



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

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Can't Wait! It's the 3rd Annual Alex's 5K Run/Walk and Kid's K!



By Lara Allen

Yup, we're doing it again. Our amazing club and the Alex's 5K Race Committee is eagerly preparing for the **3rd Annual Alex's 5K Run/Walk & Kid's K** with this year's race at *Tom Bass Regional Park* at 8:00 am and 8:30 am the morning of Saturday Nov. 16, 2013. Our objective this year has been to build on the successes of the first two races, maybe with a few tweaks here and there, but also add some other things in hopes of making our race even better. As with the first two years, this year's event is expected to exhibit similar energy and excitement.

One of the most significant things that will be the same this year is that 100% of the net race proceeds will go to autism based charities. We are again committed to honoring the life of **Alex Jamrich**, the 17 year old son of my dear friends **Milan Jamrich** and **Kathi Mahon** (former BCRR *president*), who passed away unexpectedly from complications associated with his autism. It is because of the close personal nature of this race that there is such a commitment to our benefactors.

In keeping with our races' tradition, we again expect to have an after party that other races can only hope to mimic. We will have food, drinks, music, and kid's activities. We will again have a "kid's" cupcake decorating station, a turkey egg hunt (not to be confused with the Easter egg hunt from last year), an origami station and



Some of the people supporting this year's event.

other fun things to keep kids large and small entertained. In addition, we will have "real food" available for runners and volunteers so they can stay around and enjoy the party. There will be more than a granola bar and banana served at this post race party.

Among the things different (and hopefully better) for this year are the changed venue, fall race date, morning start, technical participant singlets, and d-tag timing. To accommodate the expected growth of the race, the venue was changed to the beautiful Tom Bass Regional Park - Performing Arts Pavilion. This year's Alex's 5K is also the graduation race for HARRA's *Power in Motion* (PIM). PIM, is a 10 week, adult, 5K running clinic, for new and intermediate runners and offers a comprehensive training regimen for these individuals.

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Word from the Bird

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Bayou City Road Runners
P. O. Box 925534
Houston, TX 77292

Editor

Joe Lengfellner
The Dream Garden LLC
ThatsJoesMail@Gmail.com
bcrr.news@gmail.com

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BCRR Board of Directors**President**

Rosemarie Schmandt
resbcrr@yahoo.com

Vice President

Bob Thompson
bobbccrr@gmail.com

Secretary

Sam McMurtrey
sammack1967@gmail.com

Treasurer

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susancita.bcrr@gmail.com

Member at Large

Patrick Flaherty
callpatf@aol.com

Member at Large

Andrew Kenworthy
andrewkenworthy@yahoo.com

Member at Large

Andrew Young
youngandrew.joseph@gmail.com

Member at Large

Heidi Zimmerman
zimheidi@gmail.com

Member Database

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

From the President



Photo Credit: Rosie Schmandt

This Year, Fall is for Volunteering!!

Long time BCRR members know that without fail, BCRR manages a few races every year that help to raise money for the club....the Jingle Bell Run, which happens on the same day as the 30K, just before Christmas (duh!); The Rockets Run, which until last year used to fall in February; and our very own Alex's 5K, which raises money for autism research! This year, we have three back to back to back volunteer events, right in the heart of marathon training season.

- **The Rockets Run: Saturday, Nov 9, 2013**
- **Alex's 5K: Saturday, Nov 16, 2013**
- **The YMCA Jingle Bell Run: Sunday, Dec 15, 2013**

We still need your help! To our Saturday, **Kenyan Way Runners**, we know the Rockets Run and Alex's 5K will interfere with your weekly long run in the pre-marathon season. Why not change it up, and come out and run the River Oaks run with your other BCRR buddies on Sunday instead? You know the route, you know it's free, and we would love to see more of you!! So when you see that Monday email, asking for volunteers for these races, please say "yes!!" to volunteering, say "yes!" to a Sunday long run and support your favorite running club – BCRR!!



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.

Word from the Bird Dog: *Brutus Wille*



Photo Credit: Tom Wille

Name: *Brutus Wille*

Age: *5 years old*

Breed: *Beagle*

Owners: *Tom Wille and Sheila Ramamurthy, mommy and daddy*

Years running: *3 years*

How many miles a week do you run? *In between my busy sleep schedule of 20 hours a day I walk a couple miles a day and run a few miles a week.*

How did you come to join Bayou City? *I sniffed it out online and heard it was a group that enjoyed beer along with running.*

My proudest running accomplishment is: *Chasing the neighborhood possum around Dickson street in the mornings. I haven't caught him yet but have come extremely close.*

My favorite training run is: *The ho chi min trail. There are lots of smells to sniff.*

My best distance is: *Short and fast.*

I run because: *It means I get more treats!*

My life philosophy is: *Sleep, eat, and sniff as much as possible.*

My next goal is: *To run a doggie 5K with my parents.*

Favorite training food: *I will eat anything but I really like scraps from when my daddy grills.*

When I'm running I think about: *Opossums, rabbits squirrels. I also try and pee on as many trees as possible.*
When I'm NOT running I think about: *Sleeping and if there was any food left out that I can get to.*

The best running advice I could give would be: *Sometimes being a "bed bug" and missing your morning run isn't all that bad.*

People would be surprised if they knew: *I'm pretty much blind. My daddy hides from me all the time and teases me with treats. But I can smell anything so he can't hide for long.*

The top thing on my dream list is: *People food and catching a possum or squirrel.*

If I could have be any other breed it would be: *I be a cat.*

Other hobbies besides running: *I enjoy sleeping and eating and sniffing and pooping...*

I would love to spend the day with: *Snoopy!*

The most embarrassing thing that has happened to me is: *I barked and howled during the national anthem before the Susan G. Komen race.*

The most profound thing that has happened in my life: *Being rescued and spoiled by my parents! Before that I was a street dog.*

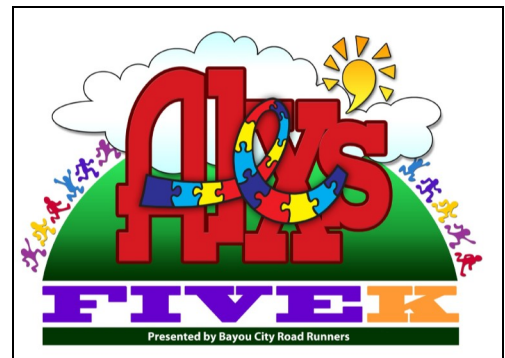
Alex 5K

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event, please go to www.Alex5K.com or contact the Race Director **Lara Allen** at larabccr@gmail.com.

Following on the theme of the newfound ability to successfully navigate their first 5K, **BCRR** is working with the **Houston Masters** to encourage the new PIM runners as well as any 5K runners/walkers to keep going by completing the [Keep the Momentum Challenge](#). The Challenge consists of **Alex's 5K Run** then eight days later, the [HMSA Classical 5K](#) on November 24. Folks who complete both races will receive a commemorative medal celebrating their achievement.

We are always in need of runners, walkers, volunteers, sponsors and donations. For more information about the



Saturday, November 16

Run Local, Run Far

"On Deck for the Cure" 5K

By Susan Cita



During my August 2013 cruise to Alaska on the Coral Princess cruise ship, I spent quite a bit of time in the early mornings around 4:30am doing run/walking laps around the covered Promenade Deck to try to keep the "vacation pounds" at bay.

It was quite peaceful seeing the sun rise and just listening to the sounds of the ocean or seeing porpoise playing in the wake of the ship while I trotted around the deck (2.8 laps = 1 mile). On the last day of the cruise while we were at sea in the Gulf of Alaska, I participated in a Komen for the Cure program breast cancer research fundraiser called, "On Deck for the Cure."

"On Deck for the Cure" events were started by the Holland America cruise lines in 2006 and have expanded to include Carnival, Princess, and Costa. "On Deck for the Cure" is not a competitive race. The events are typically held during a "sea day" and have raised more than 2.7 million dollars for breast cancer research. Each cruise line has a bit different event fee (usually \$15-\$20 minimum), swag (t-shirt, wrist bands, or cap), and post race reception. At least 75% of the event fee is given to the Komen foundation—along with any additional donations collected during the cruise.

Every Princess cruise in the United States holds a non-competitive walk. Passengers who participated (or gave a minimum donation of \$15) receive a baseball cap with 'On Deck for the Cure' embroidered on it. On my Alaskan cruise, nine people signed up to walk the event that morning and several others came down and gave donations. The 12.5' choppy seas and the rain coming down sideways may have deterred many from participating. We lined up at 9am for the start. Several small groups with different paces went out; and we all had a wonderful camaraderie since we knew we were doing something meaningful together. On the Coral Princess, it takes about nine laps around the Promenade Deck to equal 5K. Since the seas were quite choppy, some people only went a few laps. I started out walking with two other women, but I soon found out that because of the waves, it was easier for me to jog the straight sides of the ship and walk the bow and stern portions of the ship. The deck was not crowded at all; and the run/walking was actually

fun with the ship rocking so much. For the "post race party," a special table in the Wheelhouse Bar was set with juice, water, fruit kabobs and yogurt for us. As soon as I finished my 9 laps, I was off to trivia—and to find an "adult beverage" (in true BCRR race finishing tradition). If you're ever on a cruise in U.S. waters and want to do a fun, worthwhile, event that benefits breast cancer research, ask your Cruise Director when they plan to have an On Deck for Cure.

Space City 10 Miler—October 11

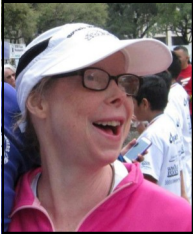
In this early test of the HARRA Fall Series, Bayou City Road Runners proved we were more than up to the task. The one-loop course started at the University of Houston at Clear Lake, and finished with many BCRR members earning recognition! Among our standouts, were the following hard chargers:

- 2nd place Female 40-44 **Loris Fusi Goldberg**
- 1st place Female 45-49 **Lisa Thompson**
- 2nd place Male 50-54 **Rob Walters**
- 3rd place Female 60-64 **Vicki Jones**
- 3rd place Male 60-64 **Scott Bounds**
- 3rd place Male 70-74 **Mike Mangan**
- 1st place Male 75-79 **John Fredrickson**

Photo courtesy of Lori Fusi Goldberg's Facebook page



Medoc Marathon: Madness & Merriment!



By Lisa Thompson

On September 7th, twelve spirited BCRR runners, with **Nancy Bounds** and **Milan Jamrich** as our athletic supporters, participated in the Medoc Marathon. The annual event, now in its 29th year, is held each fall in the Bordeaux region of France. This crazy marathon had 42 wine stops (each at an amazing winery) along the route! We ran in and out of wineries on gravel roads. Some runners were taken with the



Rothschild's winery. It offered a display of super fancy Rolls Royces. **Kathy Mahon** ran an impressive 6:44 race (and will not admit how much wine or oysters she had). Most folks set a goal just to run and enjoy, not to race. This is a costumed marathon with a yearly theme. This year the theme was "science fiction." **Avi Moss** wore an awesome but, toasty Godzilla costume. All along the route the fans yell "Allez Allez!"

The French cheer is similar to the English "go, go, go!" This world famous marathon attracts more than just BCRR partiers, we ran into some intrepid Hashers from Houston! This event proves Texans



will go halfway around the world for a good party!

Special thanks to the good sports that let us "borrow" these Facebook pictures.

Why BCRR is Good for Your Health...



*Rosemarie Schmandt, Research Team
UT MD Anderson Cancer Center*

BCRR never ceases to amaze me. The continuing care and support of our members, for each other in times of crisis is one of the reasons I love this club. We really are an "urban tribe".

Did you know we also do a lot of good for each other when we're just running for fun? A lot of people know that I work in research at the **MD Anderson Cancer Center**, but may not know that our research group studies how regular exercise prevents cancer. In particular, colon, lung, breast and endometrial (uterine) risk are linked to inactivity, a poor diet and obesity.

Disease prevention in humans is difficult to study, but the Nurses Health Study and the California Teachers Study are two large group studies that track individuals who agreed to have their behaviors and health monitored over a lifetime. Full results of these studies will not be apparent for decades, but the epidemiologists can follow trends. Not surprisingly, the current obesity epidemic is really influencing the incidence of heart disease, diabetes and cancer in the general population.

Studies have shown that breast cancer survivors, who adopt an exercise program equal to approximately 30 minutes of brisk walking per day, can prevent cancer recurrence by up to 40%

With respect to cancer, not only is exercise thought to reduce cancer risk in general, but it can also prevent disease recurrence in cancer survivors. Studies have shown that breast cancer survivors, who adopt an exercise program equal to approximately 30 minutes of brisk walking per day, can prevent cancer recurrence by up to 40% compared to sedentary individuals. Colon cancer survivors can see a similar effect with about 1 hour of walking per day. Pretty amazing results, don't you think? If the drug companies could bottle it, they would! Instead, we can just run with our friends!

In the lab, we use mice and the studies are much shorter (mice live 2-3 years max). They do love to run! We just got these very cool Wi-Fi wheels, and we can track daily mileage run per mouse. Did you know that the average black lab mouse typically runs 12-14 km per day voluntarily? And the behavior is apparently addictive (sound familiar?). We use mice that are pre-disposed to certain types of cancer (in our case, uterine cancer) to study prevention, and are investigating whether exercise delays the onset of cancer in exercising versus couch potato mice. We also use mice that are given microscopic

amounts of cancer (to mimic cancer recurrence), to track tumor growth in exercising versus non-exercising animals. It's becoming pretty obvious, from studies conducted in a large number of labs, that exercise prevents or delays cancer and can actually slow its growth. At a molecular level (the stuff I'm interested in scientifically), the mechanisms by which exercise prevents tumor growth are complicated. Diet and exercise can reduce circulating levels of hormones (fuel for some types of breast and uterine cancer) as well as insulin and other growth factors, which may fuel tumor growth in general. No doubt, there is still a lot more that remains to be understood. Right now, these findings are motivation enough to keep me out walking/running with my friends in BCRR.

Of course, the social support we find in BCRR, coffee drinking and beer have their own health (and cancer prevention) benefits...but I will save that info for another column.

PS - If you are interested in reading more on this topic, here are a couple of links to the NIH, the American Cancer Society and the American Institute for Cancer Research, where the topics of diet, exercise and cancer risk are discussed.

- <http://www.cancer.gov/cancertopics/factsheet/prevention/physicalactivity>
- <http://www.cancer.org/healthy/eatthehealthygetactive/acsguidelinesonnutritionphysicalactivityforcancer-prevention/nupa-guidelines-toc>
- www.aicr.org



Up-close and Personal with Serious Back Pain



By Larry Lindeen

My ordeal started in May on a business trip to Chicago. While pulling my suitcase I experienced extreme pain in my lower back—which caused me to collapse. The weekend before I had run the Cinco de Mayo race and a 22 mile training run which probably contributed the issue.

After treatment by an emergency doctor in Chicago, I headed it back to Houston in a wheelchair. I visited a Houston neurosurgeon and was diagnosed with fractured and degenerated vertebrae.

The acute cause of the problem was lifting too heavy objects while doing yard work last Fall. On one occasion, I remember experiencing a similar severe and incapacitating pain when I picked up an extremely heavy object.

About 10 years ago, this type of activity caused me to herniate a disc. Therefore, I was familiar with extreme back pain of this nature. I was lucky back then. Two months of physical therapy allowed me to avoid surgery. The neurosurgeon said my body dissolved the herniated disc, so surgery became unnecessary. On that occasion, I was able to resume running after resting several weeks.

However, this time the pain and injury were more severe. The doctor said that, running 7 marathons, 2 half marathons and several 5Ks starting last fall and culminating this April with the Boston Marathon, didn't help my back much and may have caused chronic (as opposed to acute) injury. Who knows? I guess that I became so accustomed to the pain of racing that I ignored the additional pain in my back.

Being a runner, the positive aspect of these last several months is that I placed in my age group in every single race, except the Boston Marathon where I experienced my very first DNF. I guess that a DNF happens to every runner sooner or later. I just wasn't expecting it to be the result of bombs exploding at the finish line.

My surgery took place in June at Methodist Hospital. I was there for four days. I was released with a walker and a rigid plastic back brace. As you can see from my x-rays, the surgery resulted in the placement of four titanium threaded rods connected by two bars into my vertebrae.

I also have an artificial disc between L5 and S1. Hopefully, the two vertebrae will fuse and I can run again.

I abandoned the walker long ago and no longer wear the rigid plastic back brace that the hospital issued me before I was discharged. I now wear a soft elastic one.

I walk without much pain, but a little jog hurts a bit.

Consequently, it's going to be a long, slow training process before I can race again competitively (if ever).

This surgery was much more painful than the three surgeries I had on my hand and elbow recently which will probably have to be done again. These surgeries involved bone and the relocation of nerves as well.

I plan on attempting to run again later this month after physical therapy is completed, but who knows. I am currently registered for the Houston Marathon in January and the Boston Marathon in April. I am thinking positively and establishing goals for my recovery.

My wife and family think that I should give up running and find a new hobby, but I can't unless I am forced to do so. It's something I enjoy doing. When asked why I still run despite the injuries I have incurred over the years, I respond by modifying the quote recently used by the defense lawyers in the Amanda Knox criminal trial in Italy (the original quote was by Jessica Rabbit in the movie "Who Framed Roger Rabbit"), and say that "I'm just drawn that way".



CALENDAR OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
10/27	7:00 AM	Sam Houston Park, Downtown	Houston Half Marathon*
11/9	8:00 AM	Toyota Center, Houston	Rockets Run
11/16	8:00 AM	Tom Bass Regional Park	3rd Annual Alex's 5K & Kid's K
11/24	7:00 AM	Wortham Center Plaza, Downtown	HMSA Classical 25K Race & 5K Fun Run*
12/1	6:00 PM	Cadillac Bar & Grill	BCRR Christmas Party
12/4	TBD	River Oaks	Christmas Lights Run
12/15	6:30 AM	Sugar Land, TX	Finish Line Sports Sugarland 30K Race*
1/19	7:00 AM	GRB Convention Center, Downtown	Chevron Houston Marathon*

*Official HARRA fall race series event



BAYOU CITY ROAD RUNNERS
P O BOX 925534
HOUSTON TX 77292-5534

