000. Your gift is tax deductible. Descriptions of the event, and the charities it benefits, follow in this newsletter. For even more information please visit their website at [www.alex5k.com](http://www.alex5k.com).

Thank you for your consideration!

*Nancy B Bounds*

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**Word from the Bird**

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FREE

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# From the President



Photo credit: Milan Jamrich

## Greetings BCRR, and welcome to the Dawn of a New Era!

In the past couple of years, our club has tried a lot of new things. We started the Mellow Monday run, we organized the Family Picnic and the garage sale fundraisers. We went canoeing and curling, and traveled to the **Bolder Boulder 10K**. The best way for us to have a vibrant, engaging club is to continue to expand our horizons, finding ways to draw in new members and re-engage old ones. We're off to a good start, with a couple of new parties including the Inaugural Ball and BCRR Prom. I'd like to see us go on a couple of club trips to out-of-town races. And keep up the good work recruiting new members. It's great to see some of our newest runners getting involved in the club.



Photo credit: Milan Jamrich

In the midst of all our new activities and plans, though, let's not lose focus on some of our club's core activities. **Alex's 5K** is coming up on

*Joe Sellers and Robert Chandler help kickoff the fall racing season at the Party in the Park on August 27.*

(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 [thatsjoesmail@yahoo.com](mailto:thatsjoesmail@yahoo.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 [p\\_griffiths@bellsouth.net](mailto:p_griffiths@bellsouth.net).

## Practice “Run”dom Acts of Kindness



Katie Decker

Runners are good people, right? They are goodhearted. Let me tell you a little story as an example.

One hot summer day in Canyon Lake, BCRR member **John Fredrickson** (“JP”) decided to go for a run. It was a day like any other, and he drove up the hill to the dam to get his cardio in. He suffered through a 5-mile run and returned to his car, sweaty, thirsty, and tired.

On the way back to his truck, he noticed something in a car parked nearby. Someone had left a purse, sitting out on the front seat. “Not a good idea,” he thought. He got into his truck and began to back out of the parking area. Suddenly he noticed that there were car keys in the trunk of that same car. Even in Canyon Lake, that is just asking for trouble. So John sighed, parked his truck again, and went off to search for the foolish driver. A Boy Scout at heart.

No one was walking on the dam, so he headed down the steep decline. There were several people enjoying the water below the dam. He asked one likely candidate if it might be her Toyota Solara, but no such luck. Another woman questioned, also answered in the negative. Then he saw a young woman with a child splashing around in the water. This time the answer to the question was affirmative; she drove a Toyota Solara. He informed her of

the keys in the trunk. She was horrified! Then he mentioned the purse sitting out on the front seat. She gratefully hurried back to her car.

What’s the kindest thing

that has happened to you on the road, or the trail? Or maybe you were the hero of the day? Go ahead, toot your own horn. Maybe we can publish a “Chicken Soup for the Runner’s Soul.”



Photo credit: JP Fredrickson

*JP Fredrickson has ran more than 700 marathons, but he also likes to ride.*



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

November 5th, and it would be fantastic to see a big turnout--register now at [www.Alex5K.com](http://www.Alex5K.com)! We also have the **Rockets Run** and the **Jingle Bell Run**. These are two of our club’s major fundraisers, and they allow us to keep your dues low. Please make time to help out your club and volunteer at one of these races. And finally, the HARRA **Fall Series** is about to kick off with the **HARRA XC Relay** on September 17. We won the spring competition; and I would love to see us keep the momentum going in the fall. Sign up for some races and put your fast shoes on, because it’s almost time for some racing!



I’m looking forward to leading BCRR, and I’m hoping we can make this an even better, more fun, more exciting club than it already is. As always, if you have ideas to that effect, don’t hesitate to contact me and share them. Now get out there and run!

Regards,  
Andrew

(Continued from page 1)

## The 6th Annual Alex's 5K Run/Walk and Kids' K Saturday, November 5 MacGregor Park, Houston

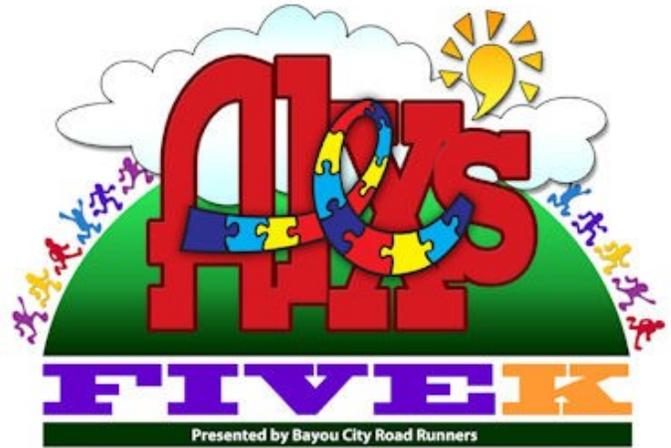
The **Bayou City Road Runners** (BCRR) are presenting the Alex's Memorial 5K & Kids' 1K to honor the life of **Alex Jamrich**. Alex, the 17 year old son of **Milan Jamrich** and **Kathi Mahon** (former BCRR club president) died unexpectedly one month short of his 18th birthday on May 15, 2010. Alex was autistic, and his death was likely due to complications associated with this disorder. Alex was Kathi and Milan's greatest joy, but his autism their greatest challenge. Even though friends could not eliminate their pain and grief, it was agreed that something should be done in honor of Alex's life, as well as to promote autism awareness and raise money for research and services.

The proceeds from the event will go toward two Autism-related charities: Autism Speaks and Avondale House.

**Autism Speaks** is the nation's largest organization dedicated toward funding research into the causes, prevention, and treatments for autism. In addition, Autism Speaks works at increasing awareness and advocating for the needs of individuals and families of those with autistic disorder. To find out more about autism and Autism Speaks, go to [www.autismspeaks.com](http://www.autismspeaks.com).



*Alex's 5K runners Chris Thompson and Joe Lengfellner approach the finish line.*



**Avondale House** is a 501(c)(3) not-for-profit agency that provides, primarily, educational services to children with autism here in Houston. Avondale House operates a year-round day school, serving about 55 students from more than 12 different school districts, ranging in age from 3 to 21 years old. They also have a smaller day habilitation program for young adults, where clients receive training in daily living skills and pre-vocational activities. The agency also operates three residential group homes in southwest Houston for clients who are unable to live in their own homes. Alex was a student in the day school at Avondale House for several years. To find out more about Avondale House, go to [www.avondalehouse.org](http://www.avondalehouse.org).

The autistic spectrum of disorders is very complex, the causes are still unknown, and finding appropriate care and treatment is often difficult for parents of autistic children. It is estimated that one in every 110 children will be diagnosed with autism, males are 4 times more likely than females to be diagnosed, and government statistics suggest that the prevalence rate of autism is increasing 10 to 17 percent annually. On average, a child is diagnosed with autism every 20 minutes in the United States alone.

Please join the **Bayou City Road Runners** in supporting this cause. We are in need of runners, walkers, volunteers, sponsors and donations. For more information about the event, runners, volunteers, and sponsors, should visit [www.Alex5K.com](http://www.Alex5K.com), or contact the Race Director **Lara Allen** at [larabccr@gmail.com](mailto:larabccr@gmail.com).

# The Inauguration of Andrew the Young



Cheryl Verlander

On Saturday, July 16, 50-plus members of BCRR gathered at Casa Tre Archi, the Museum District home of **Cheryl Verlander** and **Chuck Bracht**, to recognize **Andrew the Young** as President and usher in the new Board. Guests enjoyed Cuban cuisine prepared by C&C catering and daredevil Mojitos made by bartender **Jim Knievel**, a distant relative to the famous **Evel Knievel**. Savories included Black Beans and Rice (Moros y Christianos), Spicy Olives, Mushrooms with Garlic, Sizzling Prawns, Potatoes with Red Sauce, Broccoli with Chilies, Spicy Pork Kebabs, and Marinated Sardines.

Event goers wore unique black tie and gowns in direct contrast to their usual attire of sport bras, running shorts, and running shoes. Women could be heard complaining of feet hurting in high heels and men feeling strangled by ties. **Andrew "The Older" Kenworthy** made a surprise appearance dressed in a full, formal, Scottish kilt. Members speculated as to what he was wearing under the kilt, but some in the know confirmed he has a new, large deck. Many posed for pictures taken by photographer **Chris McGrew** and others.



Photo credit: Cheryl Verlander

Houston's finest came out to celebrate the inauguration. (L-R) Jim Knievel, David Piper, and Chuck Bracht.



Photo credit: Loris Fusi

The man selected to make BCRR great again, Andrew Young.

Andrew was introduced by Chuck who indicated that there is an expectation of big, if not HUGE change. Some of the issues of his reign will be the growing gap between the old and new runners; the establishment of a wall to keep out the intruders and spies from other HARRA clubs and make other club members pay their way for attendance at a BCRR function; the reduction of dues for the middle and back of the packers; and the simplification of the application process. He vows that, "He will make BCRR great again!"

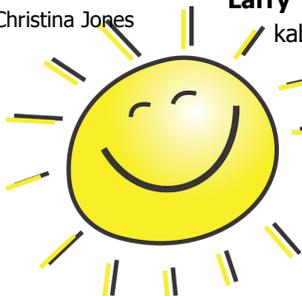
## BCRR Family Picnic



Christina Jones

In April, BCRR hosted the 2nd Semi-Annual Family picnic at Memorial Park. The picnic was complete with a professional bar-be-que master, **Andrew Young**, campaigning for president no doubt. Approximately 20 families and their kiddos gathered to play soccer, explore the wooded areas, and share in some great food. Familiar faces like

**Larry Jensen** arrived at the event with delicious kabobs and **June Harris** made scrumptious "healthy" treats! Stay tuned for the next family event to be announced this fall, Family Picnic or Family Field Day!



Among the attendees at the BCRR Family Picnic April 3rd was: (L-R) Andrew Young, Jason Burris, David Piper, and Allyson Serrao.

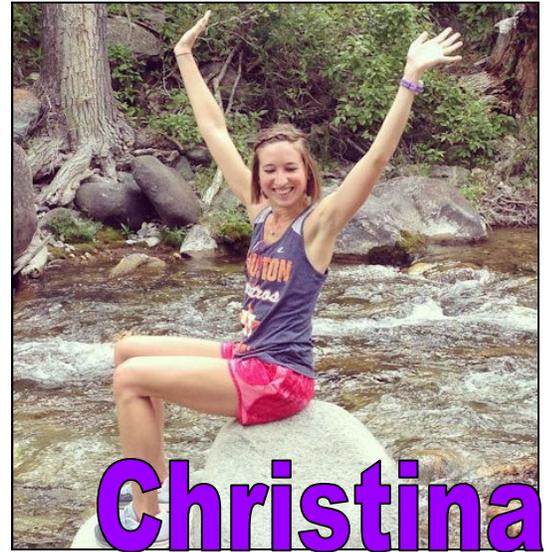


## Get to Know Your Board

Many of our BCRR board of directors have served on the board previously. This experience serves the club well, but "new blood" is also valuable. These new faces, as well as, our experienced board members have provided profiles to help you get to know them. We will feature a few of their profiles here in our newsletter, and continuing in future editions, until you get to know the whole board.

Name: **Christina Jones**

- Age 27
- Hometown Ruston, LA
- Years in Houston: 2
- Occupation: Occupational Therapist at TX Children's Hospital
- Years Running: 8
- How many miles per week do you run? 40-45ish
- How did you come to join BCRR? I met Lauren and she found this fabulous drinking club who also likes to run!
- My proudest running accomplishment is: a 21 minute 5K!
- My favorite training run: Long Slow Distance.
- My favorite race is: Half marathon.
- I run because: I love to bake!
- My life philosophy is: Make the most out of my God given gifts to change the world for the better!
- My next goal is finishing the Houston Marathon with a Boston qualifying time!
- Favorite training food: Bananas and peanut butter.
- When I'm running I think about: My kids at work, and how I'm going to help them that day. Keeps me motivated.
- The best running advice I could give would be: Set goals and find friends to keep you motivated.
- The top thing on my dream list is: Climb all the fourteeners in Colorado.
- Other hobbies beside running: sewing, crafting, and baking!



Name: **Andrew Young**

- Age: 31
- Hometown Minneapolis
- Years in Houston 3
- Occupation Chemist, polyethylene R&D
- Years Running 16
- How many miles per week do you run? 30 unless I'm training for something specific.
- How did you come to join BCRR? I got bored with running solo and went looking for a group.
- My proudest running accomplishment is qualifying for (and running) the Boston Marathon.
- My favorite training run is Brenham hill run.
- My favorite race is Birkebeiner.
- My best distance is Half marathon.
- I run because the voices in my head tell me to.
- My life philosophy is "Carpe diem."
- My next goal is Sub-2:50 marathon.
- Favorite training food... Is "all of the above" an option? Probably fresh baked bread.
- When I'm running I think about the last song I heard. Or more specifically, about two lines of the last song I heard, because apparently I have the memory capacity of a goldfish when I run.
- The best running advice I could give would be "Relax, you're supposed to be having fun."

(Continued on page 7)

## Get to Know Christian Boada

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer this runner profile of a new member on the BCRR team.

Name: **Christian Boada**

- Age: 25
- Hometown: : Quito, Ecuador
- Years in Houston: Nearly a year
- Occupation: Graduate Student
- Years Running: 10 years
- How many miles per week do you run? 35
- How did you come to join BCRR? The all-mighty oracle known as Google. Literally typed running club Houston and you guys were the first hit.
- My proudest running accomplishment is: I was part of a 4x800 relay that broke my middle school's record
- My favorite training run is: The Long Sunday run
- My favorite race is: 10k Borregos (back in Monterrey). It's actually a very hilly course, but I always get a PR.
- My best distance: I like both 10k and 5k
- I run because: There is a very basic sense of accomplishment in every run that you complete, or any time you get up early, and as a future physician, I know all the health benefits—and I like to eat.
- My life philosophy is: Always be humble and always be courteous, but secretly know that you are the best ("The reverse Kanye").
- My next goal is: Getting my PhD
- Favorite training food is Lentils.
- When I'm running I think about food and how I'm going to eat it.
- The best running advice I could give would be, "Always try to improve, but know that we are not professional athlete's" (although some of the people in our group are/could be).
- People would be surprised if they knew I am an enormous art nerd, and I also paint in oils and have a small art printing business (elniom.mx) if anyone cares to visit.
- The top thing on my dream list is Owning a painting by Diego Rivera.
- Other hobbies beside running: Painting
- I would love to spend the day with Barack Obama.
- The most embarrassing thing that has happened to me is: Various mishaps with track shorts and their implicit shortness that have been recorded with photo evidence and may, or may not, have prompted a requirement that boys have to wear tights under their shorts.



Photo credit: Christian Boada

Christian Boada and his girlfriend Stephy.

NOTE: Runner profiles are always welcome. We encourage you to send in a profile (to ThatsJoesMail@Yahoo.com) and maybe YOU will be the next person featured in our newsletter!

### Board Profiles—Andrew (Continued from page 6)

- People would be surprised if they knew I was disciplined in college for impersonating the president of the school.
- The top thing on my dream list is a private island with genetically reconstructed dinosaurs penned in electric fences. What could go wrong?
- Other hobbies beside running include biking, skiing, traveling, and reading.
- I would love to spend the day with Neil de Grasse Tyson. Science nerds of the world unite!
- The most embarrassing thing that has happened to me is as a third grader, selecting the pair of glasses that I thought would best help my peripheral vision, which turned out to be the biggest pair of grandpa glasses out there.

## BCRR Monster Garage Sale



Lisa Thompson

This is our 2nd year of hosting garage sales as fundraisers for BCRR. The sale not only generates funds to pay for relays and parties, it also helps all of us reduce, reuse and recycle unwanted items. Thanks to a happy household merger (**Ron Morgan** and **Theresa Pearsall** tied the knot!) we

got a nice donation for the sale. They told us to come to Clear Lake to pick up a few things, and it turned out to be two truckloads. **Peter Griffiths**, **Scott Bounds** and I transported it back to the Modern. Then **Dan Hayworth** was moving and he pulled up to my house one day with a U-Haul full of items. We picked up a kids' play kitchen from **Jacqueline Leonard** and the lovely **Marie Hutchinson** stopped by one evening and unloaded an SUV full of stuff after her garage sale. People are welcome to drop off items in the garage at 4011 Hazard any time they feel like clearing out a little room. In a three-to-four month period the garage really fills up, and then I know it is time for another sale! We had two garages full of items to sell—from furniture, to ornate 3-foot tall vases, to a Chinese foot bath, to a guitar amp, etc. etc.



Photo credit: Lisa Thompson

*Thanks to the generous donations of items and labor, the BCRR garage sale was a huge success and will fund our teams at the HARRA XC Relay.*

We held the sale on a steamy August weekend. **Will Henderson** and **Joe Lengfellner** helped sort and price items the day before the sale started. Joining them were **Christina Jones**, **Peter Griffiths**, **Andrew Young** and **Avi Moss** who spent hours pricing, setting up and taking down the garage sale, as well as, selling and haggling. One of our first visitors to 4011 Hazard street was a guy who was jovial and funny and asked, "Do you have any guns, knives or explosives?" Christina retorted, "We are fresh out of those." Then he said, "I could use a drink do you have alcohol or vodka?" He clearly did not know BCRR—as **Kathy Mahon** said, we have more demand than supply in that area. Then he proceeded to take a flashlight and look in all of the boxes. After he left Christina said he had a very official looking shirt on. Oh how I wished I had asked for ID, but at first I thought he was just some nutty weapons collector. After all, our garage sale now has regular customers who come every time. We have a Singer sewing machine collector who comes to every garage sale, I think he has 50 or more Singer machines.

Some things we have learned:

- Listing your sale on craigslist will get you lots of customers.
- People love funny signs and will stop because of them.
- Garage sale rush hour is between 7-10 a.m. 12 noon-1 p.m. and 2-3 p.m.
- We have also learned to list items on craigslist, because not only do we make sales, when they come to pick up they see our sale and buy even more stuff. I am also becoming a pro at consigning at the Guild Shop.

Our sale raised enough money to pay for all BCRR entries to the HARRA XC Relay on September 17th. I hope that everyone will run. The board would often hear complaints about how much races cost and that is how the garage sale idea came about. I thought that if we could pay for some races then everyone could run and not worry about the cost. I particularly like relay races because it is so fun to be on a team and cheer for each other. You never know, you might even meet your future spouse as Sheila Ramamurthy and Tom Willie know.

Our next sale will be in early September. We still have lots of items to sell and you are welcome to keep contributing as you do your fall cleaning.

## HARRA XC Relay

The HARRA Cross Country Relay is Saturday, September 17. Four-person teams will run about two miles per person. BCRR members (that are also HARRA members) may enter this race for FREE. (See garage sale fundraiser above.)

Register SOON with your age group's team captains:

**OPEN:** Christina Jones – christinabcrr@gmail.com & Andrew Young – young.andrew.joseph@gmail.com

**MASTERS:** Lisa Thompson – lisa@modernbb.com & Peter Griffiths – p\_griffiths@bellsouth.net

**VETERANS:** Kathleen Mahon – kmahon@bcm.edu & David Piper – dspiper@aol.com

**ULTRA:** Mike Mangan – mikemangan41@yahoo.com



## Reflections of a Long time BCRR Member



Cheryl Verlander

At a recent BCRR Happy Hour I was taken aback when a member mentioned that another member had asked if **Chuck Bracht** and I run? After having a chance to think about how to answer, the answer is... sometimes. As I have told many of you, I have "mechanical issues". BTW, none of my issues seem to be related to running. Meniscus tears appear to be associated with the shape of my legs; my neck's bulging disc I can indirectly attribute to **John Phillips** who had a trampoline in his backyard that influenced my children to cut coupons and work to buy a regulation trampoline that now resides in my attic; and my complete L4L5 herniation happened when I had numerous falls while trying to keep up skiing double blacks in Jackson Hole with a few BCRR die hards.

This year is my 25th year as a member of BCRR. I joined when some of my Hasher friends (yes I am a long time Hasher) suggested that I also run with BCRR. Since I had recently joined UT med as behavioral science faculty, the Wednesday run fit, for the most part, with my schedule. You see, I was a single parent with two young children and my ex took them to dinner on Wednesday nights and the residents' classes ended at 4:30 pm, then later 5:00 pm. FYI, **Tim Murphy** and I began the 5:00 pm (which later became the 5:30 pm) run because a small group of very fast runners ran at 4:30 pm and it did not work with my schedule. BCRR was about 40 members with a handful of women during those years. I decided that it was a great way to be efficient since my free time was very limited. I could exercise and socialize at the same time!

When I became dehydrated, I was with BCRR friends who watched me take an IV in the ER. When I tripped on the tree roots on the Rice University perimeter and my lip was stitched in the Rice parking lot, our BCRR group called for the City to join with Rice to take up the concrete and replace it with crushed granite. When I met Chuck, they were with me to encourage my marriage to him. When my father died, BCRR was with me for support. My precious Gizmo was our first BCRR regular dog. He has aged with the group as have I. BCRR watched my daughters grow up and marry. When my sister died suddenly, my BCRR friends were again



emotionally with me. These are just some of the times that BCRR was present. I cannot thank some of you enough and I hope that others know who you are.

For me, BCRR was much more than a "running" club. Our first president got me through my first 5K and then 5-miler race. I ran my first marathon having not run more than a 12 mile race and, to my surprise, finished within a reasonable time, when the cutoff time was less than today. I was NOT a runner, but the encouragement of the group made me a solid "middle of the packer." Until passing the baton to **Sue Leone** and **Alan Svaboda**, I, and later Chuck and I, had hosted an after race party for a major race ever year since 1991. What BCRR also did for me was give me not only a running group, but also, a support group, anger and stress management, close friends and good social friends, a life of fitness, professional relationships and employment leads, and my great husband, Chuck. At this time in my life, I cannot think of many other groups that do this. If someone wants a balanced life, this group does it all.

So, although I may rarely run at this time of my life, but mostly jog or walk, I appreciate BCRR, the Valhalla ritual, and the opportunity to give back to the group sometimes when Chuck and I host a party or place a water fountain on the trail for all to use. I hope that many of you can feel as I do after 25 years.

Thanks to all,

Cheryl Verlander

*Some of Cheryl Verlander's running mementos of 25-years putting one foot in front of the other.*



Photo credit: Cheryl Verlander

*Chuck Bracht and Cheryl Verlander supporting the New Orleans Red Dress Run on August 13.*

## CALENDAR OF EVENTS

<b>DATE</b>	<b>LOCATION</b>	<b>ACTIVITY</b>
<b>9/17</b>	Houston, TX (Spotts park)	HARRA Cross Country Relay*
<b>9/18</b>	Kemah, TX	Toughest 10K Kemah (Bridge series)
<b>10/9</b>	Univ of Houston Clear Lake	Space City 10 Miler*
<b>10/30</b>	Houston, TX	Houston Half Marathon and 10k*
<b>11/5</b>	Houston, TX (MacGregor Park)	Alex 5K**
<b>11/13</b>	Houston, TX (Jones Plaza)	HMSA Classical 25K*
<b>11/19-20</b>	Austin, TX	BCRR trip to Austin
<b>12/11</b>	Sugar Land, TX	FLS 30K*

\*Official HARRA race series event.

\*\*BCRR club race



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