



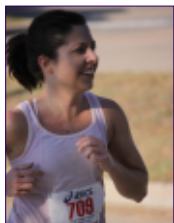
WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 39 - APRIL 2013

50 Miler for Mid Pack Mortals A Rocky Raccoon Race Report



By Shelley Grahmann

Back in the summer, surrounded by boxes of documents, racking up paper cuts by the second, and apparently brain-fogged by the heat, I foolishly said to myself, "if this case settles, I'll train for a 100 miler." (Side note 1: This is a Don't. The case will not settle, the idea of a new distance will continue to tease you, and you will compromise with "just the 50 miler"). This foolish pronouncement set in motion my attempt at a 50 miler on marathon training alone, the gory details of which are captured in this meandering and grammatically dubious narrative.

The Internet is Dangerous, or Race Selection and Registration:

Flatlander that I am, I narrowed the potential races to 50 milers at sea level held concurrently with 100 mile races, so that I would have a long cutoff time. The Rocky Raccoon 100/50 Miler in Huntsville State Park with its 29 hour cutoff time fit the bill. But the race was full. THAT RIGHT THERE SHOULD HAVE BEEN A SIGN. Did I take heed? Nope. (Bonus points if you get the pun). On to the wait-list my name went, until a few days before Christmas when I received a super-secret e-mail link allowing me, in a moment of temporary insanity, to jump from the wait list to the confirmed list. My electronic registration ineptitude almost saved me from myself, but I ultimately ended up (overdressed for the weather, of course) at the start line on February 2nd. And having sucked down about 15 Gu and countless Endurolytes by race end, it rather felt like Groundhog Day. But, I am now convinced that if you can get through all that Gu, and if your goal is, as mine was, mere survival, anyone can do a 50 miler on minimum marathon training. (Minimum marathon training long run on



COURTESY:SHELLEY GRAHMANN

A Rocky Ride. From left: Robin Lowenkron, Sam Pace, Shelley Grahmann, Cassie McGarvey, and Molly Regan cheer the author through a grueling fifty miler.

the weekend + run a loop or two at Rice before rehydrating at Valhalla + bootcamp or cross-training or Crossfit 2-3 times a week.)

The Absolutes:

1 -Do not tell Sam Pace about your hair-brained idea. And certainly do not tell her when you get an e-mail

(continued on page 5)

IN THIS ISSUE

From the Prez (2) || Notes from Dubai (3) || Member Profile (4)

Bird Dog (6) || Results (7) || Calendar (8)

Word from the Bird

April 2013

Issue 39

FREE

Bayou City Road Runners

P. O. Box 925534

Houston, TX 77292

Editor

Chris McGrew

bcrr.news@gmail.com

BCRR Board of Directors

President

Rosemarie Schmandt

resbcrr@yahoo.com

Vice President

Bob Thompson

bobbccrr@gmail.com

Secretary

Sam McMurtrey

sammack1967@gmail.com

Treasurer

Susan Cita

susancita.bcrr@gmail.com

Member at Large

Susan Davis

susandavisbcrr@gmail.com

Member at Large

Jim Wiedemer

jiwiedemer@aol.com

Member at Large

Eric Pace

ericpacebcrr@yahoo.com

Member at Large

Kate Philbrick

katebcrr@gmail.com

Member Database

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

From the President

It is hard to believe that we are at the end of another running season. The final three races of the HARRA Spring Series are upon us with the Bellaire Trolley Run (April 13), the LP run (April 17), and the Bayou Bash Relay and HARRA picnic (April 27) crammed in the last two weeks of April. This also means that it's time for BCRR Board elections, and the Bayou City Road Runners need you!

Are there any changes you would like to implement in the club? Maybe you'd like to organize some new fun event, a monthly alternative Sunday long run, a new happy hour activity, or maybe an out of town marathon trip? Do you have a hankering to write a serial running novel, with a new chapter every month in our newsletter or a runner recipe blog for our website? Maybe you are an aspiring running cartoonist? How about a stint as a BCRR columnist for Inside Texas Running? Are you passionate about Gatorade? Every person in our club has a strength or talent and can contribute something positive to our club! Make your intentions known and run for a seat on the Board or volunteer an ad-hoc position. Participate in the election process. Board nominations will be held at Valhalla on Wednesday, April 10 and again on Wednesday, April 24 (LP run is being held on April 17). Email and write in nominations count too! We'll be sure to post a list of names at the end of the nomination period, so that the nominees can confirm their interest and availability to serve on our board.

We have a new venue for the BCRR Year End Banquet this year: Saint Arnold's Brewery! A big thank you to Bob Thompson, Susan Davis and new member Gavin Gernodale for helping us to secure a fun new spot and the BBQ menu for our banquet. Do not worry you non-meat eaters, we will have options for our vegetarians in the club. Your RSVP is mandatory for this event. There is limited seating at the brewery and the food will be catered in, so there will be no 'walk ups' on the night of the banquet. Stay tuned for details online and in our weekly email. This is always a fun even and a great way to recognize our runners and all of the folks who do good things for our 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 jiwiedemer@aol.com.



COURTESY: ROSIE SCHMANDT



COURTESY: ROSIE SCHMANDT

Birdstrong. Our BCRR centipede showing off their dope outfits at the Bayou City Classic.

My Own Personal Yacht



By Joel DuBois, Foreign Correspondent
Dubai, UAE (Houston +9 hours)

The end of February, I chartered my own personal yacht for a weekend. I invited 20+ beautiful models, filled the bilges with wine & beer and sailed halfway around the world. OK, my wife just woke me up

and said I should probably stick a little bit closer to the truth...

Well, the truth is my boss chartered a 70' yacht for two hours for the whole work group, but I still like my story better... This was a thank you for all the work done in 2012 and for the 2012 year end reporting that occurs in January (lots of hours are worked in January). We chartered the boat from the Dubai Marina Yacht Club from 7-9 pm on a Thursday night (first night of our weekend). The boat was providing food and soft drinks. My boss asked me ahead of time to purchase the adult beverages (I was totally shocked anyone would put me in charge of something I know nothing about), I'm just sayin'. Somehow, tho, I think I managed to succeed in procuring sufficient beverages for those that partook.

We cruised down the Marina, out past Palm Jumeirah and the Sheikh's island and her BIG yacht, towards Burj Al Arab, but turned before we got to the Burj. Hors d'oeuvres were served while chicken, beef and lamb was being grilled. The meats were all seasoned wonderfully, so it ended up being a very nice dinner (served with breads and salads). All in all, it was a wonderful evening on a great boat, with good food, beverages and company, a great way to spend an evening away from work with coworkers!!

About three weeks later, I was asked if Sharon & I wanted to go on another cruise, this one would be three hours on a slightly smaller vessel. A coworker's son was in town and they had chartered a ~30' boat and had room for a few extras. We gladly accepted and ended up being 2 of the total 7 passengers. It was a true hardship being on such a tiny boat, but we managed. :) This trip was 4-7 pm, so we set sail for our three hour tour (please do NOT call me Gilligan) in daylight, so we had a totally different perspective seeing much of what we cruised past on the yacht trip. The plan for this trip was to go completely around Palm Jumeirah, but the water was too choppy, so the captain turned around and took a similar route as the yacht had taken, but went all the way to the Burj Al Arab and stopped to allow us to take some pictures.

We then cruised inside the crescent of the Palm and then back toward the Marina where they stopped again and let us swim for a bit. This was actually my first time in the Arabian Gulf waters since we moved to Dubai (I did swim in the Gulf during a trip to Abu Dhabi in 2004). It is much saltier than the Gulf of Mexico waters.

I forgot to take my camera on the first cruise, but remembered for the second. We took some nice shots with the Burj and the Marina in the background, a slightly different view than you can see from land. Sharon & I went to the Dubai boat show a couple of weeks ago, not planning to buy a boat, but hoping we could hook some boat

buddies, to no avail. We will look for other opportunities to get out on boats, but even without being on boats, we are enjoying watching the boats cruise by in front of our villa (we're on the balcony now enjoying the weather and sights, along with a beverage of our choice).

Temperatures are warming up, but it is still pretty nice once the sun goes down. Too many mid to upper 70s in the mornings, but we still have the occasional 68-69, like this morning. As I finish writing this, we leave in 5 days for South Africa, where temps for the Two Oceans Marathon are expected to be 59-72. I may need to wear a jacket...



COURTESY: JOEL DUBOIS

Booze Cruise. Joel and Sharon relaxing on the boat with the Burj Al Arab in the background.

Member Profile: Milan Jamrich

Name: Milan Jamrich

Birthday: May 14; born, but just once

Years running: I am not much of a runner, mostly a high jumper. I have been involved with track & field for 50 years.

Occupation: Scientist, Professor at the Baylor College of Medicine.

How many miles a week do you run? During a good week I run about two miles, but I am improving quickly. However, I work out every day. I mostly do weightlifting and plyometrics.

How did you come to join Bayou City? My wife, Kathi Mahon, is a member and she signed me up.

My proudest high jumping accomplishments are: In 1972 I won the International British Championships in high jump in London. In 2011, I won the World Masters Athletics Championships in Sacramento. I won the US National Championships more than 10 times. I currently hold the US national indoor record in high jump in my age category. In addition, I coached a high jumper who made it to the Olympics in decathlon (Colin Boreham, 1984 Olympics, Los Angeles)

My favorite training run is: I love runs shorter than 100 miles – I mean yards!

My favorite race is: Boston, but not the marathon. Rather the National Indoors Championships in track and field. I don't believe I ever lost there.

My best high jump performance is: 7ft

I run and jump because: I enjoy physical activity in general. In addition, it is good for you physically and mentally. Having said that, I no longer remember a day in my life when something was not hurting.

My life philosophy is: It takes a lot of effort to be successful in life. Sometimes you have to force yourself to do things that are difficult and that you do not want to do.



COURTESY: MILAN JAMRICH

The Most Interesting Jumper in the World: Milan in action at the Rice All Comers Meet.

My next goal is: World record in high jump in my age category.

Favorite training food: coffee

When I'm running long distances I think about: Dying

The best exercise advice I could give would be: If you are new at it, start with short workouts, but several times a week. We are creatures of habit. Establish a routine. You will eventually get addicted. Don't stop. If you are hurt and cannot run, go to the gym, do some upper body weight training or work on your abdominal muscles.

People would be surprised if they knew: That I jumped into the Olympic village in Munich during the Olympics in 1972. After 6 large Bavarian beers it looked like a good idea. Unfortunately, it was the same night the Palestinian terrorists entered the village. Totally coincidental, but not everybody believed it.

The top thing on my dream list is: World record in high jump in the 100-104 year category.

If I could have been anything, besides my current occupation it would be: Professional wildlife photographer

Other hobbies besides running: Wildlife photography.

I would love to spend the day with: the person that makes it financially possible for me to become a professional wildlife photographer.

The most embarrassing thing that has happened to me is: Telling a guy who picked me up while I was hitchhiking that I really liked highjacking. Chalk it up to language barrier.

The most profound thing that has happened in my life: Soviet invasion of Czechoslovakia in 1968 and raising a child with autism.

Board Certified • Texas Board of Legal Specialization
Estate Planning and Probate Law

William R. Hayes
ATTORNEY AT LAW

2525 North Loop West #400 • Houston, TX 77008
Tel 713.880.3939 Fax 713.880.9990
wmrhayes@aol.com

50 Miler for Mid Pack Mortals

(continued from page 1)

advising you are off the wait list and invited to register. She will keep you honest and you will have to do the race. (Thank you Sam). 2- Listen to Joel. Listen to Joel. Listen to Joel. (Joel DuBois not only makes a stellar BCRR Foreign Correspondent, he also sends the best race day "do not go out too fast" e-mails. Thank you Joel.) 3-Blessed be the uphills, for they are for walk breaks. 4-If you are going to bobble your ankle in the second loop, it is better to bobble it in a way that hurts more when walking than running. 5-Colorado is the land of angels who share their Ibuprofen for said bobbed ankle. (Thank you unidentified runner from Colorado who in exchange for an Ibuprofen only asked that I not sue him if my kidneys failed).

The Other:

Running part of the course the week before is an excellent idea. Sixteen miles, just a hair shorter than each race loop, was just right. I was fortunate that David Piper and Steve Davis had organized a BCRR trail outing that coincided with the weekend before Rocky, and Susan Davis, Miriam Werner, and Trey Beeman were kind enough to run with me. Rocky was the ultimate test of the "John Phillips doctrine": Having a positive experience for sixteen miles on the trails the week before made it easier to go out for the second and third loops during the race. Must get out to the trails more often. The twenty days between the Houston Marathon and Rocky Raccoon is a perfectly do-able interim recovery and taper period, except if rainy conditions at Houston lead to stubborn blisters that are not quite healed by Rocky Raccoon. (Side Note 2: This is the only time socks and Crocs are acceptable.) 750ish runners on Huntsville trails is a lot, especially with out and backs and figure-8s and loops creating two way traffic on narrow paths (see bobbed ankle above) Still, the course was well-maintained and well-marked, and the crowds thinned out in the middle sections. Chuck the fancy watch (or just use it in simple

mode). Let the terrain guide your run/walk intervals. Heavy roots + uphill powerwalk/lunge (Thank you CrossFit for all the squats, box jumps, and lunges). The GPS does not work in the woods in any event. Do set your watch to beep every 30 minutes, so that you remember to Gu at the next uphill walk. Books on tape are my new favorite treat while running. Long narratives don't work for me. Short stories and nonfiction do. The Violinist's Thumb was an excellent listen (although never did I expect to hear the word "bedpost-notcher" in a book about genetics). Even if you think it will not do any good, bring medical tape and blister treatment supplies. (Hat tip, Trey Beeman.) My feet were pretty holey after the first loop of Rocky (see rainy Houston Marathon above) but not stigmata-level holey thanks to taping them up between loops 1 and 2. Tank tops that don't chafe for 50K at 75 degrees will chafe for 50 miles at 70 degrees. Compression capris that cover the knees. I'm a believer. Especially when you take a fall one mile into the race. When it is this hot, stop timing/counting the Endurolytes and just take them at every opportunity. When you can't brush off the salt crystals fast enough, there is no such thing as too many Endurolytes...or shots of pickle juice. Figure out in advance how to cut down transition time lost to re-stocking Gu and other nutrition between loops. My high-tech nutrition storage solution involved safety-pinning Gu packs to my shorts. Stopping to tape the feet, Biofreeze the bobbed ankle, and take pictures was all worth the lost time. Stopping to un-safety pin 6-8 Gu top remnants and re-safety pin 6-8 fresh Gu packets on my shorts at the end of every loop was not. It cost me a top 10 overall female finish by 10 seconds and possibly cost me the 9th place spot as well (although that was a 17 minute differential so harder to tell). I hate Gu belts, but may need to switch to that. Also, make sure feet are properly taped before race start. Respect that last 4.41 or so miles of the race (distance from last aid station to finish). I should have Gu'd at the last aid station, but was so tired of Gu I skipped it. Perhaps it was just mental, but it was only in those last

4.41 miles that I felt a little bonk-ish. I'll see your naked-runner encounter and raise you breast-pumping runner encounter. When you hit that last bit of trail that goes along the lake for the last time, slow down, get a little misty-eyed, and relish it.

By the Numbers:

15 Gu, ??? Endurolytes (best estimate is somewhere around 50), Loop 1 (each loop 16.67 miles): 2:56:59, Transition time + Loop 2: 3:09, Transition time + Loop 3: 3:27:34, Total time: 9:34:03; 1st AG (30-39); 11th female; 40th overall. And if I place the same in 2014, I will be sorely disappointed—because I expect a large contingency from BCRR to come out and properly thrash me in the standings next year.



Desertview Services, Inc.

www.desertviewservices.com

Remodeling • Home Repairs • Roofing • Carpentry
Decks & Patios • Pergolas • Outdoor kitchens • Flooring
Tile work • Welding & Fabrication • Painting • Fencing

Residential & Commercial Insured • Bonded • Licensed

Joe Sellers

Cell (713) 429-9421

Office (713) 856-8524

desertviewservices@sbcglobal.net

Word from the Bird Dog: Zula

Name: Zula

Age: 2.5 years human years, 23 in dog years

Breed: Rhodesian Ridgeback

Owners: Alonso & Anna Vargas

Years running: 1.5 years

How many miles a week do you run? 10-15, plus 7 miles of walking

How did you come to join Bayou City? My owner was too lazy to take me home after doggy daycare on Wednesdays, so I started hanging out at Valhalla with some humans and a few other dogs.

My proudest running accomplishment is: I've yet to meet another dog who can out run me! I'm a fast bitch!

My favorite training run is: George Bush Park, the Levee road...off leash!!

My best distance is: I've never run a distance I didn't like. Why are you humans so hung up on distance, pace, blah blah blah...just go out and run!

I run because: I get to chase things, sniff things and I love to feel the wind flap between my big floppy ears

My life philosophy is: Live slow, run fast!

My next goal is: The K-9 Fun Run.

Favorite training food: Venison & Sweet Potato. Tastes good and doesn't make me too gassy!

When I'm running I think about: How I wish Alonso could run a bit faster, ok, a lot faster...he's sloooooow!

When I'm not running I think about: I heard a rumor that a baby is about to join our household, what will that mean for me?

The best running advice I could give would be: Run like the Africans, barefoot and on soft trails! Just like me.

People would be surprised if they knew: I'm supposed to be this big bad lion hunting dog, but at home, I'm totally controlled by Cheetah, this 10 lbs. house cat.

The top thing on my dream list is: Get up the courage to realize I'm 10X the size of Cheetah and I don't need to be afraid of her bullying!

If I could have been any other breed it would be: Question for you Mr. Bird Word, what other breed hunts lions? As far as I'm concerned, Ridgebacks are the top of the dog chain, I wouldn't settle for anything else!

Other hobbies besides running: Guarding the house, sleeping, eating, licking myself, walking off leash and watching TV cuddled up with my owners.

I would love to spend the day with: My neighbors Miller & Bentley, they're my BFF's.


The most embarrassing thing that has happened to me is: when I accidentally knocked over my favorite vet, Dr. Sally because I was afraid of getting my blood drawn!



COURTESY: ALONSO VARGAS

Fast Puppy. Zula makes outrunning her owner and other dogs look cool and easy.


950 Corbindale, Suite 100



Houston, TX 77024

KELLER WILLIAMS

MEMORIAL REALTY




- Buying -
- Selling -
- Relocating -
- New Construction -

Ask me about
SPECIAL DEALS
I have for runners


Jill DeVay

Realtor



Member
HARRA
Bayou City
Road Runners
Houston Racing
Triathlon Club

I'll Go The Extra Mile For You



Call Jill at **832-493-3344**

BCRR Results from the Road



By Roger Redding

Dawson Winter Dash, January 26: Vicki Jones 25:48 (1st AG)

Houston Masters Invitational Track Meet, January 27: High Jump: Milan Jamrich 1.60m, Pole Vault: Sarah Schaft 2.50m, 60m Hurdles: Sarah Schaft 11.49,

800m: Joe Conway 2:17.37

Choco Loco 5K, January 27: Shelley Grahmann 23:57, Robin Lowenkron 28:37, Bob Entwistle 21:54, Mark Miller 25:22

Galveston Marathon, January 27: Suzy Seeley 3:30:39 (1st Masters), Sonja Longbotham 5:05:52 (4th AG)

USA FIT Half Marathon, January 27: Judy Tang 1:57:05, Jeremy Rowe 1:28:19 (3rd AG)

USAFIT Marathon, January 27: Keith Crow 4:00:25

Buffalo Wallow, February 9: Lisa Thompson 27:09 (1st AG), Jody Berry 24:46 (1st AG), June Harris 38:02 (4th AG), Gloria Mahoney 34:23 (1st AG), Jeff Eisele 22:02 (4th AG), Joe Conway 21:17 (1st AG), David Nemoto 23:15, Mark Conran 23:14 (2nd AG), Avi Moss 25:48, Richard Verm 24:34 (3rd AG), Dewey Guthrie 32:19, Scott Bounds 23:56 (1st AG), Victor Aguirre 25:45 (3rd AG), Fred Steves 30:06 (1st AG), Gary Wood 32:04 (2nd AG), Mike Mangan 35:36 (3rd AG), Ryan Smith 18:39 (1st Open), Lisa Fletcher 25:02 (1st AG), Andy Pace 22:55 (1st AG), Tom Wille 27:31 (3rd AG), Alonso Vargas 24:37

Texas Med 5K, February 9: Robert Walters 19:19 (1st AG), Suzy Seeley 21:35 (1st AG), Jane Lock 22:12 (2nd AG), Vivian Dunlop 24:54 (2nd AG), Vicki Jones 26:14 (1st AG)

Hot Chocolate 15K, Dallas, February 10: Susan Davis 1:17:28 (2nd AG)

Jail Break Half Marathon, February 16: Leno Rios 1:27:18 (1st AG), Alfonso Torres 2:12:50, Lisa Fletcher 1:36:52 (2nd AG), June Harris 2:19:52 (2nd AG)

NBA All Star Fit Run/Walk & Dribble 5K, February 16: Lisa Foronda 24:06 (1st AG)

Surfside Beach Half Marathon, February 23: Christoph Eick 1:58:17, Clark Courtright 2:04:17, Paul Cooley 1:50:27 (1st AG), Thomas Hebert 1:53:21 (2nd AG), Larry Lindeen 2:04:12 (1st AG)

Cowtown Marathon, February 24: David Nemoto 3:05:13 (3rd AG), John Fredrickson 6:00:05 (5th AG)

Punta Arenas Marathon, Chile, February 26: Suzy Seeley 3:41:24 (1st Female)

White Continent Marathon, King George Island, Antartica, February 27: Suzy Seeley 4:23:23 (1st Female)

Race Against Violence, March 2: Ryan Smith 16:10 (1st AG), Adam Johnson 24:15, Miriam Werner 25:17 (3rd AG), Kristi Gore 23:43 (2nd AG), Anna Sumrall Helm 21:49 (1st AG), Joe Conway 17:39 (1st AG), Mark Miller 25:08, Nancy Greig 27:15, Kathleen Mahon 32:28

Stride for Stroke 5K, March 2: Suzanne Crumley 23:12 (3rd AG), Jonathan Wiese 21:43 (3rd AG, Tina Reynolds 22:21 (1st AG), Andrew Kenworthy 18:22 (1st AG)

The Woodlands Half Marathon, March 2: Sheila Ramamurthy 1:51:20, Kelly McGuire 2:20:14, Monica Kervandjian 2:12:43, Robin Lowenkron 2:12:51

The Woodlands Marathon, March 2: Sonja Longbotham

4:29:51, Sharon Prentice 4:51:19, Leno Rios 3:02:42 (4th AG), Keith Crow 3:54:26, Jonathan Zwickel 4:46:20, Stan McLeod 3:45:18, Robert Thompson 4:46:20

Tuscaloosa Half Marathon, March 2: Lauren Wilder 1:28:49 (3rd OA), Jesman Devia 1:26:43 (1st AG)

Alamo City Run Fest Half Marathon, March 2: Susan Davis 1:59:04 (Grand Master Female Champion), Steve Davis 1:35:28 (Grand Master Male Champion)

Memorial Hermann Half Marathon, March 2: Ryan Smith 1:11:25 (1st AG), Tatiana Issakova 2:22:21, Sachin Butala 2:29:58, Jeremy Rowe 1:24:36 (2nd AG), Bob Entwistle 1:46:34, Caryn Honig 1:46:16 (4th AG), Stuart Muirhead 1:54:42, Mary Kathryn Campion 1:51:47 (5th AG), Brad Godwin 1:51:01, Robert Moser 1:56:39, Victor Aguirre 1:40:09 (2nd AG)

Bayou City Classic, March 9: Ryan Smith 33:26 (3rd AG), Jose Pablo Rivero Moreno 35:17 (1st AG), Joe Oviedo 35:52 (3rd AG), Joseph Schwieterman (37:06), Mark Conran 39:54 (3rd AG), Robert Walters 39:55 (4rd AG), Jesman Devia 40:10, David Nemoto 40:12 (3rd AG), Leno Rios 40:25, Lauren Wilder 41:08 (2nd AG), Matt Nicol 41:30, Scott Bounds 41:47 (1st AG), Alonso Vargas 42:03, Steve Davis 42:12 (3rd AG), Jay Hendrickson 43:13, Avi Moss 43:32, Jody Berry 44:05 (1st AG, 20th overall Age-Graded), Lisa Thompson 44:10 (2nd AG), Richard Verm 44:56, Victor Aguirre 45:00 (3rd AG), John Anderson 45:11, Anna Helm 45:29 (4th AG), Rich Vega 45:35 (1st AG), Robert Kaping 46:56, Keith Crow 47:17, Tina Reynolds 47:37 (2nd AG), Chintan Desai 48:22, Bernard Castro 48:29, Bob Entwistle 48:38, Allison Brayton 49:20, Shelley Grahmann 49:20, Peter Griffiths 49:46, Anne Warner 50:07 (4th AG), Rhonda Emerson 50:23 (2nd AG), Christoph Eick 50:38, Don Hilber 51:01, Jen McKay 51:19, Patrick Flaherty 51:19, Rich Siemens 51:32 (2nd AG), Brad Godwin 51:35, Scott Johnson 51:47, Lisa Foronda 52:10, Suzanne Crumley 52:26, Robert Swanson 52:28, Robert Moser 52:43, Cristi Gore 53:39, Gary Wood 54:10 (3rd AG), Vicki Jones 54:41 (1st AG), Dewey Guthrie 54:52, Nancy Greig 55:24 (2nd AG), Carrie Arnett 56:14, Trey Beeman 56:37, Dennis Dwulet 57:48, Eric Braate 58:38, Rey Buznego 59:01, Mike Mangan 59:12, Gloria Mahoney 59:44, Alfonso Torres 59:48, Ricard Campos 59:49, Gloria Broumand 1:00:16, Elisa Campos 1:00:47, Robin Lowenkron 1:01:25, Andrea Milbourne 1:01:53, Blanca Avery 1:03:27, Al Salinas 1:03:29, Ines Nemoto 1:07:53, Valerie Jones 1:10:24, Brandalyn Patton 1:11:13, Janet Sutton 1:11:39*, Kathi Mahon 1:11:39*, Joseph Lengfellner 1:11:40*, Eric Pace 1:11:40*, Susan Davis 1:11:40*, Lara Allen 1:11:40*, Deborah Touchy 1:11:41*, Sam Pace 1:11:41*, June Harris 1:11:42*, Michelle Wolpert 1:11:42*, Becky Spaulding 1:17:14, Larry Cullen 1:21:23, Joann Luco 1:21:24 (2nd AG). * results pending investigation by HARRA, RRCA, WADA and the United States Congress.

San Jacinto Texas Independence 5K, March 9

Paul Cooley 22:30 (1st AG), Larry Lindeen 26:50 (1st AG)

C-Different Telfair Triathlon, March 17

Danielle Guttinger 1:19:33 (3rd AG)

CALENDAR OF EVENTS

DATE	TIME	LOCATION	ACTIVITY
4/26	6 PM	TBD	BCRR Happy Hour
4/27	TBD	Rice University	Bayou Bash Relay
5/5	6 AM	Memorial Park	BCRR Sunday Reverse Run
5/10	6 PM	TBD	BCRR Happy Hour
5/18	TBD	Corpus Christi	Beach to Bay Marathon Relay
5/24	6 PM	TBD	BCRR Happy Hour
5/29	6 PM	Saint Arnold's Brewery	BCRR Banquet



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

