



W O R D f r o m = t h e B I R D

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 56 - April 1, 2016

Racing Incognito—The race bib ID problem



Lisa Thompson

Marathons, and other races that sell out, are missing out on maximizing their profits. A runner might in good faith register for a Marathon, a Spartan run, etc. only to discover a few weeks later that he/she will not be able to participate due to an injury, family emergency, or other travel/scheduling hiccup. Runners hate for their bibs to go to waste,

especially when they know the race is sold out. What if they have running friends who could not get in, but the friend wants to run? Too bad! Races generally penalize runners for sharing their bibs—when instead the race should be reaping the profits (and good will) of allowing runners to transfer a legally purchased bib to a friend.

Race organizers KNOW that people run with other runner's bibs on, but do not have a clue who these incognito runners are once out on their race course. This can create liability problems for races organizers. That problem would be eliminated if the organizers allowed transfers.

Example: the Chevron Houston Marathon has a prohibition on giving your bib away. If you do (give your bib to a friend) and the marathon organizers catch the offending runner using your bib you can both be banned. Sold out races, like the Houston marathon, should adopt a page from the a la carte menu, and have a fee-based service whereby a runner can transfer a bib to another runner for a reasonable fee. This fee could be a little lower than the original registration fee—maybe \$75 for the Houston marathon. So let's say 5% of runners who originally



Who's bib is who's really, REALLY matters. To maintain legitimate score keeping and to ensure quick action in cases of medical emergencies, it's critical that the bib on your chest is yours. However, many runners don't worry about those issues, and run using a friend's bib.

register want to transfer their bibs and organizers allow this at a \$75 fee. Considering these numbers, 1,000 transfers would generate \$75,000. The race could afford to hire a \$15 per hour employee part time to handle the extra labor dealing with the race bib transfers. The benefits to the race are huge! The race organizers finally know who really is on their course, thus reducing liability.

(Continued on page 5)

IN THIS ISSUE

Word from the Prez 2, HARRA Participation 4, Alex 5K Wrap-up 6, April 1st feature 6, Award Winners 7

Word from the Bird

April 2016
Issue 56
FREE

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

Editor
Joe Lengfellner
The Dream Garden LLC
ThatsJoesMail@Gmail.com

All content Copyrighted.

BCRR Board of Directors

President
Lisa Thompson
prez@bcrr.org

Vice President
Andrew Young
young.andrew.joseph@gmail.com

Secretary
Lynn McGrew
leCraig77@gmail.com

Treasurer
Peter Griffiths
p_griffiths@bellsouth.net

Member at Large
Catie Cohen
catiecohen130@gmail.com

Member at Large
Katie Decker
katie.h.decker@gmail.com

Member of Louisiana Chapter
Terry Fanning
tfanning_houston1@comcast.net

Member at Large
Christina Jones
Cmjones927@gmail.com

Member Database

Has your contact info changed recently? Send any updates to
young.andrew.joseph@gmail.com.

From the President

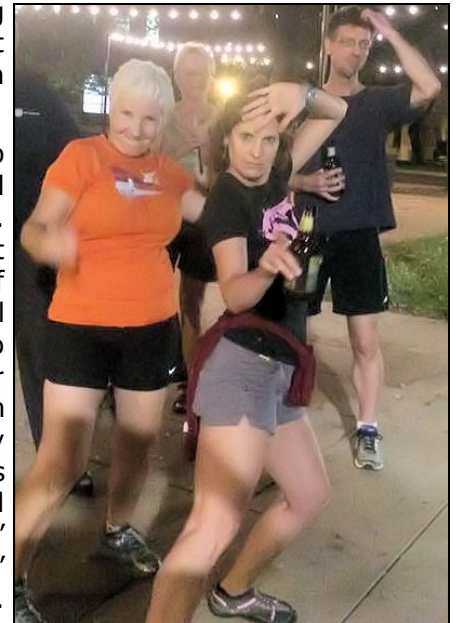


Lisa Thomas

Hello Bayou City!

We are Marching through the Spring Series... oh that would have been a great pun... if this newsletter were published in March. Hee Hee!!!

I am super proud of our Club performance in races and also stoked about folks showing up for weekly runs. *Mellow Monday* has about 15 intermittent followers; and we hope to have more of you join us. *Valhalla Wednesday* is well attended; and last week when we went to Valhalla they had a karaoke machine. Our own **John Phillips** sang "I have Friends in Low places." He is a man of many talents. **Hillary Camp** proclaimed "this is my dream come true a run, Valhalla and karaoke!" She sang "Piano Man," **Lorna Greenway** sang "Uptown Funk," and she for sure has the moves like Jager. Our own Crossfitter / school teacher **Anna Helm** sang "A crazy little thing called love," and of course, she can cut a rug. The other 30 or so Valhalla attendees sang backup.



During karaoke night at Valhalla, **Anna Helm** proved she's got moves.

We have completed three races so far in the HARRA Spring Series. The Space City 10-miler which moved from fall to spring, the Law Week 8K, and the Bayou City Classic. The Bayou City Classic is also the RRCA State Championship; and our own **Ally Serrao** is now the *Grand Master Female 10K State Champ!!!* I, for the first time, ran a centipede. This is a costumed group of

(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.

From Lisa, cont.

(Continued from page 2)

people, six or more, who run tethered to each other by a string. BCRR had one superheroes team, BARC also invited some BCRR folks to join in their Team USA team. Their pace goal was a 7:30. With some trepidation I joined them. BCRR's lovely **Sarah Milford** ran in a speedo. While our **Alex Padden Jones** ran in a rather large aero-helmet and triathlon outfit. Because of my excellent hand eye coordination, I chose to be a tennis player... white shirt, sweat bands etc. It was the funniest 10K I have ever ran. We talked, laughed, chanted "Team USA," and managed to pass people without

snaring them in our rope. The 6.2 miles melted away. If you have never run a centipede, I would highly recommend it. At the finish I discovered that I was in 4th place in my age group by four 10ths of a second. How could that happen? Ha! The runner in front of me in my centipede was also in my age group. LOL.

Be sure to make plans for the upcoming month, because we have some awesome races and events in store for you. Bring a friend, and join us for the following events:

- **April 3 Family Picnic and Trash Pickup** at Memorial Park. Let's all be the stewards of the areas where we run, and pick up a little trash. One of our focuses this year has been to include BCRR kids more fully in our events, and the family picnic in the fall was well attended. Hope to see even more BCRR folks of all ages join in this time.
- **April 8th** is the **ART Car Ball**. Dress up in formal wear or a crazy costume, grab a cocktail and check out all of the cars, and meet their drivers. This is one of the best happy hours of the year. But, don't have too much fun, because April 9th is the trolley run.
- **April 9th** is the **Bellaire Trolley Run**. This fast flat 5K is super fun, and if you place in your age group you can be the proud owner of the much coveted Bellaire Trolley. This award is an actual miniature train trolley. The little toy requires a big effort, so run fast.
- **April 13th** is the **LP Run**. Run 33 1/3 minutes around and around the Rice track—while your teammates cheer for you and count your laps. Records are blasted from the loud speakers. The race shirts are typically hand tie-dyed by the race organizers. They are awesome. Not to mention there is usually ice cream sandwiches and lots of cookies.

*Gotta run,
Lisa*

Running with George

(Continued from page 6)

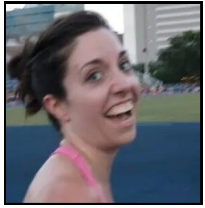
PRESIDENT!!!! Amazing!!!!!!!!!!

I was pretty stunned the whole time and could barely talk. I finally said, "So what brings you to Austin, sir?" And he said (real cool like) "Nothing special, just looking for a good tree to pee on." I almost tripped over my own feet. Then I kept my mouth shut for a long time. He didn't. He made several comments. Mostly pointing out birds and wildflowers. He knew nearly every bird and flower's name. (Who knew he was a nature fan?)

He was being so decent and polite with me, I started to feel a little guilty. I didn't vote for him; and I kinda felt like I was holding that secret unfairly. I finally said, "President Bush, sir, I gotta confess, I didn't vote for you..." "Not everyone casts a well-informed vote," he quipped. Talk about LOL! "...Uh, yes, well, now that I've met you, I see you're really very nice. Totally genuine. A real 'regular guy.' You could be any other jogger in this park." He smiled and returned, "Yep. Pretty much. Just one major difference." "What's that," I eagerly asked my new buddy. "If I give the sign this guard will snap your neck." I coughed heavily and laughed nervously.

Moments later he turned and headed out of the park. I got the vibe I was not supposed to follow. "Nice to meet you sir," I yelled to him. He waved and yelled back, "Nice to meet you son. But do me a favor. Stop disrespecting Texas' trees." And with that he was gone.

Run More, Run Free



Shelley Grahmann

**BCRR To Raffle Free
HARRA Spring Series Entries
to Fall Series Runners**



BCRR is continuing our race participation reward program. It's designed to thank our HARRA Series Runners and encourage future HARRA Series participation... a raffle of **FREE** entries to HARRA Series races!

Following the last race in the HARRA Spring Series, BCRR will raffle off a free entry to each of the Fall Series races. All BCRR members who are also HARRA members and ran at least one

Spring Series race will be eligible to enter the raffle. AND, the more races you ran, the greater your chance of winning a free race entry, because your name will be entered into the raffle for each Spring Series race you ran.

HOW IT WORKS:

Run (HARRA Series races)!! And then run some more! And then after your race, jog, recovery run, stride, mosey, or hobble over to your computer, iPad, Android phone, or electronic communication doohickey of choice, and email your name and the Spring Series races you ran (relays count) to me (sgrahmann@gmail.com) with the subject line "BCRR Raffle." Runners can send emails after each race, or wait until after the conclusion of the Houston Marathon to email their entries. Remember, for your race to be "raffle eligible" you must be a member of both BCRR and HARRA at the time of the race. The deadline to email entries is May 24, 2015 (for the first raffle). BCRR will circulate a spreadsheet of races submitted/raffle entries, and will cross-check the entries against HARRA's data. Raffle winners will be notified by BCRR with information on how to claim their free entries. Then, we'll repeat the whole shebang during the Fall Series, with a raffle of Spring Series entries (earned from your Fall series participation).

Stay tuned to the weekly BCRR email for details and reminders on the raffle submission deadline, and keep running!

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!

Get to Know Joe



Joe Lengfellner: Retired University of Kentucky basketball all-star! (In some alternate universe where the world is fair.)

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 seasoned member on the BCRR team.

Name: **Joe Lengfellner**

- Age: 52 and a 1/2
- Hometown: Louisville, Kentucky
- Years in Houston: 8
- Occupation: Communications consultant (Fancy phrase for "writer"). Specializing in content development for websites, social media campaigns, speeches, newsletters, and long answers.
- Years Running: 5
- How many miles per week do you run? Varies wildly, but around 20-30.
- How did you come to join BCRR? My brother-in-law, Bob Thompson, is a great ambassador for the club and sport. He talked me into it.
- My proudest running accomplishment is: Sticking with it! I've run a dozen 1/2 marathons, and four full marathons, but the original plan was just to do one marathon as a "bucket list" score.
- My favorite training run: Sunday long run with the club.
- My favorite race is: Half marathons. Really enjoyed the Shiner Beer Run, and the (Louisville, Ky.) Bourbon Run.
- I run because: It teaches discipline, mitigates my beer habits, you meet cool people, and it's fun!
- My life philosophy is: *Take care of the Earth. It's the only one we got.* And besides, your great grandchildren never did anything to hurt you, so don't mess up their life.
- My next goal is: Kicking ass at next year's Houston Marathon, instead of it kicking my ass (like it did this year). I'm coming for you Chevron Houston Marathon!!
- Favorite training food: Pasta and beer. Admittedly, beer may not be a "training food," but there's too much of it in my diet not to be part of my game plan.
- When I'm running I think about: Zoning out! Running is "me time," and I just like to de-stress. Chat up my running buddies, and enjoy the sunrise.
- The best running advice I could give would be: Run for fun. Everything else is just icing on the cake.
- The top thing on my dream list is: Spending a few days on the space station, but that might be a long shot. I also dream of living a zero-footprint home and life.
- Other hobbies besides running: Writing, astronomy, birding, cooking, gardening, hiking/camping, travel, and all things to do with sustainability and living a low-impact lifestyle.
- The most profound thing that has ever happened to me is: That I'm still alive! So many near-death experiences it's crazy. Run with me sometime and I'll share some "fun" stories!

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!

Racing Incognito (Continued from page 1)

The race will fill up earlier, because runners will know they can transfer to someone else if they get injured. Runners who cannot originally get into the race will have an avenue to legitimately gain entrance and run the race. Instead of punishing runners who really want to run the race, race

organizers would foster good will in the running community by solving this bib transfer issue. It seems simple enough. The whole affair moves from a lose-lose, to a win-win!

Alex 5K Wrap-up



Christina Jones

Thanks to your generosity with volunteering your time and talents, we were able to donate a significant portion of the proceeds to three meaningful Autism support networks. \$5000 was donated to the Avondale House. The Avondale House consists of a day school program, adult day habilitation program and residential group home services designed to nurture individuals on the spectrum throughout the course of their lives, while helping them reach their fullest potential.



\$2000 was donated to the Westview School. The Westview School is the only school in the Houston area designed to serve high-functioning children on the autism spectrum. The school focuses on both academics and social communication to help transition these individuals into successful members of the community. \$1700 was donated to Autism Speaks. Autism Speaks is the world's leading autism science and advocacy organization. This organization focuses not only on research, but also provides support for those individuals caring for loved ones with Autism. Special thanks to *race director Lara Allen* for her invaluable management; and a big thank you to all the other volunteers and race participants for helping support such a meaningful cause to the *Bayou City Road Runners*.



Left: Alex 5K Race Director extraordinaire, **Lara Allen**, stealing a quick minute to relax. Above: Award plaques featuring hand painted designs from students at Avondale House.

My Brush with Fame—Running with George*

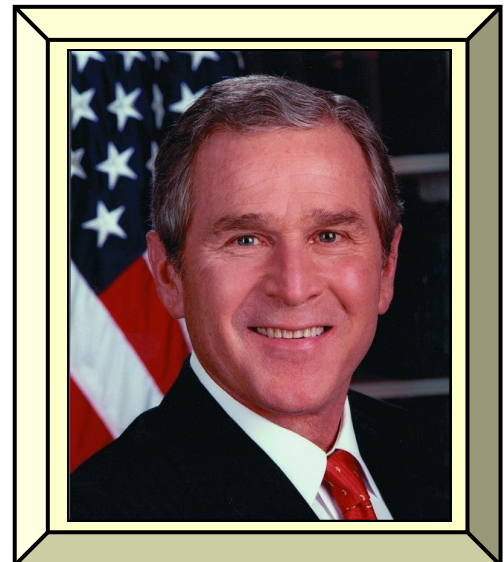


Joe Lengfeller

Whenever I'm in Austin for more than a day, I like to get up early and run around Lady Bird Lake, but WOW! was I surprised running the lake last Wednesday. I was running late (no pun intended) and raced out of my hotel before realizing I had to pee. I found a dark, secluded spot behind a tree right next to the running trail and did my business. When I popped out, BOOM! right there was President George W Bush running right past me. **OMG!!!** Actually, "OMG!" doesn't begin to express my shock.

I kind of freaked out, especially when I saw his REALLY BIG body guard. (Side note: He runs with just one guard!?) I apologized and explained I was not trying to surprise him—I just happened to be there. I didn't tell him *why* I was behind that tree, but I think the Secret Service agent figured it out. He barely gave me the once over. Later the agent would claim he knew I was there all along and determined I was no threat. (Not sure I buy that. It was still fairly dark outside.)

I asked the President if he minded if I join him on his run, and he said "It's fine with me, if it's fine with him" gesturing to the Secret Service agent. The agent just kind of grunted and shrugged, and that was that. I WAS JOGGING WITH THE



The man himself, President George W Bush, was reportedly jogging at Lady Bird Lake in Austin (and being VERY polite to all us goofy tourists snapping pictures).

(Continued on page 3)

Award Winners



BCRR has a large number of very good runners. It seems like every time you turn around, another member is winning another award. This month was especially good for showing our members' talent.

Left: On March 7, **Joe Conway** won the bronze medal for his performance in the 800 meters race at the *USA Track & Field Masters Indoor Championship*. This national competition was held in Albuquerque N.M.

On March 19, **Allyson Serrao's** incredible speed won her the 10K Grand Masters State Championship at the *Bayou City Classic*. At that same event, several BCRR members won special recognition for their creative team of superheroes. (Shown below) **Sally Hall, Michelle Wolpert, Deborah Touchy, Ron Morgan, Lara Allen, and Kathy Mahon**, were looking super at the *Bayou City Classic* in their superheroes themed centipede costumes.



Left: In addition to the super participants above, **Lisa Thompson** was also at the *Bayou City Classic*. Lisa, running as part of the "Team USA" centipede, managed to run away with the 3rd Place trophy for her age group. Congratulations to all the BCRR members that participated in this event. You're all super!

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
4/1	Houston, TX	April Fool's Day Newsletter ¹
4/3	Houston, TX (Memorial Park, Picnic loop)	BCRR Family Picnic & Trash Pick-up**
4/6	Houston, TX (Rice campus, Valhalla)	Alumni Night (First Wednesday every month)
4/9	Bellaire, TX	Trolley Run 5K*
4/13	Houston, TX (Rice campus track)	LP Run (33 1/3 minutes)*
4/21	Houston, TX (Memorial Park, Hiking trail)	Tour de Bayou
4/22	Everywhere	Earth Day (Houston celebration 4/16)
5/14	Houston, TX (TC Jester Park)	Bayou Bash Relay* **

*Official HARRA race series event.

**BCRR seeking volunteers



BAYOU CITY ROAD RUNNERS
P O BOX 66196
HOUSTON TX 77266-0196

