



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 48 - November 2014

ALS Ice-Bucket Challenge and my friend, Charles



June Harris

With the saturation of ice-bucket challenge videos, some people have become desensitized to the real issue that started the trend.

The first bucket of ice-water dumped on someone's head was in honor of **Pete Frates**, a Boston College baseball player that was diagnosed with ALS (Lou Gehrig's disease). The gesture resulted in challenges that have gone viral and raised more than \$100 million. Since Pete's diagnosis, his decline has been rapid and he is only 29 years old. Pete's story is distant to those of us in Houston.

I would like to put a local face to the ALS Ice-Bucket challenge. He is one of our own in the Houston running community. **Charles Rhodes** was diagnosed with ALS in 2010. Earlier that year, he had run the Houston Half Marathon, posting a time of 1:45:41.

Charles is a very competitive person, who I met through a mutual friend at the Houston Marathon Expo the day before my first marathon, 1999. This was back in the day when you could register for the marathon at the Expo and determine your participation based on weather conditions. Since the temps were predicted to be especially warm, Charles elected not to register. If he could not post a good finish time, he wasn't going to run.



Photo credit: Alexis Rhodes Valentine

Thursday nights is "Boys' Night" at Charles Rhodes house. Joining Charles this evening are (L-R): Suzy Seely, Brenda Hilton, and June Harris.

He still came out to watch the event and saw me struggling along Memorial Drive. Having only met me the previous

(Continued on page 7)

IN THIS ISSUE

Word from the Prez 2, Capital to Coast Relay 3, Get to Know Our Members 4, Faces & Places 5

Word from the Bird

November 2014
Issue 48
FREE

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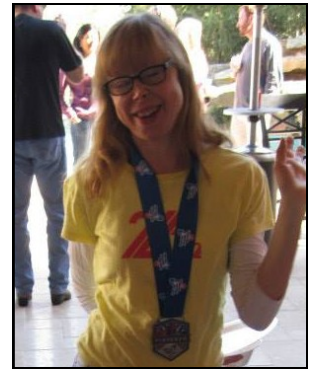
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Member Database

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

From the President

**Run, Race, Volunteer, Party**

BCRR has accomplished a lot in the past five months. We have more than 30 new members! Woohoo!! We have run the 10 miler and had a combined party with BARC afterwards. Then we ran the Houston Half Marathon and enjoyed an after party at **Sam Pace's** house. And we ran the HMSA 25K and celebrated with an after party at **Andrew Kenworthy and Tina Renold's** house. THANK YOU Sam, Andrew and Tina! In addition to those events, we managed races and volunteered for two



of our three huge volunteer commitments this fall—the Rockets Run and Alex's 5K. Now that those two are "in the books," we just need to put our Volunteer hats on for the Jingle Bell Run.

**The YMCA Jingle Bell Run: Sunday, Dec 14, at 1:00 PM**

downtown Houston to **volunteer for the Jingle Bell Run**. At the Jingle Bell Run

Some BCRR members will start the morning running the Sugarland Finish Line Sports 30K starting at 6:30 AM. Then, after the 30K race, we rush to

(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.

Capital to Coast Relay



Jill Fragoso

223 miles. 36 relay legs. Six runners. One van. And, one heck of a good time! Several BCRR runners including **Lisa Thompson**, **Avi Moss**, **Andrew Young** and **Lou Fragoso** teamed up in October to take part in the *Capital to Coast Relay*. The race, celebrating its 5th year, started in downtown Austin and ended 223 miles later on the beach in Corpus Christi. Joining **Cliff Massie** from Chicago, and **Tony Klaich** from San Francisco, the six-person Ultra team (meaning a 6-person team, rather than the standard 12-person team) piled into a van late one Thursday night and headed for Austin to be ready for the Friday morning start.

While all running relays are similar, the Capital to Coast Relay is different because of its rolling landscape, typically warm temperatures, challenging terrain, elevation changes and length. It is the longest relay race in Texas! To compensate for the varying speeds of runners, and to allow teams to finish within a few hours of each other, waves of teams left Austin every two hours beginning at 4 a.m. Thankfully, due to the fast average pace per mile of our runners, we were able to sleep in and enjoy an 8 a.m. start time. Those would be the last precious hours of sleep we would experience until Saturday night!

The first runners cruised through the streets of South Congress, the hip, vibrant area just south of downtown Austin. Subsequent legs took our runners past reservoirs and ranches, cattle and cactus. We doubled up on the legs, running an average of 12 miles at a time so each



Capital 2 Coast run team: Andrew Young, Lou Fragoso, Tony Klaich, Jill Fragoso, Cliff Massie, Lisa Thompson, and Avi Moss.

runner only had to run three times. While resting between legs, we enjoyed plenty of snacks in the van and lively conversation. Until... nightfall. The relay legs between 7 p.m. and 7 a.m. require the runner to wear a reflective vest and headlamp. Bodies tired and weary from running over gravel, up dirt paths and on long stretches of asphalt were sprawled across the seats of the van, while other runners took to the floor. Sleep came in

(Continued on page 6)

Word from the Prez (Continued from page 2)

you will see lots of folks dressed up in fun Christmas costumes. By the way, after the run we usually get together somewhere fun for a pint of good cheer!

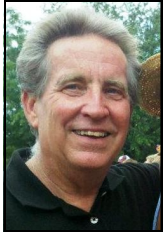
So when you see that Monday email, or a Facebook request, asking for volunteers, please say "yes!!" to volunteering, and support your favorite running club – BCRR!!

Happy Thanksgiving!

Lisa

PS: I almost forgot, after all our hard work this season, it's time to step back and relax - *with another party*. Mark your calendars for December 7 for our annual (and awesome) BCRR Holiday Party. And following soon after that, on December 17 we get together for a Christmas Lights Run through River Oaks with an after-party at my place. Check Facebook and our website for details!

Decades of Running



Terry Fanning

If you identify yourself as a "runner," it is likely that you have been running for several years, or you intend to run for many years. You will understand how running effects your life, and that the way you feel about running will change over time. In the beginning, you may have looked at running as a way to improve your health. Or maybe you were always competitive in school and thought of running as another sport that you could try, just like you tried tennis or golf.

If you started for health purposes, and used races as the carrot that kept you focused on the goal of

(Continued on page 6)

Get to Know Ricky

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: **Ricky Kramer**
- Age: 36



- Hometown: Wilton CT, Orange TX
- Years in Houston: 4
- Occupation: Project Management
- Years Running: 6 years in the 90's, 3 years recently
- How many miles per week do you run? 15-25
- How did you come to join BCRR? I saw the camaraderie of BCRR at the 2013 **Alex's 5k** and went looking for information. It was not until last Spring/Summer I became running regularly (after slacking off all Winter).
- My proudest running accomplishment is...? My first NCAA Division 1 victory in the 1500m, at our home track meet in front of my family. (Archive photo below)
- My favorite training run is...? Non-continuous speedwork.
- My favorite race is...? Anything 5k or shorter.
- My best distance is...? No idea currently, but look to find out as track season begins.
- I run because...? I want to be able to make bad decisions involving ice cream and Thai food.
- My next goal is...? Sub 19 min for a 5k and sub 5 min for a mile
- Favorite training food...? ALL food... except onions, peppers, olives, and seafood.
- When I'm running I think about...? Pace, Splits, Stride length, Cookies.
- The best running advice I could give would be...? When possible, invest in quality shoes. Shoes best for your unique stride and feet.
- People would be surprised if they knew...? I used to be blonde?
- The top thing on my dream list

is...? To eventually find my path towards being a Billionaire Philanthropist Rock star.

- Other hobbies beside running: Poorly playing the guitar, Poker, Bad Acting, and Travel.
- I would love to spend the day with...? Antoine Laurent Lavoisier. Hopefully I can brush up on my French before that..

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!



Get to Know Jean

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: **Jean Cassandra Hawney**
- Age: 31
- Hometown Baldwin, NY
- Years in Houston: Less than 4 months.
- Occupation: Speech Language Pathologist at Texas Children's Hospital.
- Years Running: A long time.
- How many miles per week do you run? ~20
- How did you come to join BCRR? Via friend
- My proudest running accomplishment is...? Completing an ultra 50 and a PR in the NoLa marathon.
- My favorite training run is...? 10 miles
- My favorite race is...? Relay races
- My best distance is...? Half marathon
- I run because...? I have a lot of energy
- My life philosophy is...? Work hard, play hard.
- My next goal is...? To get better at CrossFit.
- Favorite training food: Almond butter
- When I'm running I think about...? What I want to eat for my next meal.
- The best running advice I could give would be...? If you're in pain, take rest days. It's not worth it.
- People would be surprised if they knew...?
- The top thing on my dream list is...? To climb Mount Everest (or at least base camp).
- Other hobbies beside running include: CrossFit
- I would love to spend the day with...? My husband.
- The most profound thing that has happened in my life was...? Completing the peace corps in Peru.



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!

Faces & Places



On September 2, **Sarah Schaft**, a proud BCRR member, married **Stephen Milford**, a proud BARC member, in Glacier National Park, Montana. There are a lot of benefits to running. Finding your life partner is sometimes one of them. Huge Congrats to the newlyweds!!!!



Capital 2 Coast Relay

(Continued from page 3)

short bouts while the van crept along, moving in 2-3 mile segments, always there to cheer up and rehydrate the runner battling the dark and the solitude.

Daylight broke and spirits lifted. As the runners were completing their third and final relay legs on Saturday, not even the Texas heat could stop them! There were some beautiful stretches past windmills, cotton fields and horses. 30 hours and 35 minutes after leaving Austin, the team joined the last runner as we all crossed the finish line together onto the sandy beach in Corpus Christi.

The gulf waters were almost as warm and welcoming as the race directors, **Clint** and **Brandie Henderson**. Shortly after the finish, they bestowed upon our team, *Texas Strong and Running Long*, the award for 1st Place Ultra Team! It was a terrific way to end two days of running camaraderie and memorable moments that will last for years!



Lisa Thompson grinds out another mile to support her relay team in October's 223 mile Capital 2 Coast race.



If anyone is interested, the website www.capitaltocoastrelay.com will soon list the exact date of the 6th Annual Capital to Coast, slated to take place in October, 2015.

are missing from her account of the event, she was an indefatigable source of support, encouragement and positive thinking. She got less sleep than anyone and put in the most work to make the event the success that it was.

Editor's Note: Jill Fragoso generously served as our van driver and team coordinator. Though her own contributions to the effort

Decades of Running

(Continued from page 4)

staying the course, you probably tasted the thrill of competition, even if you were only competing with yourself.

Whether you were competitive with other runners, or you were just competitive with yourself, you probably spent the first few years trying to "be all that you can be!" You trained for specific distances and had specific goals. Eventually you top out. You reach that plateau where you are NOT getting any faster, but you still run hard and maintain your same pace. You are a strong runner who approaches each race with confidence of reaching a minimum goal, but don't expect to set a new personal record.

At this stage you realize that you are spending much less time with non-running friends. You are dealing with injuries. In addition, you might turn in to a jerk (rude to friends and family). You don't understand why *they* don't understand. You are an "addict." You start looking at alternative ways to enjoy running—like trail races, or hashing, or some of the theme events like "color runs," "mud runs," or even the Beer Mile. Running is less about competition and more about feeling good and having fun. It becomes less important that the distance of the race is certified. It becomes more important that your damn knee injury (or whatever injury) does not act up.



The BCRR brain trust includes numerous members with decades of running experience to share; and whether over a beer, or on a run, the insight is always delivered with a smile.

(Continued on page 7)

Decades of Running

(Continued from page 6)



Getting old is NO FUN for anyone, and runners are no exception. You still participate in races, but your times are much longer and you realize that your glory years are behind you. Your old t-shirts from past races seem to have shrunk in storage. You still enjoy running, but speed work is less important in your training. In fact, "training" changes to "maintenance." You have moments of inspiration that get you out on the track, but your quarter mile time is nowhere near what it used to be.

HOWEVER, through it all, the love affair with running continues! You still proudly show up at races. The first cool morning in autumn has you jumping out of bed early so that you can get a couple of extra miles in before work. You realize that you have been very lucky to have been a "runner" for... gee, for me it will be three decades next April.

You don't know how it will end, but you know that it can't last forever. Or can it?

Charles Rhodes

(Continued from page 1)

day, he still ran about a mile with me, offering encouragement. It must have been painful for him to run that slowly, but his generous support is something I will never forget.

Charles literally ran with a fast crowd. I don't know everyone that was in his early morning group; but I know that **Suzy Seeley** and **Rhonda Emerson** are two members of BCRR that ran with him. Suzy says, "He was always striving to go faster and do his best and wanted the same for his friends. He helped in any way to help them run better and be better, from training tips to better abs with the ab-roller." I also know that **Mark Fraser** was a good friend.

He is a founding member of Kenyan Way and was always promoting their training program to better your 5K time. His friendship with **Katrina Wade**, of Kenyan Way, is powerful. Charles' strength started failing quickly after his diagnosis. Even though he could no longer run, he continued to challenge his muscles by swimming in the Wade's pool until he could no longer exercise at all. Katrina continues to visit Charles on Saturday nights for "movie night".

Thursday nights at Charles' house is "Boys' Night". It began as a boys' night with a few of his male friends coming over to give his daughter, Alexis and her husband, a night off. Now that Charles requires constant care with a nurse, Boys' night is open to both genders. It is a night spent watching football, or some other seasonal sport, and celebrating life.

There is never a lack of visitors for Charles. Even

though his body has failed, his mind is still sharp as a tack which you can see in his eyes when he is amused or especially happy. He is able to communicate with the use of Toby, a computer that allows him to type messages with eye contact on a screen keyboard. On my visits, he still offers encouragement and teases me about running a sub-4:00 marathon.... a running joke between us.

Charles is very proud of his running accomplishments, having qualified for the Boston Marathon twice, and a marathon PR of 3:27. He took his entire family to Boston on his first trip. And I believe, he purchased every available item that had the Boston Marathon logo on it.

You can measure Charles' accomplishments by his P.R.s. However, I measure him by the number of people that flow through his home each week. It says a lot about the support of the running community, and it speaks volumes about the character of Charles. He is a true friend to all: fast runners and even slowpokes like me.

So, next time you feel like you are drowning with all the ice-bucket videos, think of Charles and the hope we all carry for a miracle or a cure.

We love you, Charles!

To learn more about ALS visit www.alsa.org.



Create a world without ALS.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
12/6	Baton Rouge, LA	Baton Rouge Beach Marathon
12/6	Houston, TX	Rudolph Run @ City Centre (5K and 10K)
12/7	Houston, TX (Cadillac Bar)	BCRR Holiday Party
12/13	Needville, TX (Brazos Bend State Park)	Brazos Bend 100
12/14	Houston, TX (Tellepsen Downtown YMCA)	Jingle Bell Run—Club hosted event!**
12/14	Sugar Land, TX (Town Center)	Sugar Land Finish Line Sports 30K*
12/14	Dallas, TX (Downtown)	Dallas Marathon and half Marathon
12/17	Houston, TX (River Oaks, Rose Garden)	Christmas Lights Run & Tacky Sweater Party!
1/18	Houston, TX (GRB Convention Center)	Chevron Houston Marathon*

*Official HARRA race series event.

**FYI—We are currently seeking volunteers for this event.



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