



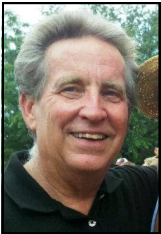
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BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 55 - February 2016

Houston Marathon Hand Cyclist Escort



Terry Fanning
by hand.

There were 20 hand cyclists registered. The marathon asked for volunteers to escort each hand cyclist to provide assistance if necessary.

This is one of the best volunteer gigs that I have ever been able to do.

The athlete that I escorted is **Scott Porter**. He finished in 7th place, but didn't seem too concerned about his position. His time was 2:30:27. This was Scott's 3rd marathon this year (and it was January 17). He is planning to do 63 marathons this year, including all 50 states. Scott ran 5 marathons before he lost the use of the bottom half of his body due to a spinal cord injury. He knew that he had to stay active - because that is the way he is.

The majority of my time was spent letting Scott know what to expect next on the course. He had an equipment issue on the uphill of the Westpark overpass. His derailleur broke. I helped while he fixed it, getting his tool kit from behind him and holding his wheel

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For the second time in 30 years, I did not line up to run the Chevron Houston Marathon. It was discouraging to not participate as a runner, but I was still able to take part in the marathon as a volunteer. I was a bike escort for a hand cyclist. Hand cyclists have pretty much replaced wheelchair athletes. The difference, of course, is the vehicle. Hand cycles have three wheels that are propelled by a chain and sprocket set-up similar to a bicycle, including gears, a derailleur and pedals that are pushed



Photo credit: Scott Porter Facebook

Hand Cyclist **Scott Porter** (shown here competing in Florida in 2015) completed the Chevron Houston Marathon January 17. Houston was his third marathon of the year. He plans to go on to do marathons in all 50 states this year.

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Word from the Bird

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FREE

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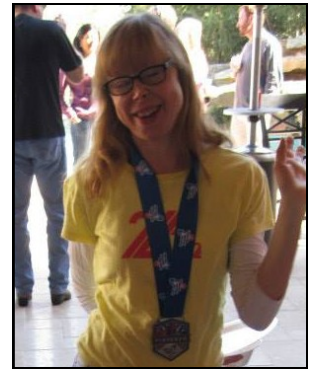
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From the President



Lisa Thomas

I Hear You

As president I frequently heard two competing concerns expressed by BCRR members. Some expressed concerns that we did not have as many members racing. Other members said racing was too expensive. We want people to race but, we want it to be affordable. Our solution was to find a way to pay for the relays. You know how these relays are... new friendships are forged and sometime they are the start of something really special... like a marriage. We wanted as many members as possible to enjoy the relay experience. We had our first BCRR garage sale April of 2015, and used the proceeds to pay for 18 teams to run in the Bayou Bash relay May of 2015. Then a second garage sale in August of 2015 paid for 14 teams to run the Tornados cross country relay that fall. \$127 was left over after the fall relay. There were items still in the garage sale storage area. The Board wanted to use this to do something else cool for BCRR.



The Board had started talking about last year's Christmas party and how much it had cost not only BCRR but, our members. We decided to make the Christmas lights run and after party the official BCRR

(Continued on page 3)

POST A STORY IN THE BCRR NEWSLETTER

We want to hear from YOU. Feel free to send your stories (or simple notes) to the editor at thatsjoesmail@yahoo.com and we'll put YOU in the next newsletter! Deadline for submission is the **20th of the month** for the following month's edition.

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.

What is the HARRA Club Competition?



Andrew Young

You probably are aware that during the Fall Series and the Spring Series there is a competition between the various HARRA clubs, and that an overall club champion is declared for each season. However, do you know how the points are awarded or what you need to do to earn points for BCRR? Probably not! This is a summary of HARRA's club competition system.

- Race results are separated into divisions (age + gender, e.g. Masters Women)
- Within each division, runners belonging to BCRR are grouped together into "teams" of three (for women) or four (for men)
- The team's time is the sum of the age graded times for each runner on the team
- The teams in a division are ranked from fastest to slowest and awarded points as follows:
 1. Earns 13 points
 2. Earns 10 points
 3. Earns 7 points
 4. Earns 5 points
 5. Earns 4 points
 6. Earns 3 points
 7. and beyond earns 2 points
- Any "extra" runners (e.g. if 4 Masters Women participated in a race there would be one full team and one extra) are grouped into teams with other BCRR extras and awarded points according to an arcane set of rules you don't care about.
- At the end of the season, the points earned in each race determine which club is the overall club champion!
- For the complete rule book visit <https://harra.org/eligibility>



If your eyes glazed over as soon as you saw the bullet points, here is the take-home message: sign up for Fall or Spring Series races. You will automatically be grouped into teams and earn points for BCRR, and you earn points no matter how fast or slow you run!

Word from the Prez (Continued from page 2)

Christmas party. For the past couple of years our parties had been at Cadillac Bar which seemed to be getting more expensive. We charged \$25 per person, and the club still spent an additional \$2,700 for the Christmas party at the Cadillac Bar. Party time was limited, and if a member wanted an extra drink they had to pay extra. The Board decided to try and make the Christmas lights run party into a fun elegant party. We had a signature drink, catered hors d'oeuvres. We charged \$10 (instead of \$25). We had a babysitter for the kids. We hired a guitar player (who was excellent) and during the party we learned that **Chris McGrew** could also play and sing. Future BCRR talent night perchance...? With proceeds from the door, and the garage sale, BCRR spent approximately \$600 on the party. That's a **\$2,100 savings** over last year!

Many BCRR members have contributed to and worked at our three garage sales; and I wanted all of you to know that as the BCRR President, I am so proud and inspired by you guys. The work and contributions you have made have had a significant positive impact on our club.

*Gotta run,
Lisa*



Photo credit: Joe Lengfeller

Dancing to live music was just one of the highlights of the BCRR Christmas Lights Run Party December 11 at the Modern B & B.

John's Loooong Run



Joe Lengfellner

hot and muggy morning that made running a test even for the veterans. Despite the tough weather, spirits were high, and a good time was had by all! And all owe John a big THANK YOU for once again delivering a wonderful marathon warm-up

Host **John Phillips** takes time out of cooking breakfast to pose with some of the runners at John's Loooong Run 12/ 27/15.

At this point, **John Phillips'** Loooong Run is an institution. The 15th year of this institution was held December 27—precisely three weeks before the 2016 Houston Marathon (to coincide with everyone's training). The full route wound 21 miles through west Houston, and ended where it started, at John's house. This epic run offered a great opportunity for one last Loooong run before the marathon, and rewarded the run's finishers with a hearty breakfast. That breakfast was served by John (and his faithful band of volunteers) under a tent that protected us from the rain. That rain was par for the course on the



Photo credit: Loris Fusi



Photo credit: Milan Jamrich

Hand Cyclist Volunteer Escort

(Continued from page 1)

while he worked on it. He was passed by another competitor, but was so into his repair that he didn't notice it. For the next few miles he had a noise and some difficulty going forward, but couldn't figure it out. On Tanglewood he did something and suddenly the noise was gone, and he was back to full speed. He had forgotten to take his parking brake off.

Scott is quite an independent person. If I had not been there to assist him, he could have done it completely by himself, just a little slower.

A few miles later he passed the guy who had passed him. He never seemed to struggle, and when I asked if his arms were tiring while on Allen Parkway, he admitted that they were a little. I had to ask as he never gave any indication that he was hurting in any way.

Scott is an inspirational man. He is certainly driven, determined to make the most of his situation.

My plan is to run the marathon next year, but if I can't I would love to volunteer like this again.

In addition to his service at the marathon, **Terry Fanning** also volunteers as a PIM coach. Shown here at last year's Alex 5K.

Faces & Places–John's Loooong Run



Photo credit: Rosie Schmandt



Photo credit: Sam McMurtrey



Photo credit: Rosie Schmandt

Chevron Houston Marathon Photo Gallery

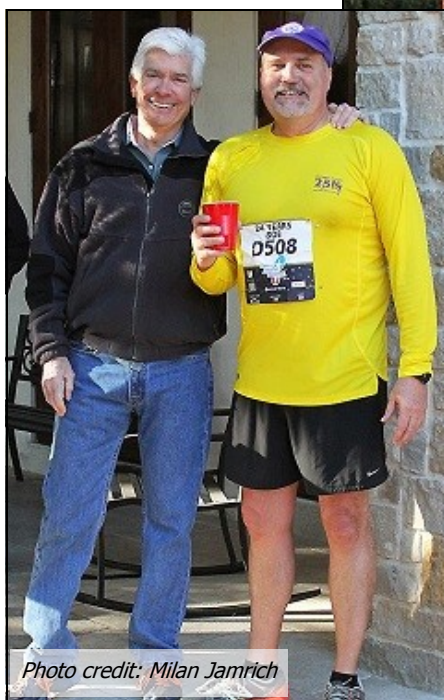




Photo credit: Bernard Castro



Photo credit: Hardeep Thind



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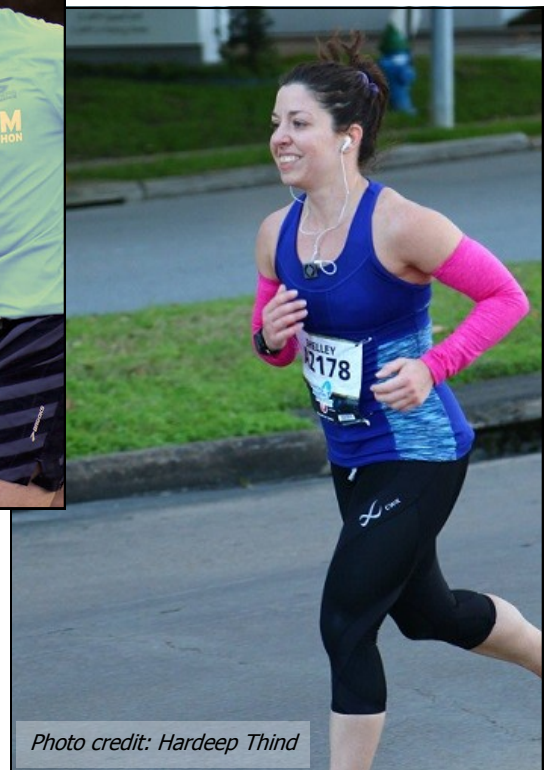
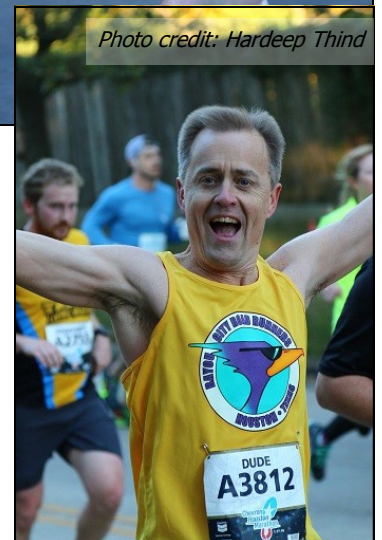
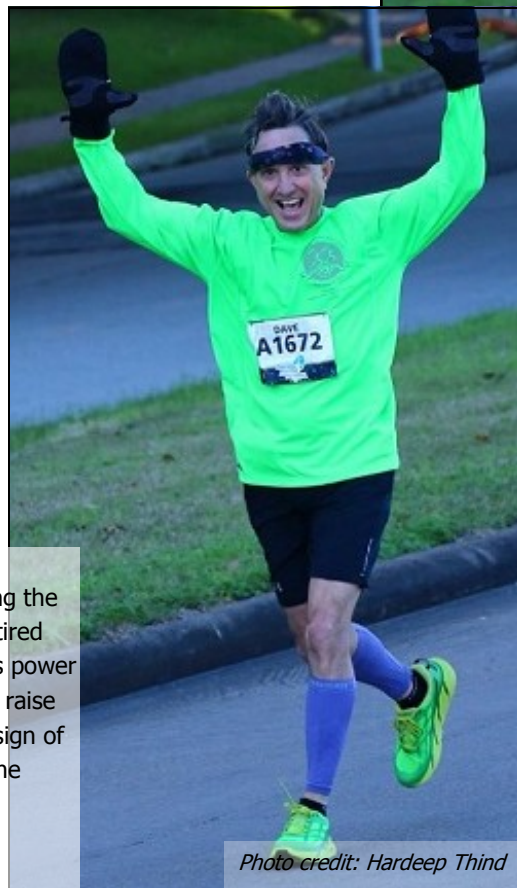


Photo credit: Hardeep Thind

Chevron Houston Marathon Photo Gallery





Special Recognition:

Susan Cita and **Katie Decker's** work managing the hoopla stations provide tremendous support to tired runners, and delivers that extra boost that helps power BCRR members to the finish line. When runners raise their arms in celebration, it's in no small part a sign of the extra energy and spirit they received from the hoopla station volunteers run by cheerleaders extraordinaire, **Katie Decker** and **Susan Cita**.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
2/7	Houston, TX (Rob & Jules Walters)	Super Bowl Party & Chili Cook-off
2/10	Houston, TX (First Christian Church)	No parking at church—Ash Wednesday
2/13	Houston, TX (The Gorgeous Gael)	HARRA sponsoring Olympics Trials Marathon Watch Party
2/21	Clear Lake, TX	Space city 10 Miler*
3/12	Houston, TX (Sam Houston Park)	Law Week 8K*
3/19	Houston, TX (Hermann Square)	Bayou City Classic 10k*
4/3	Houston, TX (Park TBD)	Family Picnic & Trash Clean Up Day**
4/9	Bellaire, TX	Trolley Run 5K*

*Official HARRA race series event.

**BCRR seeking volunteers



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