



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

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## *We don't always run. Sometimes we walk. ¡Viva Santiago!*



David Gaskin

Lao-tzu travelled from China to India to teach the Buddha. Gulliver set sail on a voyage to the East Indies, but got tied up in Lilliput. Charles Darwin travelled the southern hemisphere on a beagle (actually a ship, the HMS Beagle). **Terry Fanning's** been busy doing some journeying of his own. During April and May of this year, Terry was trekking European backroads, sampling the local beers, peering into ancient castles, and documenting his journey along the way.

He completed the *Camino de Santiago* - or the "Way of Saint James" - which is an historic pilgrimage that memorializes the journey of St. Francis to the shrine of the Apostle James the Elder in Santiago, Spain. Pilgrims from all over the world start out in cities and towns across Western Europe and complete a quite arduous hike towards their common destination, the Cathedral de Santiago in Spain. People have been making this pilgrimage since the 9th century.

Terry, as we all know, is a dedicated Road-Runner and not someone to shy away from a physical or mental challenge. But why did Terry choose this adventure? "My sister recently lost her son and was looking for way to deal with that", Terry told us, which is how he became inspired to make the five and half week, 485 mile trek - partly to honor his nephew. Specifically, Terry took the route originating from northwest France, or the Camino Frances. It starts at St. Jean Pied-du-Port and proceeds westward across northern Spain until you get to Santiago.



Photo credit: Terry Fanning

*Terry Fanning at the dawn of an epic journey, the Camino de Santiago ("Way of Saint James").*

Many people are drawn to "the Camino" for deeply personal reasons - the death of a loved one, or to mark a

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**Word from the Bird**

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**Member Database**

Has your contact info changed?  
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# From the President

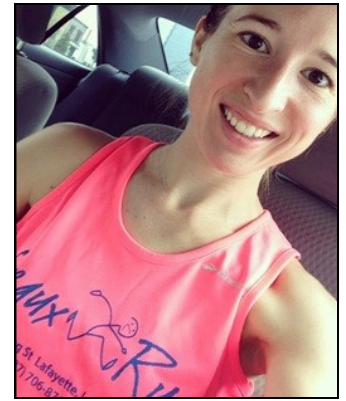


Photo credit: Christina Jones

**Hello BCRR!**

I wanted to take a moment to thank you all for placing your trust in me as the next BCRR president. I'm looking forward to the new adventures, events, and races in the year ahead. This is my 4<sup>th</sup> year on the board, and I'm excited to play a larger role in increasing the involvement and presence BCRR has in the Houston running community. I'd like to take a moment to introduce the rest of board, as they play an integral role in the success of the club. **David Piper, Sarah Diez, &**

**Neeraj Rohilla** are returning for "round two." David and Sarah were both promoted to officer positions, with David playing a large role in keeping me running in the right direction as *Vice President*. Sarah will be keeping the club organized as *Secretary* – side note – board meeting minutes are available on



Photo credit: Joe Lengfellner

BCRR 2018-2019 board: (L-R): Mike Mangan, Neeraj Rohilla, Christina Jones, David Piper, Peter Griffiths, Sarah Diez, David Gaskin, and Mirka Jalovcová.

the club website if you want to know the inner workings of how we stay running. Neeraj is spear heading the strong Members at Large crew, welcoming new to the board – **David Gaskin, Mirka Jalovcová, and Mike Mangan**. David G. and Mirka are staple members of our *Mellow Monday* run and bring a fresh perspective to the board. Mike is

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**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 [thatsjoesmail@yahoo.com](mailto:thatsjoesmail@yahoo.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 [p\\_griffiths@bellsouth.net](mailto:p_griffiths@bellsouth.net).



**Terry's Camino**

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life event, or for some, to ease PTSD symptoms. It can be a very introspective journey of the heart. "What I found was that there are lots of people there for different reasons." Terry says, "Everyone has their own Camino." Funny how a nice little walk can be a good therapy. Then again, some jokers are just out there for the fun. "Some people had a good time with it; I saw a couple of people dressed up as monks," says Terry. Points for originality?

On an excursion the length of this, your personal provisions are meager. Terry carried a small backpack with one extra day of clothes and his toiletries. There were enough Machinas Dineros along the way to access cash when he needed it and the accommodations catering to the pilgrims were never expensive anyway. Lots of friendly people to help you get through the day-to-day.



Photo: Fanning

There are designated places to stay on the way each evening, in the form of special hostels or albergues (al-bur-gees) at about eight to ten euros. There, pilgrims can kick their dusty boots up over a cerveza, wash their Fruit-of-the-Looms, then bunk for the night (a few



Photo: Fanning



Photo credit: Terry Fanning

Terry Fanning visited countless houses of worship on his nearly 500-mile pilgrimage, and often took time out to represent for Alex's 5K.

even have their own small bar). But bring your official Camino stamp-card, because they don't take American Express. You're expected to be out beating the trail again by 8 am. Comfort is so overrated.

Did he ever get lost on the way you ask? "When I approached Burgos (one of the larger cities on the route), there were two options into the city, and I didn't catch the right option," Terry confessed. "I made a mistake because

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**Word from the Prez**

(Continued from page 2)

boasting himself as the "Old Guys" representative – bring a plethora of knowledge and experience to the starting line. **Peter Griffiths** is returning for another year, of which I don't know the number, but he's got those covered as our trusty club *Treasurer*. He has kept the books running straight for several years now. With this A-Corral Team, I have full confidence that BCRR will continue headstrong into the next year. Lastly, I would like to thank our past *President*, **Andrew Young**, for his dedicated service the past two years – he's left it in great hands!

Please reach out to me if you have comments, feedback, or suggestions to keep BCRR running as the greatest club in Houston.

Keep Running Strong!  
Christina

## Get to Know Jenna

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.

Name: **Jenna Lockhart**

- Age: 25
- Hometown: Houston, Washington, D.C., all over! (Military parents)
- Years in Houston: 6 months
- Occupation: Healthcare Administration
- Years Running: Leisurely all throughout high school and college. Then in the last two years, I have trained for races and joined the marathon lifestyle.
- How many miles per week do you run? When I'm not training, I try to run over 20 miles per week.
- How did you come to join BCRR? When searching through the endless running groups in Houston, I found that BCRR has a great balance of group runs and camaraderie/socializing.
- My proudest running accomplishment is: Finishing Boston (2018).
- My favorite training run is: Tempo
- My favorite race is: Half marathon
- My best distance is: 26.2
- I run because: I am addicted to the mental challenge and I am much kinder/more patient person as a result.
- My next goal is: PR in a half marathon this fall.
- Favorite training food: Post long run—eggs and bacon brunch.
- The best running advice I could give would be: *Get yourself over the 3 mile hump. Everything from there gets better.*
- I would love to spend the day with: Kate Middleton.



*Photo credit: Jenna Lockhart*

*Jenna Lockhart boating on the Potomac river in Virginia with her fiancé Doug Murphy.*

**NOTE:** Runner profiles are always welcome. We encourage you to send in a profile (to [ThatsJoesMail@yahoo.com](mailto:ThatsJoesMail@yahoo.com)) and YOU too can be featured in our newsletter!



## Get to Know Doug

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.



Photo credit: Jenna Lockhart

Doug Murphy out to dinner in Austin with his fiancée Jenna Lockhart.

Name: **Doug Murphy**

- Age: 27
- Hometown: Denver, CO
- Years in Houston: One
- Occupation: Tax Attorney
- Years Running: Four
- How many miles per week do you run? I aim for zero. Sometimes 6.77, if I join a Wednesday Rice Run.
- How did you come to join BCRR? Seems like a fun crowd!
- My proudest running accomplishment is: Finishing my first marathon (Austin) without training.
- My favorite race is: To the dinner table.
- My best distance is: 26.2
- My next goal is: Ironman 70.3 in October
- When I'm running I think about: "Don't stop. Don't stop. Don't stop."
- The best running advice I could give would be: *Be careful dating a pace freak.*
- Other hobbies beside running: Swimming and biking.
- I would love to spend the day with: my new fiancé, Jenna.
- The most embarrassing thing that has happened to me is: Picking out and buying

my royal blue Honda Fitt.

- The most profound thing that has happened in my life: Adopting my dog, Sammy (who turned out to have an enormous under bite).





### Terry's Camino *(Continued from page 3)*

I was alone, so I went by the airport and had to walk along the highway where cars were zipping by one after the other; trucks on the side of the road and people were dumping stuff right there on the highway. When I got to Burgos, I told the other pilgrims, 'Oh man that sucked,' to which they replied, 'You took the wrong road, we had a nice beautiful walk along the river.'



Photo: Fanning

This thing is steeped in history. Pilgrims on the Camino Frances pass through Ponferrada in Spain. There lies a castle, Le Castillo de Los Templarios, a fortification of immense (try 172,000 square feet) size and by its name, the Castle of the Templars. Yes, those wild and crazy Knights Templar - guardians of the Middle Age route to the holy lands. Legend even has it that the great Jacques de Molay, Grand Master of the Templars, travelled the same route through France taken by our good Sir Terry.

There is La Cruz de Ferro, a huge iron cross located between the towns of Foncebadón and Manjarín in the final third of the trek. Legend says that when the Cathedral de Santiago was being built, pilgrims were asked to contribute by bringing a stone. The tradition is to throw a stone here, brought from the place of origin of the pilgrim, symbolizing what the pilgrim wants to leave behind and preparing for rebirth on the last part of the Camino.

From grandeur to the quaint.

*(Continued on page 7)*



Photo: Fanning



Photo: Fanning



Photo: Fanning

*Wind and rain, sun and snow, Terry Fanning marched on through it all on his odyssey tracing the nearly 1,000-year old pilgrimage that memorializes the journey of St. Francis to the shrine of the Apostle James the Elder in Santiago, Spain.*



### Terry's Camino (Continued from page 6)

An endearing aspect of this journey through pastoral Europe are the simple things you observe that relate how the locals work and play. "The locals all along the way were friendly, and they would say 'Buen Camino,'" Terry said. There is graffiti and carvings on some of the structures that go back 200 years, frequently offering praise or encouraging the pilgrims. His pictures show the many family farms he encountered, several with open doors and family working in the fields. The beauty of these small places along the route was incredible, ...and it was "impossible for the camera to capture it," Terry added.



Photo: Fanning



Photo: Fanning

*The Camino de Santiago is marked with signs new and modern, as well as signs as old as the pilgrimage itself.*

for a much deserved R&R.

If you followed his progress on Facebook, you noticed that Terry snapped some really stunning pictures along the way.

By the numbers, it took Terry 38 days to complete the 485 mile trek (36 days walking and 2 days resting), averaging about 20 km per day. "I recommend you go alone", Terry advises, because that allows you be more receptive and strive to get to know your fellow pilgrims. Half of the wonder in the Camino is the people you meet and the experiences you share among them. "No matter what country you're in, we're more alike than we are different". We all agree Terry.

When he arrived in Santiago marking his completion of the Camino, he attended a Pilgrim's Mass at the Cathedral Santiago de Compostela. This is like graduation in an amazing 13th century Baroque cathedral and sitting in front of a 40-foot high altar of gold. Terry continued on to the city of Fisterra on the coast, and then took a bus to Madrid



Photo credit: Terry Fanning

*Each person takes away something different from the nearly 500-mile "Camino" but one thing is near universal, the journey ends with sore feet, a cold beer, and an amazing story.*

### BCRR Shirts

STILL AVAILABLE! The club has BCRR branded singlets, T-shirts, and long sleeve BCRR tech shirts available for sale. These groovy grape shirts will keep you looking good and feeling cool, while you show that you're part of the best running team in town! Prices are just \$10 for singlets and T-shirts, and the long sleeve version (shown here) is just \$15. See any board member for details.



**Singlets! T-Shirts! Sleeves!**



## Events



Christina Jones

### Scrabble Run

On a warm Monday evening in Memorial Park, BCRR gathered for its weekly... board game night... wait... WHAT?!?! Thanks to **Susan Cita**, a tumultuous game of Scrabble ensued. Board members scattered themselves around the Memorial Park Loop, while runners journeyed from member-to-member gathering letters along the way. At the Picnic Loop, the strategy emerged as runners jockeyed for turns to place down the winning word. As points were counted, suspense filled the air until the winning word was announced. "SNEEZED" by **Margie McCarthy** took the win of the Scrabble Run. Stay tuned for future Mellow Monday *Funday* events!



*Clockwise from top: About 20 BCRR members gathered at Memorial Park to jog the loop, meet the new board members, and try their luck at single-word Scrabble. Kyle Crop plays the hand he was dealt and hopes for the best. Lisa Thompson and Sarah Austin pause their jog around the park to grab a random Scrabble tile.*



## CALENDAR OF EVENTS

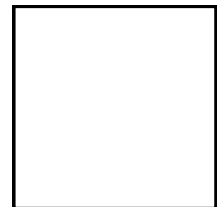
<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
<b>Mondays</b>	Memorial Park	Every Monday evening a jog followed by a social gathering
<b>Wednesdays</b>	Rice University	Every Wednesday evening a jog then a social gathering
<b>Fridays</b>	Various Happy Hour haunts	Every Friday evening a happy hour. Info at <a href="http://www.bcurr.org">www.bcurr.org</a>
<b>Sundays</b>	Memorial Park	Every Sunday morning a long jog (with water breaks)
<b>9/29</b>	Stude Park	Tornados Cross Country Relay*
<b>10/7</b>	Clear Lake, TX	Space City 10 Miler*
<b>10/28</b>	Sam Houston Park	Houston Half Marathon*
<b>11/3</b>	MacGregor Park	Alex 5K** <i>Run to defeat Autism</i>

\*Official HARRA race series event.

\*\*BCRR club presenting/hosting



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THE BIRD IS THE WORD!  
August 2018



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