



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

BCRR MONTHLY NEWS

WWW.BCRR.ORG

August 2021

BCRR Welcomes New Board

BCRR is one of Houston's largest running (and social) clubs. Most years, membership runs more than 200 strong! However, only a small percentage of that number are brave enough to say, "I'm willing to serve on the BCRR board of directors." That level of commitment to the club is above-and-beyond, and it shows that even during these challenging times, BCRR members are good sports, community service minded, and just plain tough cookies.

The latest "tough cookies" to volunteer for the board were elected in May and officially welcomed in June for a year of service that is sure to be memorable. We salute and offer our very best wishes to the new board members and returning board members. The team kicked off their year with a team photo: (L-R) **Steve Hasson, Joel DuBois*, Christina Young*, Mirka Jalovcova*, Sheila Ramamurthy, Lisa Thompson, David Piper*, Sarah Austin*** and **Katherine Culbert**. Get to know more about these volunteers by checking out their mini-bios starting on page 8. (*Indicates returning board member.)



Photo credit: Joe Lengfellner

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Word from the Bird

August 2021
FREE

Bayou City Road Runners
P. O. Box 66196
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Vice President
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Secretary
Steve Hasson
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Treasurer
Sarah Austin
sarah.austin@utexas.edu

Members at Large:

- Joel DuBois
- Mirka Jalovcova
- David Piper
- Sheila Ramamurthy
- Christina Young

Member Database

Has your contact info changed?
Send any updates to
shasson@earthlink.net

From the President



Lisa Thomas

Sadly 2021 seems a bit like 2020 at this point. We've got the 4th wave of a pandemic and it too often seems like we're no closer to a resolution now than we were this time last year. But staying healthy both mentally and physically is super important in these unprecedented times.

The GOOD NEWS is BCRR is still here and thriving. We're holding running and social events. And we elected a new board. I'm honored to serve as president and offer my sincere thanks to all our new, and returning, board members. The new board is stepping in to help continue BCRR's traditions and carry the torch handed to us by the prior board members.

Speaking of our prior board members, they deserve a standing ovation! They performed amazingly well under crazy conditions. I tip my hat to Christina (the 3-peat board president!) and the rest of last year's board members. I've served on the board before, but never during a pandemic. I send a big Texas-sized THANK YOU to these dedicated souls: **Sarah Austin, Joel DuBois, Mirka Jalovcova, Peter Griffiths, Justyna Paczkowski, David Piper, Mike Mangan,**

(Continued on page 6)



Photo credit: Joe Lengfellner

To ensure a smooth transition the prior board members attended a joint meeting with the new board members on Tuesday, June 8, at the Modern B&B. The prior board members are: (L-R) Joel DuBois, Christina Young, Andrew Young, Mirka Jalovcova, David Piper, Sarah Austin, Peter Griffiths and (not pictured) Mike Mangan and Justyna Paczkowski.

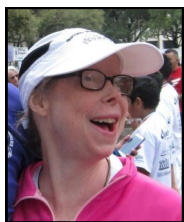
REPORT YOUR RACE RESULTS

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 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 sarah.austin@utexas.edu.

Grand time in Wyoming and Idaho



Lisa Thompson

At a Mellow Monday run we discussed taking a BCRR trip to Yellowstone and the Grand Tetons. We posted on Facebook to see if any others BCRR members wanted to join. The final group included: **Patrick Flaherty, Duy Dinh, Avi Moss, Lisa Thompson** and our friend **Joe Pueschner**. Joe's not a BCRR member, but he is the reason I got to ride in the front seat of an ambulance from Grand Tetons to Jackson with a National Parks police officer waxing poetic about how bears are the best predators, and how camp grounds are the bears grocery store, and how anything labeled bear proof is not. It was a really cool ride not for Joe but, for me. Ha, ha.

Everyone should go to Yellowstone. It is the largest national park outside of Alaska. With over two million acres of land, geyser basins, and scenic drives through valleys filled with elk and bison. We even saw a bison jam - a huge group of bison crossing the road blocking traffic. Luckily, we were in front of it. They all jumped a fence except one little one who went under. They move as fast as Avi and Duy. On all hikes they took the lead. Patrick was in the middle, sort of like Switzerland, sometimes hiking with Duy and Avi, and sometimes with Joe and I.

Day 1

- Hiked to Taggart Lake for a great sunset then drove to our Airbnb in Victor, Idaho. It was nice, but a bit far from Yellowstone. Book early if you want to stay in a Lodge. We visited three lodges, and they were all super cool.

Day 2

- Old Faithful and Upper Geyser Basin
- Grand Prismatic Spring & Midway Geyser Basin
- Hiked Fairy Falls

Day 3

- Grand Canyon of the Yellowstone
- Wildlife sightings in Hayden
- Norris Geyser Basin



We also went to a rodeo in Driggs, Idaho. I heard a lady on the plane saying there is a fun rodeo with \$1 hotdogs and burgers, and I insisted we go. It was packed, and was fun and funny. We watched barrel racing, bull riding and something where they try to rope the calves horns and feet.

We spent two days in Yellowstone. I would recommend three days. We spent two days in The Grand Tetons. Both parks were amazing, and I highly recommend them. Lots of trails to walk or run in both parks.

All photos: Lisa Thompson and Avi Moss



We Run this Town!

Summaries of the club's main weekly runs

MELLOW MONDAY—by Katherine Culbert

Mellow Monday is a great way to start your week! Definitely the least stressful run of the week. We meet at 7 PM in front of the *Memorial Park Tennis Center* for a leisurely 3-mile lap around the park. And if you're a couple minutes late, we will even wait for you (if we know you're coming).

There are a number of paces present so it is easy to find someone to run or walk with. After the casual loop, we reconvene at the *Tennis Center* before heading off for dinner. Sometimes the destination is a local restaurant, sometimes we head to the Modern B&B for a home-cooked meal.

We welcome those that run and those that don't... come enjoy dinner with us!



Some familiar faces socializing after a recent Mellow Monday run: Brian Erickson, Lisa Thompson, Joe Pueschner, David Gaskin, and Frank Dupre.

THE WEDNESDAY NIGHT RUN—by Christina Young



After the Wednesday night run everyone meets up on the patio next to Rice University's Valhalla pub to enjoy the evening and refreshments!

The BCRR Wednesday night run features a 6.5 mile loop starting at the First Christian Church, venturing around Hermann Park and the Brays Bayou, and finishing with a jaunt through Rice University. If that distance is a stretch, feel free to loop Rice or Hermann.

After the run, take the 0.1 mile trek to Valhalla (in Rice's Keck Hall building), and enjoy a cheap beer with some of the BCRR greats that have retired from running, but not from reminiscing.

Wednesday nights at Valhalla are famed to extend well into the evening and occasionally have a Birthday pizza or bar tab. We start the run promptly at 6:30 PM - so don't be late! Valhalla starts 7:30-ish...

Weekly Runs *(Continued from page 4)***THE SUNDAY LONG RUN**—by Tom Wille

The run starts at 6:30 AM sharp from the *Memorial Park Tennis Center*, and all paces are welcome. You need to arrive a few minutes early as announcements are discussed prior to the start and the run starts promptly at 6:30 AM. The run is 10 miles with many options to add, or reduce, miles if desired.

The first Sunday of the month the club runs on Buffalo Bayou from Memorial Park to Sabine Bridge on the edge of downtown and back. There are two official water stops along the way. All other Sundays the club runs through the beautiful and mostly shaded neighborhood of River Oaks. This route also includes two water stops.

If you're a new runner joining our long run for the first time, make sure to find a running buddy so you don't miss a turn and can refresh at all the water stops. To find a running buddy just raise your hand during the pre-run announcements and ask for one.

After the long run the club meets up at Whole Foods (at 701 Waugh Drive) for coffee, some breakfast, and socializing.



Photo credit: Rosie Schmandt

The last Sunday Long Run before the Houston Chevron Marathon is a very popular training run as shown in this picture from 2020. (For 2021 with COVID-19 health considerations, the club adopted enhanced safety precautions.)



Behind the Scene Heroes

Few run outings in hot and humid Houston would be possible without some serious hydration. Thankfully, BCRR has got you covered—or more accurately, *some key members of the club* have got you covered.

Very early each Sunday morning kind souls place water and Gatorade at strategically designed locations to ensure BCRR members have easy access to refreshing liquids. These angels are rarely seen since they need to be up and out there on the (volunteer) job before the rest of us even start running, but they are priceless partners in our program and deserve recognition. On behalf of all BCRR members, we are eternally grateful for your refreshing service.

We offer a sincere THANK YOU to the club's recent water station heroes:

- Clare Bensch
- Scott Bounds
- Brendon Flaherty
- Loris Fusi*
- Peter Griffiths
- June Harris
- Steve Hasson
- Avi Moss
- Justyna Paczkowski
- David Piper
- Lisa Thompson
- Tom Wille
- Jeff Wittig



*Loris is the current ring leader of the water station saints, and always welcomes new volunteers. To lend an occasional hand please reach out to her at Loris0105@Yahoo.com.

Prez letter (Continued from page 2)

Andrew Young, and Christina Young.

Super fun runs and social events continue because of selfless club members like those board members and many other volunteers, from those putting out water on Wednesdays and Sunday to People volunteering and pitching tents super early in the morning at Party in the park etc. And the fun continues this month with great events: Splash and Dash 8/11, Party in the Park 8/14, Beach Day 8/21, and more! Let's continue the tradition and keep the spirit of BCRR alive and jump in (safely) with both feet!

See you out there!
Lisa

Help Us Make It More Fun for Everyone!

Want to get more involved with YOUR club? With the retirement last year of omni-volunteer **John Phillips**, the club has some big shoes to fill. Luckily, the individual roles needed of any single volunteer are modest and require no special skill set.

Current options volunteers might consider include:

- **Water Heroes** - Water on our long runs is essential, and we're expanding our volunteers that help deliver the water. Please see article at top of page for more information.
- **Party in the Park Ambassador** (8/14 only) - Booth volunteer to pass out refreshments and smiles to runners at Memorial Park for this fun annual event.
- **Boat Shed Assistance** - During major events the club needs couriers and assistants to help out at our storage unit.
- **Other opportunities** pop up all the time. For the latest details on any of the above options, contact any [BCRR board member](#).



John Phillips, legendary volunteer.

Really Fun Relay



Joe Lengfellner

HARRA did not offer their annual Bayou Bash Relay this year. Not wanting to miss out on this fun (usually annual) event, BCRR hosted our own relay. Like the traditional Bayou Bash Relay, our relay featured 4-person teams with each person running about 2 miles. However, our teams were mixed, *very mixed*. Teams included both younger and older runners, as well as both men and women.

Our relay consisted of eight teams coming out Sunday, May 16, to Brays Bayou Park. The teams were arranged to (try to) not give any one team too much or too little speed. With such diverse team assignments, some people were paired with runners they don't normally run with.

That twist meant no one could predict which team would win. The mixed-up teams also helped encourage socializing, and it was a fun change up.

In the end, the first-place team (*pictured below left*) of **Scott Moore, Lisa Thompson, Paul Schulz** and **Loris Fusi** completed the course with an exciting come-from-behind push on the final leg to edge out the second-place team by 22 seconds. Second place honors went to the team (*pictured below right*) of **Stephen Kallus, Predrag Bojovic, Steve Hasson, Wendy Zhang** and **Scott Bounds** (*not pictured*). Complete results available at bcrr.org/bayou-bash-relay.



Like all BCRR events, this race would not be possible without the help of our volunteers. Thank you to the volunteers:

Patrick Flaherty, Valentino Julien, Joe Lengfellner, Mike Mangan, Theresa Pearsall, and Joe Sellers!

All photos: Milan Jamrich



Meet the 2021-2022 BCRR Board



Lisa Thompson,
President

- **Age:** 53
- **Hometown:** Lawrence, KS
- **Years Running:** Maybe 41... I started running in junior high track and ran track and cross country through high school then went to Rice and had some awesome running buddies we ran around Rice a lot but, did not race. I ran and rollerbladed through my 20s and 30s but, never competitively.
- **How I came to Join BCRR:** At 40 I got divorced and was stressed. A great Rice friend **Mary Katherine Campion** got me out running. She introduced me to BCRR. It was one of the finest things anyone has ever done for me. One night we may have had a little too much to drink and somehow I signed up for the Houston Marathon, I think that was 2011. MK ran me in the last 6 miles. My first Sunday long run she picked me up and when we got to the 0 mile marker **Bob Brown** and Mark Frazier where there and she told them they owed her and had to run with me. They told bad jokes the first 5 or 6 miles. Ha.

• **Favorite race:** is The Houston Marathon as we run with so many fun people and the events surrounding it are great. Close behind are Medoc in France and the Boston Marathon.

- **Favorite BCRR event:** The parties and Splash and Dash.



Katherine Culbert,
Vice-President

- **Age:** Gen X
- **Hometown:** Ballston Spa, NY
- **Years Running:** Uh, I don't really know...I do not have a runiversary like many do, I started running in middle school to get in shape for sports teams. And I go in spurts where sometimes I run for a while, then I take a break, then I get back into it. That may help to explain my snail's pace.
- **How I came to join BCRR:** I found BCRR online and started showing up at Mellow Monday because the other group I used to run with on Mondays kinda petered out...and then Lisa got ahold of me...
- **Favorite race:** San Silvestre Vallecana 10k in Madrid, Spain on New Year's Eve. And it is followed with eating 12 grapes at the stroke of midnight. Anyone up for a BCRR trip to Europe?! My runner-up is the BAA 5K on Marathon Weekend in Boston. Being that I am not a marathoner, it was so fun to be able to cross the iconic

Boston Marathon finish line, and my claim to fame is that I raced with Joan Benoit Samuelson! My favorite local race to volunteer at is the Houston Marathon...you'll find me in the last 1/2 mile cheering everyone in to the finish!

- **Favorite BCRR event:** It has to be Mellow Monday... it is an entertaining group and I have met so many great people as they cycle through. It is fun to have new people show up and to help bring them into the club!



Steve Hasson,
Secretary

- **Age:** 55
- **Hometown:** Nashville, TN
- **Years Running:** 31 years running marathons, starting with the 1991 Houston Marathon. I have run 27 Houston Marathons, with the last 24 on a streak. I have run about 50 marathons overall.
- **How I came to join BCRR:** In 1990 I started training for my first Houston Marathon with "The Not Ready For Primetime Runners," and one of my running partners was **Tim Murphy**. A few years later that group disbanded, and many of the members moved to BCRR. In 2000, Tim Murphy's wife, the soon-to-be-famous artist **April Murphy**, was the President of BCRR. I would run into Tim and April on a regular basis, and they suggested that I join BCRR for a Sunday morning run at Memorial Park, or a Wednesday run around Rice. I joined the group, as did my soon

(Continued on page 9)

Meet the Board *(Continued from page 8)*

-to-be-wife **Karen Finkelman**. I have been running Sunday mornings with BCRR ever since.

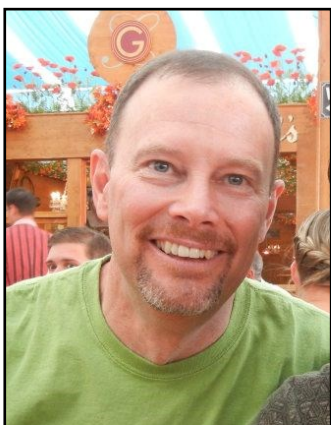
- **Favorite race:** Houston Marathon

- **Favorite BCRR event:** My favorite activity is sharing stories on Sunday runs, while we prepare for the Houston Marathon.



Sarah Austin,
Treasurer

- **Age:** 27
- **Hometown:** Friendswood, TX
- **Years Running:** 15
- **How I came to join BCRR:** I found BCRR online when searching for running clubs after moving back to Houston from college. **Kyle Crop** and I attended a Mellow Monday run and have been hooked ever since.
- **Favorite race:** Alex's 5k
- **Favorite BCRR event:** Friday Happy Hour :)



Joel DuBois,
At-Large

- **Age:** Over 21 (almost 21 for the third time)
- **Hometown:** South Bend, IN
- **Years Running:** I have run all my life, but usually during sports. Running just for running, 30 years; running marathons, 23 years.
- **How I came to join BCRR:** I was a member of another Houston running club while training for a Feb 2004 100 mile run. My training partner and I were invited by John P (he made me promise to not use his full name, but it rhymes with *Bhillips*) to help ourselves to water and Gatorade on BCRR's Sunday River Oaks route. I didn't want to mooch, so I sent a \$20 check to the club and they made me a member that year. My name was published in the BCRR newsletter as a 100-mile finisher, but I let my membership expire at the end of that year. By 2009, my prior club seemed to move most activities out to the west side, so looking for activities inside the Loop, I naturally came to BCRR. It was the best decision I could have made, as I've met so many great people in this club.
- **Favorite race:** I don't race much anymore, mainly the Houston Marathon and the two HARRA relays (Bayou Bash & Cross Country Relay).
- **Favorite BCRR event:** Bayou Bash and Valhalla



David Piper,
At-Large

- **Age:** 62
- **Hometown:** Born in Albuquerque, NM. Moved around a lot as a child as my Dad was a pilot in the Navy. I have lived in Houston since 1982 after I moved here for work.
- **Years Running:** I began running when I moved to Houston as I needed to do something to keep in shape. Four coworkers at my law firm were training for the Houston Marathon. I thought running 26.2 miles was a stupid idea, but joined them in their training runs. One Saturday after we ran 15 miles I decided I would run the marathon just for the hell of it. I haven't stopped running since other than a five year hiatus after my children were born.
- **How I came to join BCRR:** I joined BCRR after my banker **Lana Moody** told me that on Wednesday nights everyone went to Valhalla to drink cheap beer. I had lived in Houston for 25 years at that point, but had never been to Valhalla.

(Continued on page 10)

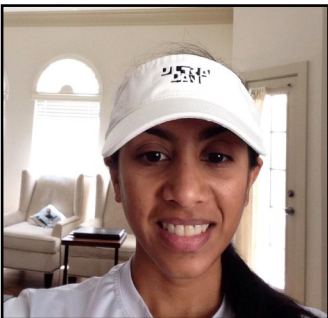
Meet the Board *(Continued from page 9)*

- **Favorite race:** *Aramco Half Marathon* with the *Army Ten Miler* a close second.
- **Favorite BCRR event:** Sunday morning long runs. I love to see everyone and catch up with what everyone is up to.



Mirka Jalovcova,
At-Large

- **Age:** 53
- **Hometown:** Aš, West Bohemia, Czech Republic
- **Years Running:** I started running as a small girl, trying all sorts of distances (cross country, track 50/60m, 300m). I continued in high school running track 400/800m with an athletic club. After high school I run just occasionally after work for pleasure.
- **How I came to join BCRR:** When I moved to Houston, I was looking for a social running club and BCRR responded first. I went to a Mellow Monday and ran with **Lisa Thompson**. She made me laugh. I felt welcomed and comfortable and - when I was breathing too heavy to talk - she constantly talked for me. And of course, I became BCRR bound.
- **Favorite race:** The Houston Marathon. I love the atmosphere, and seeing so many different types of people run (and finish). It motivates and challenges me to run more.
- **Favorite BCRR event:** The gatherings after Mellow Mondays and all the parties where I get to see those who run other days.



Sheila Ramamurthy,
At-Large

- **Age:** 37
- **Hometown:** Canton, MI
- **Years Running:** 14 years running
- **How I came to join BCRR:** I moved to Houston from Michigan after college and was trying to figure out how to meet people. I liked to run casually. One of my college friends suggested I look into running clubs. I found the BCRR website and was interested. There was a Wednesday night run that ended with beers. I came to one of the runs, drank beer at Valhalla afterwards and was instantly hooked on the club.
- **Favorite race:** The Houston Marathon (well now the half because I can't run marathons anymore)
- **Favorite BCRR event:** Dash and Splash



Christina Young,
At-Large

- **Age:** 32
- **Hometown:** Ruston, LA
- **Years Running:** ~15
- **How I came to join BCRR:** One of my coworkers, **Lauren Hannigan**, found BCRR on the internet and invited me to check it out with her. After joining, I was convinced running a marathon was a good idea! I was hooked to running and to the great members of the club!
- **Favorite race:** *Bayou Bash Relay* - it's a great way to celebrate the conclusion of a running season with all your favorite BCRR and HARRA friends!
- **Favorite BCRR event:** Wednesday runs.... But mostly Valhalla after!

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Current	All public areas	For health and safety many events canceled or virtual.
Mondays	Memorial Park Tennis Center	Mellow Monday casual run
Wednesdays	Rice University/First Christian Church	Wednesday night run
Fridays	Houston, TX	Watch for Happy Hour details in email and on Facebook
Sundays	Memorial Park Tennis Center	Sunday morning long run through River Oaks
Aug 14	Memorial Park—West of Tennis Center	Party in the Park
Sept 25	Stude Park	Tornados Cross Country Relay*
Oct 31	Sam Houston Park	Houston Half Marathon*
Nov 21	Wortham Center	HMSA Classical 25K*

*Official HARRA race series event.



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