



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

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Water to Wine Half Marathon



Lynn McGrew

12 BCRR members escaped the Houston heat and humidity for a weekend in wine country; and to run the "Water 2 Wine" Half Marathon in Sonoma County. We had our own private getaway in the form of a rented vacation house located on a small family vineyard, complete with outdoor fire pit and wild turkeys running amongst the vines. Our pre-race carb loading consisted of a busy day of food and wine tasting. We started the day at Frog's Leap where we enjoyed the garden grounds and shade, followed by lunch at the popular Oakville Grocery. The resident cyclists in the group appreciated our stop at Velo Vino Winery, which featured a biking theme. Since this winery is owned by the family of Clif Bar fame, it gave us a chance to see



Photo credit: Chris McGrew

BCRR toasting the Water to Wine half marathon in Sonoma CA on August 10. The team included (L-R): Peter Griffiths, Avi Moss, Jason Burris, Lisa Thompson, Jessica Gregory, Sarah Schaft, Andrew Kenworthy, Tina Reynolds, Sheila Ramamurthy, Lynn McGrew, Tom Wille, and (not pictured) Chris McGrew.

which wines pair with our favorite flavors of post-run nutrition. The next stop of the day provided a good wine tasting with a medieval experience at

Castello di Amorosa. This ornate castle was filled with some interesting tour features, one of which included

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Word from the Bird

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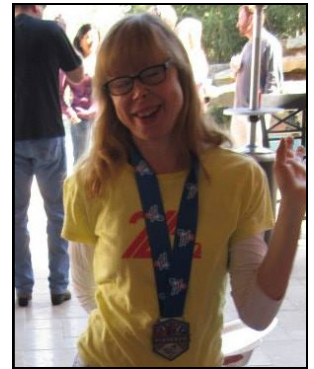
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Member Database

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

From the President



I have some simple goals for BCRR. Run, Recruit, Play and embrace change!!! I want to be sure we encourage all paces to be members of BCRR. I want us to have our own race to generate greater revenue so that we can establish a runner scholarship, or pay for one race a year for our runners. I am extremely proud of our club, and all of the amazingly kind, giving, funny, nutty members. Did you know we have had 29 new members join our club since June 1st?

It has been a long hot summer... and as a club we have grown in some great ways. We tested out an alternative run down the Allen Parkway Bayou. **Rosie Schmandt** and **John Phillips** put Gatorade and water on the regular River Oaks Sunday route for those who wanted to run it... and **Matt Nicol** put Gatorade and water out for the alternative Allen Parkway route. On an unseasonably cool Sunday over 20 runners ran the alternative route. We had fun exploring the bridges, seeing a couple of sculptures and waving and yelling at each other across the paths, as we went up and down the rolling hills. There will eventually be 16 water fountains on this loop. It was fun to see how our fine city is developing the parkland. To learn more, you should check it out www.buffalobayou.org. This will be useful on your future 20 mile runs.

We also had a very successful Sunday afternoon game day. Scrabble, backgammon and Cards Against Humanity were some of the more popular games. We learned that backgammon is a big game in Italy; and that **Loris Fusi** can beat **Roger Redding** occasionally.

If you have suggestions for a Sunday afternoon alternative activity, or know of something cool we should be doing, please let us know.

A number of new members have joined our ranks and are not only running with us but, have seized the opportunity to help us recruit a wider variety of runners. **Lauren Hammang** and **Christina Jones** have been with us less

*(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.

Hotter 'N Hell 100



Andrew Young

Members of BCRR are brought together by their common love of running. However, as anyone who has spent time in the club knows, members' shared interests range much more broadly, from croquet to bar crawls.

I recently connected with some fellow cycling fanatics when **Chris McGrew**, **Simon Brabo**, **Alonso Vargas**, and I traveled to Wichita Falls, TX for the *Hotter 'N Hell 100* bike ride. Somehow, an event held in mid-August in a place where temperatures routinely hit 100 degrees (it was 104 the day of our ride) attracts a field of over 12,000 riders. We had to see it for ourselves.

The ride began at dawn. Despite the event organizer's 32 years of practice, the cannon they used to start the riders still set off car alarms and deflated the arch over the start line. However, that was literally the last organizational hiccup we encountered. The event was extremely well run. The course is a large loop and we started from the 6 o'clock position heading clockwise. We were lucky that the prevailing southwest wind waited a



Photo credit: MarathonFoto .com

Chris McGrew (#5228) settles in for the looooong haul at the Hotter 'N Hell 100 in Wichita Falls, TX.

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Word from the Prez

(Continued from page 2)

than a year, and have already made a huge impact on our club. They have helped inspire more beginner, and returning runners, by hosting a "Mellow Monday" three mile run. The casual event is held every Monday at 7:00 PM in Memorial Park (starting at the East Picnic loop). Not only do they lead the Monday night run, they have also inspired Ab workouts. If you have not noticed on the stretching deck after Sunday runs, and in the parking lot on Wednesday nights, there is a lot of planking (AKA ab work) going on. That is courtesy of

Christina Jones's prodding and **Peter Griffiths** making sure we stick to the task at hand. So if you enjoy a 6-pack... join in!

XC Relay—September 27, at 5:00 PM at Spotts Park, HARRA's fall series begins with the XC Relay. BCRR needs you!!! You say, "I am slow." You

say "I walk." You say "I am out of shape." No problem. The key is *participation*. It would be cool to have 20, or more, teams to help us dominate BARC. Ha,

ha! Let the trash talking begin! With our many new younger runners, we could dominate in almost all age groups! The Tornados have created a fun course, and always have an excellent after party! Relay coordinators include **Mike Mangan** over 60M, **Joe Lengfellner** over 50M, **Alonso Vargas** over 40M, **Andrew Young** younger than 40M. **Kathi Mahon** ladies 50 and over, **Sam McMurtrey** over 40F, **Heidi Zimmerman** under 40F. Contact your coordinator ASAP to get placed on a team. Now I urge you to get inspired and start training!!!!

Ironfoot—If you are planning on being an "Ironfoot" you will need to run in (or volunteer for) the XC Relay. As it is, at only 2 miles, it is the shortest of the Ironfoot races, so I would recommend running it. The Ironfoot award is given by HARRA to runners who run all six of the fall races including the marathon. (See page 7 for more information.) Fall series race dates are 10/12, 10/26, 11/16, 12/14 and the marathon in January. For accomplishing this great feat you get an awesome tech shirt from HARRA and bragging rights.

Lisa



Running While You Work



Heidi Zimmerman

As the new school counselor at *Saint Francis of Assisi Catholic School*, I'm often running after elementary and middle school students most of the day. However, I also have the pleasure of running with my students after school, twice a week, as the new coach of the *Running Rams Running Club*.

Members include students in first through eighth grade. For most students in the club, distance running is a new concept. I have to constantly remind runners to pace themselves, or I find them in an all out sprint on our warm-up lap.

Each running club practice includes a 400-meter cross-country warm up, plyometric drills, sustained running, stretching, and conditioning. Our sustained running workouts include playing freeze tag, running for a minute/walking for a minute for time, and Indian runs as a group.

The Running Rams will kick off their racing season on November 1st with **Alex's 5K** at Tom Bass Park in Pearland. Elementary students will race the 1K, and middle school students will compete in the 5K.

My goal is to encourage these new runners to challenge themselves, race for causes that give back to their community, and to build and maintain physical fitness. After a month of practice, we're definitely off to a great start.



Coach (and School Counselor) Heidi Zimmerman stands with her newly formed Running Rams Running Club.

Hotter 'N Hell

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couple hours to pick up, meaning that we rode a solid 80 miles before encountering any headwind.

We rode hard for the first 30 miles to pass the hoards of slower riders who had evidently gotten a jump on the official ride start time. After a rest stop, we settled into a group of a half dozen riders that was working well together. We passed Hell's Gate at 60 miles—this checkpoint is staffed by a doctor whose job it is to close the course when conditions pass from simply inhuman to physically hazardous.

After another rest stop we turned back south and into the wind. This is where the real test began. The group hung together, taking turns pulling, until about 92 miles into the race. At that point we splintered, and though memory gets a little hazy after that, we all made it across the finish line within 20 minutes. I figure I consumed about 2 gallons of liquid and 3000 calories and certainly didn't come out ahead on either account. The final tally, out of 3259 riders in the 100 miler: Andrew 144, Alonso 165, Chris 179, Simon 340.

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Photo credit: Marathonfoto.com

Simon Brabo poses for a picture in front of the inflatable hulk designed in his image.

HARRA Cross Country Relay



Andrew Young

The prospect of racing may be difficult to contemplate as we stagger around the Memorial Park loop in the swelter of an August afternoon in Houston, but the HARRA *Fall Series* is just around the corner! The series kicks off with the HARRA *Cross Country Relay*, sponsored by the Tornados Running Club. The race is scheduled for 5:00 PM next Saturday (September 27) at Spotts Park. This ever-popular race has a 4 x 2 mile relay format. The course takes advantage of the steep hills of Spotts Park to make every inch count. After the race, stick around to enjoy the post race party with prizes, food and plenty of cold beer (strictly for rehydration purposes). This year will see the renewal of the titanic struggle for running glory that is the "BCRR-BARC rivalry."

I will not dwell on the fact that last year BARC fielded 18 teams to our 13, or that they outscored us by 37 points to jump start their 515-432 victory in the 2013 fall club competition. I will instead look to the future; and the future is **purple** my friends!

Grab your running shoes. Grab your singlet. And contact your age group captain to get on a team! Open Women:

Heidi Zimmerman; Open Men: Andrew Young; Masters Women: Sam McMurtrey; Masters Men: Alonso Vargas; Veteran Women: Kathi Mahon; Veteran Men: Joe Lengfellner; Grand Masters Men: Mike Mangan.



Last year, at the Tornados' Cross Country Relay, BCRR had a good turn out (and many of our runners took home some awards). This year we hope to have a GREAT turn out (and take home many awards)!

Hotter 'N Hell (Continued from page 4)

In the frenzy of signing up for the event, we somehow were suckered into also registering for the running races the following day. Sunday morning we dragged our achin' bods to the start line for trail races of 10K or half marathon distance. At least everyone else looked just as ragged as us. My race was tough, with legs that felt like lead and a trail boasting numerous switchbacks and short steep hills. I loosened up a bit, however, and actually sort of enjoyed it in an odd, painful way.

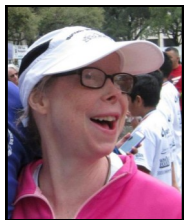
BCRR cleaned up at this event: Simon 3rd AG and Chris 2nd AG in the 10K, Andrew 2nd AG (5th overall) and Alonso 3rd AG in the half marathon.

The weekend ended on a bright note with one more feat of endurance: we descended on *Cooper's Bar B Que* in Fort Worth for a meat eating contest that will go down in history. So to sum it up, did it hurt? Absolutely. Was it hotter than hell? Hell yeah. And will we do it again? ...who are we kidding, probably yes!



The Hotter 'N Hell 100 bike ride drew more than 12,000 riders, including four competitors from the BCRR.

Mellow Monday Run



Lisa Thompson

7:00 PM at Memorial Park. Meet us at the S. Picnic Lane—near the baseball fields. This will be close to the future running center and has plenty of parking. Woohoo!!!

Whether you are a beginning runner working to run your first 5k, or a seasoned runner who needs a recovery run after your Sunday long run, this mellow Monday run is for you.

BCRR can be intimidating to new members. Our shortest run is 6 miles at 6 PM Wednesday night—and 9, 10 and 11 minute paces are not well represented. **Lauren Hammang** and **Christina Jones** (who are new members themselves) suggested that BCRR do a 3 mile run to encourage more people to start running. Some people will stay at 3 miles. Others may get the running bug and set their sights on a marathon.

We discussed this several times during runs and at Valhalla, but Christina and Lauren actually took the initiative to carry this great idea to completion. You can see them every Monday at 7 PM. So Bravo to new members who are great volunteers! We are so lucky to have you ladies.

It isn't a BCRR evening run without some party time afterwards. Run your 3 miles and earn yourself a beer at a local pub!



Our brand new training run, the Mellow Monday, welcomes brand new runners to BCRR. Hosted by Christina Jones and Lauren Hammang (above left) the casual loop around Memorial Park is followed up by a round at a local pub.

Faces & Places



1—Jamming at Party in the Park 8/23. 2—Volunteers work events to “give back.” 3—Planking at Rice campus after a Wednesday run. 4—Scrabble run in Memorial Park 8/25. 5—BCRR reps win awards at Alvin Texas BENezy 5K/10K last month.

HARRA Fall Series

The HARRA Fall Series (“Ironfoot” events):

- **Tornados Cross Country Relay**—September 27—Spotts Park
- **Space City 10 Miler**—October 12—University of Houston Clear Lake
- **Houston Half Marathon**—October 26—Sam Houston Park
- **HMSA Classical 25K**—November 16—Wortham Center Plaza
- **Sugarland FLS 30K**—December 14—Sugarland Town Square
- **Chevron Houston Marathon**—January 18, 2015—George R Brown Convention Center

Additional information at www.harra.org.



Water to Wine

(Continued from page 1)

a torture chamber! Needless to say, the wine was needed to recover from that one. Later that evening, we dined at an Italian restaurant, Ca’ Bianca, in Santa Rosa, which was situated in a lovely Victorian home.

Race morning treated us to temperatures in the upper 50s and overcast skies. The race was held at Kendall Jackson winery with about 1,000 runners participating, and gave us a scenic tour of the Russian River valley region along the course. There

were a few dirt roads that snaked through grapevines, along with a few hills to make it more than interesting. It was certainly one of the prettiest courses we’ve run. We Houstonians had some great races, and it was fun to hear the announcer calling our names and hometowns at the finish and remarking on how many of us Texans were there. **Andrew Kenworthy** had an impressive race and finished 8th overall. **Sarah Schaft** had an excellent run. It was just her second time at the half mile distance, and yet she ran a 1:37 finish, 7 min. PR and surprising 1st AG and 9th female overall. **Lisa Thompson** finished 10th female overall and 1st in her AG, too. **Avi Moss** ran a smoking 1:30:35 2nd AG and **Peter Griffiths** had a PR with a 1:32 finish and 4th AG. Among our other notable finishers were **Tom Wille** - 4th AG, **Sheila Ramamuthy** - 5th AG, and **Lynn McGrew** - 5th AG. Although there was a decent array of beer, wine and food at the finish, our group

partook of some and then opted to visit In n’ Out for their famous burgers and fries for post-race re-fueling. Of course this day would not be complete without more wine tasting to celebrate our hard-earned running, so we headed for a picnic at Mantazas Creek Winery near our vacation house in the afternoon. Dinner that evening was in Sonoma Square at the highly rated The Girl and the Fig restaurant. This farm-to-table eatery offered some great seafood options and absolutely delicious cheese plate to accompany the wine selections. For our final evening, we enjoyed s’mores and camaraderie by the fire-pit and soaked in the Napa Valley experience. We all would recommend this race to those who enjoy wine country, wonderful weather, and a summer get-away running adventure.



Chris McGrew (far left) and the rest the BCRR team, quickly adapted to the casual, easy going style of Sonoma, CA, while there last month for the Water to Wine Half Marathon.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
9/27	Houston, TX (Spotts Park)	HARRA Cross Country Relay*
9/27	Houston, TX (Minute Maid Park)	Badges & Bases 10K/5K
10/12	Clear Lake, TX (Univ Houston Clear Lake)	Space City 10 Miler*
10/26	Houston, TX (Sam Houston Park)	Houston Half Marathon*
11/1	Houston, TX (Tom Bass Park)	Alex's 5K Run/Walk
11/9	Houston, TX (Toyota Center)	Rockets Run 5K
11/16	Houston, TX (Wortham Center Plaza)	HMSA Classical 25K*
12/14	Sugarland, TX (Town Square)	FLS 30K
12/14	Houston, TX (Tellepsen Downtown YMCA)	Jingle Bell Run

*Official HARRA race series event.

FYI—We are currently seeking volunteers for most events.



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