



BCRR GOES FOR THE SILVER

By Kathi Mahon



*Founding Member Honorees and Past Presidents:
John Phillips, Joe Sellers, Ralph Feniello, Richard Verm, Mary Feniello, Kathleen A. Mahon, Phil Smith, April Murphy, Jim Holt, Paul Holzauer, Mark F. Fraser
(photo: T. Murphy)*

We celebrated our 25th Anniversary in combination with our annual Holiday Party at the 1400 Bar and Grill, December 13th. 25 years is a really long time! Since most of us joined more recently, here is a brief recap of the origin and evolution of the club (for a more comprehensive history, read John Wieser's article in the Jan. 2009 issue of The Bird): Originally founded as the "Getty Oil Track Team (Running Club)" in 1984 by Scott Demaree and someone who's name no one can remember, the club had few members and all were men (Ray Hodges, Harold Kaufman, Phil Smith, Larry Jensen, John Wieser, Richard Zirn, and Carl Baugh). The name was changed to "Galaxy Running Club" around 1986 or '87, perhaps in an attempt to make the name more appealing. Maybe this worked, as women started joining and the club continued to grow (Lynn Wieser, Terry Zirn, Richard Verm, Paul Holzauer, Grover Watkins, Ralph & Mary Feniello, Bill & Susan Watkins, Ted Bidwell, Jim Holt, David Harvey, David & Kathy Gaughan, Wes & Gina Monteith). In fact, Mary Feniello was one of the first women in the club and

certainly the longest continuously active female member. Nowadays approximately half of our members are women. We've come a long way baby! The name was changed to Bayou City Road Runners in 1989 and grew exponentially...the rest is history...

We wanted to invite founding/legacy members to the party, but first we had to identify and locate them. This is where Mary and Ralph Feniello were invaluable. Mary beat the bushes to contact many of the members on a list generated by original members John and Lynn Wieser. In the end, she contacted most of the people on our short list and either got them to agree to come if local or send an email comment that could be read at the party.

At a brief ceremony during the party, Mary read the emails from Scott Demaree (co-founder) and Ted Bidwell (Galaxy Track Club). She also gave a moving speech reminiscing about her 23 years in the club. Recognition awards, donated by Eddie Rodriguez (beautiful engraved plaques)

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From the PREZ

As we start a new calendar year and end the HARRA Fall Series, I pause to reflect over the six months that I have

served as president of BCRR. I reckon it is time for a "State of the Club Address" so here goes. I am happy to report that we have had a very robust showing in all the HARRA races. Though the final results are still being tabulated, Bayou City is significantly ahead in both the overall Team and Club Competitions and a strong contender in several Age Group Competitions up to the 30K. We have fielded two club road trips to international marathons. Thanks to all of our members, we have successfully managed and worked two races during this busy time, The Jingle Bell Run in December and The Rockets Run in January, thus ensuring our financial well being. We have had terrific post-race parties as well as a combined Holiday Party and 25th Anniversary Celebration. We have run loong with John and through River Oaks with Christmas Lights. Many of us have volunteered time or expertise to support local races and other HARRA activities, such as Jill DeVay's Hearth and Sole Run (benefitting Habitat for Humanity) and the HARRA Kids Run. We have cross-trained with bowling, soft ball and trivia contests. Together we have celebrated birthdays and achievements as well as mourned our losses. We have welcomed many new members and said goodbye to those who have had to move away (though they never really leave our club). In short, BCRR is in the same state that

it was in when I came on board - Simply THE BEST RUNNING CLUB IN TOWN - and it's because of all of you! I look forward to the next 6 months.

No sooner has the Fall Series ended than the Spring HARRA Series begins, starting with the Buffalo Wallow Cross Country 6K on Saturday, February 6th. This is a fun romp if you like cross country or a treacherous slog if you don't; just remember slogging counts towards HARRA points just as much as romping! Everybody counts toward our Club and Team Competition as well as toward their individual Runner of the Season Standings. If you are not familiar with the HARRA competitions, please read the HARRA website (<http://www.harra.org/955dir/Competitions/series.html>) or the BCRR Blog post by Bob Brown (9-27-07) (<http://bcurrblog.blogspot.com/2007/09/understanding-harra-standings.html>). This year, the Buffalo Wallow has a new team competition to encourage inter-club rivalry and make things interesting.

The Park to Park 5 miler has been rescheduled for the fall and is no longer in the Spring HARRA series. Thus there are only five races including the Relay this year (see the complete list on www.bcurr.org). The Bayou City Classic 10K is approaching soon and the club usually fields at least one entry for the centipede costume contest. If you are interested in compromising your image by dressing up and running 6.2 miles attached to 6 others, don't let this opportunity pass you by! Not running - contact Eddie Rodriguez (ed_Rod1@Yahoo.com), Race Volunteer Coordinator, to offer your services.

The spring races are fast and short, so there will be plenty of time for other "cross training" activities in the next few months. Lastly, don't forget about our annual club exodus to Corpus for the "Beach to Bay Marathon Relay" in May. This Spring should be as fun-filled as the Fall!

BCRR Contact Info

Word from the bird
January, 2010

Bayou City Road
Runners,
PO Box 925534,
Houston, TX 77292
Issue No. 10 FREE

President: Kathi Mahon	713.791.9715	kmahon@bcm.tmc.edu
Vice President: Lara Allen	713.298.8762	laraallen@sbcglobal.net
Secretary: Avi Moss	832.439.9557	avimoss@netzero.com
Treasurer: Patrick Flaherty	713.530.9177	callpatf@aol.com
Mem. @ Large: Sheila Ramamurthy	734.709.2720	sheila.hamamurthy@gmail.com
Mem. @ Large: Sam Pace	361.779.8884	mpace1@gmail.com
Mem. @ Large: Neeraj Rohilla	832.549.9277	nrohilla@rice.edu
Newsletter Editors: Mike Mangan	281.778.6663	mikemangan@advantage-intl-mktg.com
Michelle Wolpert	713.862.6564	michelle_wolpert@hotmail.com
Newsletter Design: Dani Carbone-Sohn	713.398.5662	dcarbone51@hotmail.com
Race Results: Roger Redding	281.224.6166	rredding@mindspring.com
Website: Avi Moss & Kathi Mahon		webmaster@bcurr.org

HEARTH & SOLE IN THE ICE & SNOW

by Jill DeVay



This year's Hearth & Sole event almost didn't happen! However, it was awesome. Thank goodness for our race director, Dave Rainey, and the volunteers from Keller Williams, BCRR and HRTC. My special thanks go to the BCRR volunteers, all 17 of you, who showed up on December 5th at 5 a.m., braving icy streets and 26° freezing cold weather to make our 10K/5K/Kids 1K a really fun day.

Typically, I don't seem to really get into the Christmas spirit until late December. However, when I showed up to start setting up for the race, the ice and snow covered grass and trees all over Bear Creek Park was such a magnificent sight to see. Along with Santa and Ms. Claus, it just made the whole morning feel like we were all little elves at the North Pole, but instead of getting gifts ready for Christmas, we were putting on a fun run!

I couldn't believe that even 100 runners showed up. However, I do think about 80% of them must have walked away with awards! We also had plenty of coffee, wassail, fruit, bagels and one of our sponsors, My Fit Foods, showed up with some very welcome hot chicken and rice dishes....it was perfect.

Thank you, thank you, thank you....to all the participants that braved the weather. You really made it worth while. I could tell that you were all having a great time....and it was just not another race. It was really a challenge that day to show up and we appreciate you guys so much. I hope to see you all again next year....but, please bring us a little warmer weather!

and June Harris (embroidered BCRR sports bags) were given to founding/legacy members who helped start the club and played an active role in making Bayou City the best running club in Houston. There were basically two criteria for these recognition awards: 1) Active membership in the Getty and Galaxy clubs that preceded Bayou City, and 2) Awardees had at least tentatively agreed to show up for the awards.

Awards were given to Phil Smith, Larry Jensen and Harold Kaufman (Getty Oil Track Team), Ralph and Mary Feniello, Jim Holt, Paul Holzauer, and Richard Verm (Galaxy Club). Of these, special recognition was given to Phil Smith, Larry Jensen, the Feniellos and Richard Verm for their long continuous memberships. Activity was the key here, as these members are either actively running and/or participating in club events. A special recognition award was given in absentia to Ray Hodges, who served as "the Board" for several years in the early days and was instrumental in establishing a strong organization. Although practically a newcomer with only 20 years of membership, John Phillips was recognized for his role in maintaining the spirit of the club over time - "the heart and soul of BCRR" or as Mary F. calls him, "The Guru." Past-Presidents of BCRR (Ray Hodges, John Phillips, David Gaughan, Mark Fraser, April Murphy, Mick Midkiff, Joe Sellers, and Eddie Rodriguez) were also honored with Certificates of Recognition, suitable for framing. After a toast and some cake, we danced the night away (until 10 PM) to the tunes of DJ David Hernandez.

I truly enjoyed delving into the fossil record of BCRR, meeting early members and listening to their stories. One common sentiment everyone expressed is that although the club has grown and evolved, the basic foundation has changed little: Everyone has a place regardless of speed or ability and we always support each other in running and friendship. I am indeed very proud to be part of this club.

For my next historical venture, I am thinking of constructing a BCRR Family Tree of Relationships (or "Who's been with Whom"). I think there would be a lot of interest in such an exercise - what do you think? :

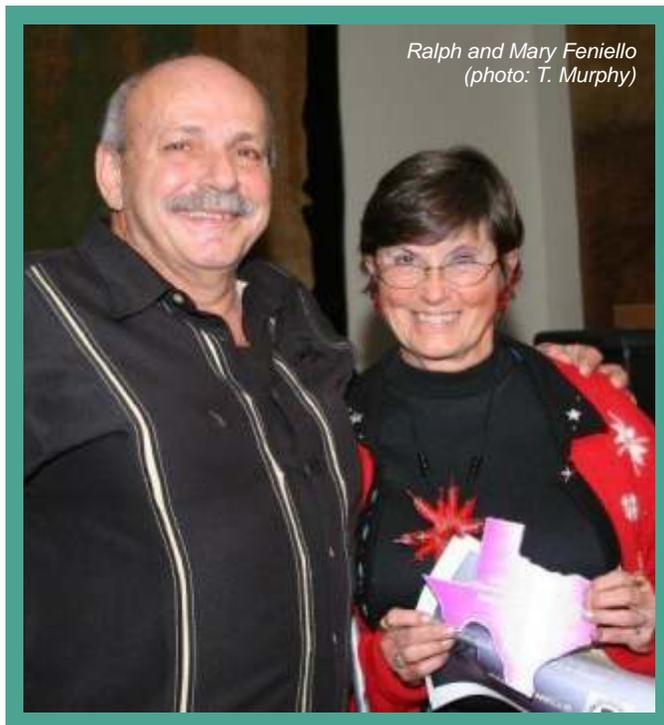
Happy 25th Anniversary BCRR!! (BTW: we will celebrate the 20th Anniversary of BCRR at Valhalla later in the year!)



Phil Smith, Tim Holt, and Paul Holzauer (photo T. Murphy)

A VERY FRUITFUL RELATIONSHIP

by Mary Feniello



Ralph and Mary Feniello
(photo: T. Murphy)

It's easy for me to remember how long I've been involved with BCRR. All I have to do is remember Dan Wieser's birthday. We met John & Lynn when she was pregnant with Dan. That was in 1982!

Longevity. I may not be the oldest, fastest, or the most experienced woman runner in this club. I used to think I was the slowest. I can recall crossing the finish line asking, "Did I get a point for the club?". I've just been around forever.

It amazes me how this club has grown! There was a time when we could not put a four person women's team together. Lynn Wieser or Terry Zirn would have to run an extra lap. Sometimes being slow worked; I only had to do one lap.

The post marathon party used to be three frozen Stouffer's lasagnas, a bowl of salad, two loaves of bread, and three cases of beer at the Wieser's house. Then Sylvia Spanihel and I moved it to Allen House and now it is at Chuck & Cheryl's home. Next month will be my 23rd post marathon party and we'll be preparing for 100 people. How we have grown!

In the 90s, Ralph and I had a motor home. We took it to all the races and the Tomball Classic. It was the gathering point before and after each race. It would be full of running bags, clean, dirty, wet clothes, and lots of beer. If you were around in the 80s and 90s you probably ran the Baytown Heat Wave and spent 4th of July afternoon at our house & pool.

Ralph and I will take credit for 2 things:

1. introducing the HASH to BCRR (which brought us members like Sylvia, John Gammil, Stuart Muirhead, Steve Connor, and many more); and
2. after talking about it for years, BCRR got teams down to Corpus for the Beach to Bay. We first stayed at the Holiday Inn Emerald Isle, near the race finish. John Phillips organized a great pot luck dinner outside on Saturday night. I miss those. We've grown to the condos at Padre and have taken over the pool in the afternoon. Keep those margaritas coming!

Ralph and I have seen many changes throughout the years:

1. Members coming and going
2. Growing from a one-man leadership to a full board
3. Growth for sure

But some things remain constant:

1. The willingness to help one another achieve their running goals
2. Training and running partners
3. Respect for each other's accomplishments
4. Encouragement when a person doesn't reach that PR or is injured
5. Most of all, the friendship and love for one another

That has been a constant for 25 years and many more to come.

May the wind be at your feet always!



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SUGAR LAND LAKES OF WILLIAMS RANCH 30K

by Mike Mangan

The Sugar Land 30K always seems to be a grueling affair, even worse than the Houston Marathon. Why? Good question. It is obviously much shorter. Maybe it seems that way because we are just plain tired of training for the marathon and this race is simply a reminder that the BIG RACE is still a month away. Maybe it's because it is yet another three loop race (after the half marathon and 25K), this time with a long run to and from the three loops. In any case, no one seems to like the 30K! However, in spite of this distaste for the race, 43 Bayou City Road Runners ran it, 30 men and 13 women. The results were outstanding.

Ryan Smith was first overall. Congratulations Ryan!

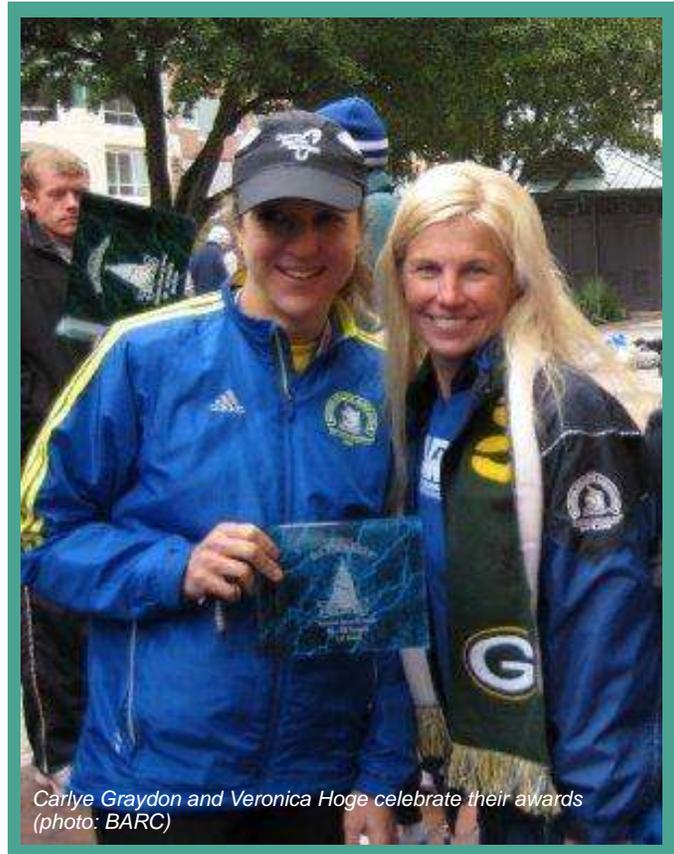
The following runners were first in their respective age groups:

- Carlye Graydon
- Anna Helm
- Rich Siemens
- Don Brenner

Suzy Seeley finished second in her age group.

Simon Brabo and Fred Steves gave a solid try. They didn't finish "in the money," but managed to finish fifth in their respective age groups.

We appreciate the great efforts of the winners and the efforts of all participants in supporting BCRR!



Carlye Graydon and Veronica Hoge celebrate their awards (photo: BARC)



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.



Messages from original members of BCRR sent in Celebration of our 25th Anniversary

Scott Demaree (original member of Getty Track Club; BCRR Co-Founder):

Hello Mary and Ralph,

Glad to hear from you. It's been a long time indeed -- 15 years or so?

As one who was there at the beginning of the club, it is gratifying to see such a large and strong organization. You all have taken it a lot further than I ever dreamed from those earlier years as the Galaxy Track Club, then the Texaco Running Club, when we could barely field a competitive team.

I, too, am doing a lot of walking, although I still run. I ran (and walked) three sub-four hour marathons last fall/spring and a 40 miler each of the last two summers. My mileage is severely curtailed from what it used to be by the fact that I have been teaching high school physics for five years here in Cedar Hill, Texas (just SW of Dallas). I enjoy it, but it is a 12 hour per day, 7 days per week job for 10 months each year.

I won't be able to make it for the celebration. I never was much of a socializer. Now getting together for running is another thing. I'm signed up for the USA Fit Marathon on January 10. It sounds like a lot bigger race than last year when I finished second overall. Maybe I'll see some familiar faces.

Give my best to the club and any old-timers you come across, and feel free to pass along my e-mail.

Richard Zirn (original member of Getty Track Club):

BCRR - Happy 25th

Has it really been that long? I read the notes from Ralph & Mary Feniello, Ted Bidwell, and Paul Holzhauer. What's with all the hip replacements? Is running really that bad for your joints? Are we men of a certain age? I don't feel so bad by comparison only having blown out a hamstring while sprinting last year.

I've not completely retired from running. Ran my 3rd Tram Road Challenge last month (2000' foot climb in 3.7 miles) here in Palm Springs where I'm now living. Have retired from marathoning after completing 27 (once ran 5 marathons in 17 weeks) and have definitely slowed down.

Thanks for the invite to the reunion. Will try to get back to Houston someday. Still occasionally talk to Chris Browning and Greg Felts. Not sure when my ex-wife, Terry, and I joined the club but I'm sure it was early on. I'll blame Ray Hodges and John Weiser (fellow Texaco employees at the time) for recruiting us.

Am enjoying all the sunshine, low humidity, and warm temps here, especially after the cool and damp of Seattle. Like Ted, am often found hiking in the mountains plus trying to keep my golf handicap in single digits.

Would be glad to hear from anyone there. Again, Happy Anniversary and Keep Truckin'.



Ted Bidwell (Galaxy Track Club, the 2nd generation club):

Well Hello Mary and Ralph,

Hope all is well and you enjoyed a terrific Thanksgiving!

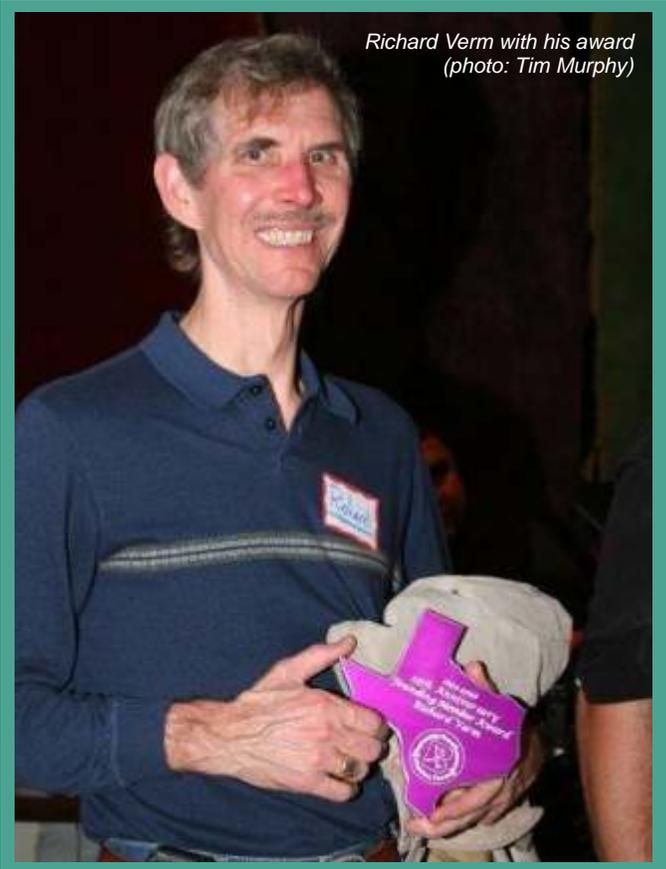
Thanks for the invitation, however, work and distance will prevent me from attending. Hard to believe that BCRR has been (around) 25 years. I think I came along in 1989 and was member 39. Sure has grown a lot since those days. Have a Happy Holiday season and say hello to anyone that's an old-timer with BCRR.

Paul Holzauer (Galaxy Track Club and former BCRR board member)

Thanks Kathi,

I want you to know I am so proud of what has become of BCRR.

I watched the Fox video and what you and John expressed is just what we wanted from the beginning....It was then and now, about people having a chance to feel good about themselves and deal with others without feeling uncomfortable or inferior. We wanted folks to feel as though they belong and go at whatever pace they wanted. And so true, we had a way of not letting the others down so we would always "show up." Our group of 6 began the Weds afternoon events at Rice track and Valhalla....what a trip that was.



Richard Verm with his award (photo: Tim Murphy)

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TEN KEYS TO RUNNING SUCCESS

by Gary Cohen*



(Editor's note: Gary Cohen is a top notch runner and he references similar top notch runners in his article. However, his ten keys to running success are applicable to all of us at BCRR whether we are excellent runners or beginners focusing on our first 5K run/walk. Read and enjoy!)

Most runners want to include elements in their training regimen that will increase their chances of racing faster. But what are these factors? What should we do? Is there a magical secret? After more than three decades of running over 100,000 miles and hundreds of races while listening to advice from top runners and coaches, I present my 'Ten Keys to Running Success'.

Consistency

There is no substitute for weeks and months and years of consistent running, which includes long runs, hill training, fartleks, stamina sessions, tempo runs and speed sessions. Matt Tegencamp, one of the fastest American 5,000 meter runners ever, had raced well in 2006 and 2007 and was disappointed by his effort at the 2008 Olympics. He evaluated his performance and concluded that he had a couple of great years but probably needed five or six to compete at the highest level in the world.

Variety

Some runners always do the same loop in the same direction at the same pace. Then they race at the same distance. This is a recipe for stagnation. Our bodies need a challenge to improve so we should vary the distance of our running and the intensity. Our minds need stimulation, so we should run in different places and run some of our loops in the opposite direction! After six weeks of doing the same thing our bodies adapt, which results in our reaching a plateau in training and racing. We have to break things up with the varied training elements I mentioned earlier.

Soft Surface Running

We beat up our legs with too many miles on the road. Running shoes are better than ever, but can provide only so much cushioning. Running on trails, flat beaches or grass allows the surface to absorb much of the shock and minimizes our chance of injuries from excessive 'pounding the pavement.' Pete Pfitzinger, twice a U.S. Olympic marathoner, recommends that 75% of training be performed on soft surfaces during the bulk of the year.

High Mileage

Aerobic capacity is as much as 90% of the focus of marathon training, 75% of 5,000 meter training and even 50% of 800 meter and mile training. Lots of miles give us the base for the stamina, speed and sprint sessions. There are no short cuts. Bill Rodgers, four-time champion of both the Boston and New York City marathons, said that

five years of averaging 120 to 130 miles per week was the primary reason for his success.

Training Groups or Partners

Running alone day after day can cause monotony to set in and running often becomes another job. Training partners make the running fly by as conversation flows. Also, if you are meeting someone to run there is less chance you will skip a run. Groups also pull everyone to a higher level. Why do you think many of the most successful U.S. runners in the 1970s and 1980s trained with the Florida Track Club, Athletics West and Greater Boston Track Club? Why have so many excellent collegiate runners become outstanding while running for the Hansons' team during the past decade?

Rest and Recovery

Many runners fall into the trap of running too hard on their easy days which prevents them from running at high intensity on their hard days. So on most days training moves toward the middle of the spectrum and they become mediocre days. Keith Brantly, a 1996 U.S. Olympic marathoner, said that when he learned to really take it easy on his recovery days his performances increased markedly. We have to realize that recovery is training.

Hydration

Our body is over 70% water and there is a delicate balance that keeps us functioning at an optimum level. Studies show that only a two percent decrease in weight due to dehydration has a negative effect on our ability to run at our potential. We must drink before, during and after our running sessions. Caffeine and alcohol decrease the efficiency of the cells in our bodies at absorbing water and should be consumed sparingly or avoided.

Nutrition

Each day we need to ingest protein, carbohydrates, fats, vitamins and minerals to fuel our bodies. If we ingest 200



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to 300 calories an hour or two before running it will help provide energy for the run. After running, a mix of 20% protein and 80% carbohydrates will aid our muscles in recovery. Most of us can only process about 300 calories per hour through our digestive system, so several smaller meals are better than less frequent large meals. Try to make good nutrition choices, but allow yourself treats. Jim Deni, a friend who was a top Masters runner, was being scolded by a mutual friend years ago when he ate a donut. Jim replied, 'I'm running over 100 miles a week and will have a donut if I want to!'

Ice Baths

High mileage, long runs and intense efforts result in soreness. Unfortunately we may not know what is sore until a day or two later. An ice bath or dip in a cool lake or pool for ten minutes can cool off all of your muscles. Additionally, the muscles are cooled much deeper than when applying an ice pack to the surface. Another benefit is bringing your core body temperature down, especially after training on hot and humid days.

Coaching

Very few average runners have a coach. Most read running magazines and talk to other runners and come up with some type of training plan. Others plug in their recent mileage, racing times and a goal race into an online calculator and they have an instant training plan. It doesn't take into account their strengths and weaknesses, but at least it is a plan. All top distance runners from Galen Rupp to Ryan Hall to Jenny Barringer have a coach. We need someone independent to plan, review and evaluate our training and racing if we wish to achieve our potential. We also have to be accountable to someone other than our selves. Weldon Johnson, co-founder of letsrun.com, said the biggest mistake runners make is not training properly. A great coach will motivate you, keep your excitement about running, plan race strategy and hold you back when necessary.

Ten Together

So there you have it - ten keys all together to aid you in

running more successfully. Run consistently with variety in your training program. Increase mileage while doing most of it on soft surfaces. Run with groups and use this to your advantage on recovery days. Stay hydrated and pay attention to your nutrition. Cool down your muscles with ice baths. And consider getting a coach to design a program and give you proper guidance and evaluation. Take this advice to heart and take your training and racing to ever higher levels!

*Gary Cohen has over 35 years of competitive running and racing experience highlighted by best times of: 5K - 14:44; 10K - 30:28 and marathon - 2:22:34. He is a regular writer for Florida Running & Triathlon (FR&T) magazine. At www.garycohenrunning.com you will find over a dozen FR&T articles, interviews with running personalities and dozens of All in a Day's Run essays. There is also information on his personal coaching and group trail running in Orlando's Wekiva State Park in case you are visiting the Orlando area.



The Law Office of
Tom Radosevich

550 Wescott Street, #400, Houston, TX 77007
 Tel 713.802.1388 Fax 713.802.0688
 email: tomradosevich@comcast.net

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For information on our Happy Hours and Parties, click on "see what's up this week with BCRR" on www.bcurr.org.

RESULTS FROM THE ROAD

Courtesy of Roger Redding



Hearth & Sole Run 12/05/09

5K:

Linnie Reichle 30:18 1st AG
Terry Robinson 34:38 3rd AG
Jerry Robinson 38:50 4th AG
Larry Cullen 32:17 1st AG

10K:

June Harris 1:02:47 1st AG
David Nemoto 40:37 1st Masters!
Neeraj Rohilla 41:34 2nd AG
Eric Stotzer 45:48 2nd AG
Steven Conner 52:47 3rd AG

Scanlan Elementary 5K 12/05/09 (Missouri City)

Mike Mangan 26:09 1st AG

Rice Owls 5K 12/05/09
Jonathan Schulz 20:18
Paul Schulz 20:58
Don Brenner 22:34 1st AG

St John's Reindeer Run 5K 12/05/09 (Nassau Bay)

Alfonso Torres 23:09 4th AG

Texas Endurance Trail Runs 12/05/09 (Huntsville)

20K:

Becky Spaulding 2:53:26

50K:

Kathryn Vidal 6:58:55 4th AG
John Shields 4:48:13 1st AG

Kiawah Island Marathon 12/12/09 (Kiawah Island, SC)

David Nemoto 3:00:54 3rd AG 17 year PR

Sugar Land Christmas Lights 5K 12/12/09

Mike Mangan 26:14 2nd AG

Chevron Jingle Bell Run 5M 12/13/09

Joe Oviedo 27:27 4th OA, 3rd AG
Monica Kervandjian 44:04
Sarah Armstrong 50:35
Caryn Honig 37:00 4th AG
Mary Sandoval 1:08:52
Bill Tommaney 42:03

Sugar Land 30K 12/13/09

Carlye Graydon 2:20:16 1st AG
Sheila Ramamurthy 2:50:36
Anna Helm 2:21:31 1st AG
Cathy McGlohn 3:03:36
Lana Moody 3:03:32
Lara Allen 2:47:33
Bethann Hulbert 3:06:02
Angie Spears 3:02:11
Kathleen Mahon 2:51:06
Gloria Mahoney 3:04:08
Beverly Handy 2:51:30
Mari Glamser 3:04:22
Suzy Seeley 2:24:20 2nd AG

Ryan Smith 1:49:17 1st OA!!
Simon Brabo 2:10:16 5th AG
Robert Kaping 2:17:40
Eric Underwood 2:26:25
Thomas Wille 2:32:55
Christopher Evans 2:36:24
Tom Stilwell 2:20:44
Eddie Rodriguez 2:31:35
Eric Stotzer 2:19:56
David Shaw 2:47:39
Steve Hasson 2:50:21
David Piper 2:09:49
Mark Conran 2:16:09
Thomas Radosevich 2:27:07
Mark Fraser 2:23:03
Mike Marczak 2:22:49
Paul Schulz 2:22:45
Robert Brown 2:22:52
Robert Thompson 2:41:25
Tim Coughlin 3:07:31
Dexter Handy 4:24:38
David Harrison 3:59:10
Terence Fanning 3:27:29
Victor Aguirre 2:23:40
Rick Muhleman 2:46:56
Rich Siemens 2:17:05 1st AG
Don Brenner 2:34:18 1st AG
Fred Steves 2:47:20 5th AG
Doug Carlisle 2:56:54
Thomas McCay 3:20:12

MetroPCS White Rock Marathon 12/13/09 (Dallas)

Christoph Eick 3:42:39
June Harris 4:58:29
Jacob Tonge 3:07:40 5th AG
Alfonso Torres 4:52:18
John Frederickson 5:17:54 5th AG 99th Marathon

Resolution Run 5k 12/31/09

Eric Underwood 21:12 3rd AG
William Hayes 30:03

HARRA RACES

(And other fun activities)

DATE	TIME	LOCATION	ACTIVITY
2/6	8 AM	Buffalo Bayou Park	Buffalo Wallow
3/13	8 AM	Downtown Houston	Bayou City Classic 10K
3/27	8 AM	Sam Houston Park	Eikenburg Law Week 8K
4/10	8 AM	Bellaire	Bellaire Trolley Run
4/25		Big Sur, California	Big Sur Marathon & Half Marathon*
4/??	6 PM	St. Thomas High School	LP Run
5/8	8 AM	Rice University	Bayou Bash Relay
7/18		Napa, California	Napa to Sonoma Half Marathon**
8/22		Park City, Utah	Park City Marathon & Half Marathon***



* Contact Jill Devay at jilldevay@kw.com for details.

**BCRR's Official Summer Runaway. Contact Bob Brown at Bob.Brown@Emerson.com for details.

*** Contact Jill Devay at jilldevay@kw.com for details.



Bayou City Road Runners Club
P.O. Box 925534
Houston, Texas 77292-5534

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