



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 42 - DECEMBER 2013

Friends Stick Together

Bayou City Road Runners run together, work together, and play together. Whether it's running at Memorial Park or volunteering at this Sunday's **Jingle Bell Run**, BCRR members do it *together*. In addition to running, BCRR members party with a passion. If you



Halloween party at a Modern B&B



Christmas party at Cadillac Bar

missed the last event, be sure to catch the next one! BCRR offers many ways to get together. See page 6 for links to our online world to learn more.

Word from the Bird Dog

We recently had the opportunity for an exclusive interview with BCRR superstar, **Dudley McGlohn**. Normally our questions are running related. However, Dudley had recently returned from a triumphant appearance on the, "Late Show with David Letterman." We were eager to hear about his Stupid Pet Trick performance. Though the interview was supposed to be relaxed and informal, this reporter was completely exhausted by the time it was over. Who bred this dog and what kinds of stimulants are put into his food? Hanging with Dudley for 15 minutes was tougher than a marathon.

We arrived at the Dudley compound in downtown Houston and were immediately greeted with enthusiastic barking, jumping, and licking. Dudley never calmed down. Here



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Photo from Jay Hendrickson

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Word from the Bird

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FREE

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

From the President



Photo Credit: Rosie Schmandt

Happy Holidays!

As a kid who grew up in Canada, where Thanksgiving coincides with Columbus Day here in the U.S., I'm always surprised at how quickly Christmas sneaks up on me after Turkey Day. Especially this year, when Thanksgiving falls so late that it merges with Hanukkah... Happy Thanksgiving and Merry Christmas Y'all!! It's very lucky that Houston has a January marathon. All the hard work our marathoners put into their long training runs helps to counteract all the carbo-loading done between the end of November through to New Years Day!

In keeping with the holiday spirit of giving, thanks to everyone who participated, either as a runner or as a volunteer at Alex's 5K race on November 16. **Lara Allen** is a fantastic race director and we BCRR members should all be proud to be a part of this very worthwhile charity event. I'll wait to let Lara present the final numbers for the run, but we done good! In keeping with the holiday spirits, we salute **Susan Cita** for organizing another fantastic BCRR Holiday Party at the Cadillac Bar, where we managed to raise more than \$125 for the food bank playing Scrabble! Thanks also to **Hope** and **Joe Sellers** for their sound system that kept the dancers on their feet to the very last song! I'm also taking this opportunity to thank **Lisa Thompson** in advance of another fabulous Christmas Lights Run. If it's a party at Lisa's B&B, it can't help but to be fabulous! Stay tuned for incriminating photos coming up in the next newsletter.

I have so much to be thankful for this year, but I am truly grateful to be part of such an inclusive, giving and fun running club.

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.

John's LOOOOOOONG Run



By John Phillips

The date for the *14th Annual John's Long Run* is set for Sunday, December 29 at 6:30 A.M. As most of you know three weeks prior to the marathon is the optimal time for your last long run. This year I was able to make that work. I've laid out a 21mile single loop course with six water/Gatorade stops along the way. There are many ways to adjust the route to accommodate shorter runs. There will be a full breakfast menu along with adult beverages after the run.

Hot tub will be available for those so inclined (but bring your own towel please). The BCRR web site has detailed information and map of the route. Parking: street parking and in my driveway is available. You will see cones in front of my house and the neighbors. These cones just mark locations of sprinkler heads, but you can still park beside them (the street side please). "Early bird gets the worm," so arrive early to get the closest parking. The few things I ask is \$8 (or as close as you can get) to help cover the cost. And that if you are wet via sweat/rain please dry off before coming inside, my wife will kill me if everything gets wet. Last but not least, please RSVP so I can get a head count for food and water stops. Thank you and train hard.

Buffalo Bayou Revitalization



By Lisa Foronda

If you're a regular runner down Allen Parkway and Memorial heading east into downtown, you've no doubt seen all the changes happening along Buffalo Bayou. The nonprofit Buffalo Bayou Partnership has teamed with the Houston Parks Department and Harris County Flood Control District for the \$58 million dollar revitalization effort. The project, scheduled for completion in mid-2015, includes improvements to Eleanor Tinsley Park, restoration of natural landscapes and grasses around the [bayou, a dog park, and four new bridges](#).

One of the biggest changes has been the conversion of the Sandy Reed trail into a multi-use 10 foot wide concrete path. Concrete isn't the friendliest surface if you're pounding out a few miles, but fear not! Five-foot wide asphalt footpaths closer to the bayou are under construction. These trails will be exclusively for runners and walkers and will be clearly marked as such.

Other items of note for BCRR'ers:

- Two new bridges are open – one at Jackson Hill connecting Memorial Drive to Allen Parkway; the other finally makes the Houston Police Memorial accessible to pedestrians. You can check out a time lapse video of the Jackson Hill bridge construction [here](#).
- Lunar lighting (which will turn blue and white with the phases of the moon) is nearly completed along the Sandy Reed Trail.
- 18 new drinking fountains will be installed, with six including spigots for dogs.
- 10,000 new trees are being planted, include 400 just south of the Skate Park.
- A [trail map](#) is available in printed form and the Buffalo Bayou Guide mobile app is also available for [Apple](#) and [Android](#) users.

A [B-cycle](#) stand is open at Sabine Street.

For the latest park updates, head to <http://buffalobayoupark.org/home/>



Bird Dog*(Continued from page 1)*

is how the interview went.

Link to the clip of Dudley's pet trick:
<http://www.youtube.com/watch?v=bTnxoaMTdTM>

Bird: Hello Dudley, congratulations on your performance on Letterman.

Dudley: What? Are you talking to me? Are you showing interest in me? This is great! Want to play? Will you pet me? Hey, watch this; I can jump up and down. Cool huh. What do you think of my cold nose? Feel it? Check this out, I can lick your face 6 times before you can push me away. This is fun, this is...

Bird: Calm down. Do you know who I am?



Dudley: Are you kidding me? Of course I know you. I could smell your crotch from a mile away. Hey...is that Shiner Bock on your breath?

Bird: Of course not. I have a very important job and I do not drink during the day.

Dudley: Oh yea, right. I can smell it. And, I can tell it's from Valhalla too. The smell of beer, in a plastic cup, and the hands of a Rice Grad student are unmistakable.

Bird: Okay, I won't argue with you. How was your flight to New York?

Dudley: What do you think? Jay put me in a box with a bowl of ice cubes and then walked away. There was a lot of noise and my ears popped. Six hours later, he let me out. Hey,

check out this tennis ball. Throw it to me. Go ahead. I'll put it in your lap to make it easier.

Bird: Whoa Dudley, you're too big for my lap. Please get down. Did your humans go with you to New York?

Dudley: Come on, throw the ball. Oh, yea...Cathy and Jay took me to New York. We ran in Central Park and walked the streets of Manhattan. Hey, check this out, I'm 67lbs and can easily get in your lap.

Bird: Dudley! I already told you, you're too big for my lap. How was Central Park?

Dudley: Okay, I'm down. Central Park was cool. I ran everywhere. Lots of new smells and I made friends with a lot of dogs. We went to the park every morning. In the Park, you do as much running and jumping as you can because dogs have to be back on leash at 9:00am. But hey, I'm off leash now. You want to hear my New York dog impression? Here goes: "Hey, you barkin' at me? Are YOU barking at me?" So, what do you think? Here is the ball again. If you throw it, I'll bring it back. What about this stick?

Bird: Alright. I'll throw the stick. Okay, so how did you get to be on Letterman?

Dudley: Easy. A couple of months ago, my human sent in a video of me handing him a ball. No big deal really. He threw the ball, I brought it back and handed it to him. Go ahead, I'll do the same for you. Come on. Throw it again. I'll go get it. It's fun. Did you know that I can roll on my back? See. Hey, scratch my belly.

Bird: Wow! You sure have a lot of energy. But I'm not sure I get it. You're a Golden Retriever. Retrieving a tennis ball doesn't sound like that much of a trick. What am I missing?

Dudley: I don't know. It's actually kind of hard for me to hand a ball to someone. I don't have opposable thumbs so I have to use both paws to hold the ball. Hey, can I eat your pen?

Bird: Hey...I was using that. Wait a minute, you give the ball back with your paws?

Dudley: Of course. I don't really like people sticking their hands in my mouth. You just don't know where they've been. Why, I once saw someone pet a cat and then try to take a ball out of my mouth with the same hand. Crazy stuff!

Bird: Okay, I get it. So, how was the David Letterman show?

Dudley: We went to the Ed Sullivan Theater at noon to rehearse. That was fun. Cathy and Jay then locked me in the hotel room for a few hours. When they came back, I knew they had walked to Lombardi's for pizza cause I could smell the pizza on their breath and Soho on their shoes. At ~5pm we went back to the theater to tape the show. Dave is cool. He let me lick the makeup off his face and I jumped all over him.

Bird: What? You jumped all over Dave? You know he wears \$3,000 suits, don't you?

(Continued on page 5)

The HMSA Classical 25K was a Great Success!



By Mike Mangan

I know what you're thinking: what does the HMSA Classical 25K success have to do with BCRR? Well, lots! Let's first say that HMSA puts on an awesome race. They have been doing it for years and can fall out of bed in the morning and make it happen! However, HMSA is a small club with a limited key resource – *people*. And, we needed expertise beyond putting on the 25K race itself, so, when moving outside HMSA's area of expertise for support, I came to the old stalwart, BCRR. I have, or at least had, a large number of friends in BCRR and took full advantage of those friendships.

I needed someone that I could trust my life – or at least my car – with. That had to be **Bob Thompson**. Bob did whatever was needed, when it was needed! We added a 5K race. I needed a 5 race set-up wizard – hello **John Phillips**! In this day and age, you must advertise a race. We needed a website and social media expert – **Joe Lengfeller**. How to best reach the runners? Go to where they are? We had an exhibit tent at many 5K

races. We teamed with **Lara Allen** and Alex's Race to make that happen. In fact, Lara and her team came up with the "Keep the Momentum Challenge," a two race combination, Alex's 5K Race and the HMSA Classical 5K. We offered a special rate to those who did both races and gave medals to those who finished both races. This gave us each 50 additional runners.



Momentum Challenge medals

Another great mechanism to reach runners is email. We needed someone comfortable managing lots of email

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Dudley: Yea...I don't get it. Jay won't even let me jump on him when he is wearing a sweatshirt. Anyway, Dave seemed okay with my jumping but did make a joke about giving me some balloons.

Bird: What was the balloon joke about?

Dudley: Earlier in the show, Dave had shown a picture of a dead raccoon on the side of the road. It had a, "Get Well" balloon tied to one of its feet. That was funny. Later, when I jumped up on Dave, he asked Paul Shaffer to get the balloons. Everyone laughed. Not me. I may look dumb but I got the message and calmed down.

You're not thinking the same thing are you?

Bird: No, we wouldn't do that. What happened next?

Dudley: Jay tossed me the ball, I rolled on my back and handed it to him like I always do. Like I said, no big deal but Dave and the audience sure liked it. They even played it back in slow motion.

Bird: Did you stay in the Green Room? Was anyone else there?

Dudley: I have no idea if the room was green. Dogs don't see color. The band Lady Antebellum was in the room. I met them. They seemed nice. They play guitar and sing just like Jay does...but no one claps when Jay plays.

Lots of smells in the Green Room. I could smell all the people who had been on Ed Sullivan and Letterman...the Beatles, Rolling Stones, and of course a lot of recreational drugs.

Bird: What happened after the show?

Dudley: We left the theater through a stage exit. Lots of folks from the audience were outside stage door to see us. So many people petting me and telling me how great I was. It was exciting. Hey, do you want to see me run and jump? How about if jump up on you? I can even do my trick if you like.

Bird: Dudley...you've eaten my pen, my notes, and worn out my arm. Maybe we could finish this interview another time. Would that be okay?

Dudley: Sure, talk to my people and they'll set it up.

25K Success*(Continued from page 5)*

addresses – enter **Trey Beeman**. How about packet pickup; where is **Susan Davis**? Went off like a charm! I



Photo credit Thu Nguyen

1,546 runners hit the streets for the 2013 HMSA Classical 25K.

should point out the packet people received consisted of the runner's bib number, race day instructions and pins. It was ably assembled by Susan, with help from her husband Steve.

We decided to go to a virtual packet this year for the other information that the runners received. We had spent at least 300 man-hours on this last year! And the packets looked like they had gone through a war zone! Also, think of the wasted paper, No more of that!

I know nothing about making a virtual packet. But, I do know **Joe Lengfellner**. We ended up with a very impressive virtual packet. Joe did what he enjoys doing (at least I hope he enjoys doing it); no one had to waste time stuffing large packets. We saved a couple of trees and provided an excellent product to the runners.

There were many other BCRR folks who helped in many ways. I appreciate what everyone from BCRR did to help ensure the race's success.

The race itself? We planned for 1500 runners and were going to have a hard stop at that point. We chose to accommodate the additional runners who registered on the day we reached our limit; we ended up with 1546 runners registered for the 25K and an additional 170 runners for the 5K. It was a great day for running and all participants had an enjoyable race and post-race party.

Checkout BCRR's Online World—It's Better Together!

Our Facebook group page—<https://www.facebook.com/groups/bcrrhouston/>

Our main website—<http://www.bcurr.org/index.html>

Happy Hour listing: <http://www.bcurr.org/parties.html>

Memorial Park Running Center Construction



Article from Memorial Park Conservancy
(Reprinted with permission.)

In late September, construction began for the Running Trails Center, the first new building in the Park in over fifty years. For many years, the Seymour Leiberman Exer-Trail in Memorial Park has been one of the most highly-utilized running trails in the City of Houston, with more than 10,000 runners using the three-mile running track each day. The 2004 Master Plan identified the need

for a new locker/changing and visitor orientation facility near Memorial Drive. The Running Trails Center will be available to runners, bikers, hikers, rollerbladers and other visitors that utilize the southern section of the park. It will feature lockers, shower, restrooms, a multi-purpose room, Memorial Park Conservancy offices and a Houston Police Department office. The Center was graciously funded by the community through a capital campaign led by Mindy Hildebrand. Construction is expected to be complete in late Spring 2014.

Purchase a paver at the new Running Trails Center. Pavers are available at the following amounts: \$250, \$500, \$1,000, \$2,500 and \$5,000. To learn more visit <http://www.memorialparkconservancy.org/2013-10-08-20-01-33/latest-news/35-running-trails-center-announcement.html>.

Diary of a Virgin



By Joe Lengfellner

I'll never forget my first time. I guess everyone remembers their first time, right? The anticipation. The excitement. All the questions that go through your mind: "Am I really up to the challenge? Will I fail to finish and embarrass myself?"

Then once you actually start you must deal with ups and downs that are both mental and physical. It's a workout like no other. Then there's the big finish. The euphoria and sheer exhilaration of the moment is mind-blowing. There is simply nothing quite like your first time.

My first time was April 28 of this year. It was just a few months ahead of my 50th birthday. I was bound and determined NOT to be a virgin when I turned 50! It was in a park – the crazy beautiful Big Sur in California. It was quite chilly that morning. That was a good thing. The cold air made a convenient excuse for my nervous jitters. I tried to act cool, like I do this kind of thing all the time. Of course, I wasn't suffering from a cold chill. It was nerves plain and simple.

After what seemed like an eternity waiting for the big event to begin, it was finally about to happen. There was a moment of silence. We said a prayer. I looked around trying not to appear overly anxious; and just when I thought I could not wait any longer, BANG! I get the go signal and I went for it! The start felt a bit awkward. It took a while to really get up to speed, but after a few uneasy minutes, I got my rhythm and began to developed a good steady pace. Or so I thought. That would come back to haunt me later on.

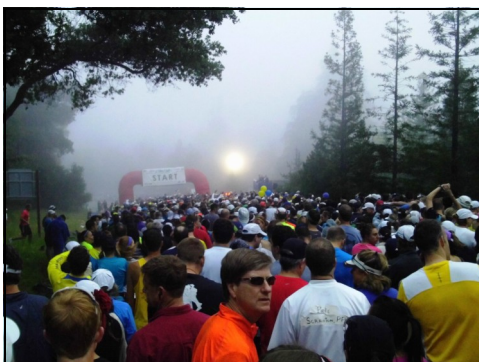
The whole experience was so damned exciting that keeping my pace over the long haul was just impossible. I kept wanting to go faster, and faster. It seemed like my stamina would hold up forever. Well, it turns out

"forever" can be a very short period of time if you're a virgin and don't know what the hell you're doing. I didn't care. I was in the big game! Woo hoo! I've waited my whole life for this! Go, go, go!

Looking back, I realize there were two distinct periods to this event—two halves separated by a bridge of sighs. That midpoint bridge was a thing of beauty. At that point everything was still perfect. The Sun was shining. Music was playing. And I could hear the sounds of the crashing surf pounding against the shore. It seemed to urge me on. My first half WAS GREAT! I performed like a well tuned racing engine.

Unfortunately, Camelot was not to last. Shortly after the midpoint, I began to realize just how big of a test I was in for. Sure, I held my own for a while, but little by little a tiny little pain began to grow in me. It would not stop. Ultimately, my lack of consistent pacing almost did me in, but I was going to finish this thing even if I had to do it on my hands and knees! I pushed myself as hard as I possibly could. Nearing total exhaustion, I slowly but surely found myself at the homestretch. Seeing the finish line was a miracle, and I limped across to great relief. The exhilaration was instant. I'm pretty sure a chorus of angels erupted in song.

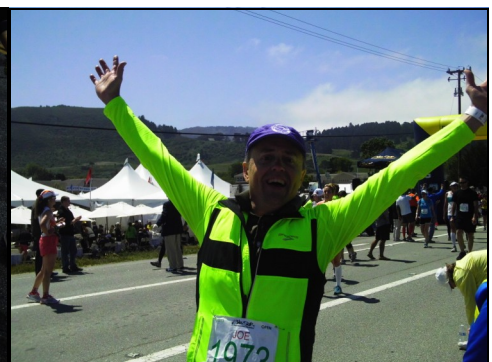
It took me a looooooong time to get there, but I don't care. I finished! I'm no longer a virgin. I ran my first marathon. And it was brutal, but I loved it. Big Sur beat the hell out of me, but I managed to hang in there. Yay me! Now just one question remains. "Was it a fluke?" You know what they say, "even a blind squirrels finds a nut once in a while." I gotta know if I can do it again (of if I just got lucky in California). Big Sur opened up my eyes. Big Sur was a wake up call for serious training. Training that will be put to the test next month. The 19th of January is the Chevron Houston Marathon; and I will be there! Look for me at the finish line!



A chilly, pre-dawn fog, greets the nearly 9,000 hopefuls anxiously awaiting the start of the Big Sur International Marathon.



By mile 20 my body was screaming, "just lie down and die already!" but my insurance would not cover 'death by marathon.'



The joy of finishing was euphoric, but a few minutes later I no longer had the strength to raise my arms. I don't care. I finished!!

CALENDAR OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
12/11	6:30 PM	River Oaks (Rose Garden)	Christmas Lights Run
12/11	7:30 PM	Lisa's Modern B & B	Christmas Lights Post Run Refreshments
12/15	6:30 AM	Sugar Land, TX	Finish Line Sports Sugarland 30K Race*
12/15	1:00 PM	Tellepsen Downtown YMCA	Total Jingle Bell Run**
12/22	8:00 AM	Galveston, TX	Santa Hustle Texas Half Marathon
12/29	6:30 AM	Hilshire Village	John's Looooong Run
1/19	7:00 AM	GRB Convention Center, Downtown	Chevron Houston Marathon*
1/26	6:30 AM	Sugar Land, TX	USA Fit Marathon

*Official HARRA fall race series event.

**BCRR volunteer option



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