



WORD from = the BIRD

BCRR MONTHLY NEWS

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ISSUE 37 - DECEMBER 2012

The Silver Falls Marathon & Half A Second BCRR Summer Getaway?

By Jeff Tabourne



So why did we go to a city of vegans and lumberjacks to run a trail? Was it to gamble? Hunt wild boar? Frolick naked in the forest? Simply, it was exciting to get away for the weekend to see the Northwest while enjoying great friends, having lots of laughs, experience Portland's fantastic breweries and run a spectacular race! The 3rd annual Silver Falls Marathon/Half Marathon had a little bit of everything: rain, mud, river crossings, tons of hills, incredible scenery and even a touch of nudity. The race was small and simplistic, but very well organized with the entry capped at 800 participants.

Our trip began as we arrived in Portland, Oregon and were greeted at the airport by BCRR member Tracey Reeve (a.k.a. Mr. Ironma. However, he has yet to get the tattoo) and his long-time friend Christopher Diaz. It was a short trip to downtown and as we drove we could not help but notice the wonderful fall foliage, enormous fir trees and gorgeous mountains. Perhaps it is because our retinas have Houston as a backdrop, but Portland is beautiful! It is Oregon's most populous city with approximately 3.9 million people living in the metropolitan area. It does not feel 'congested' with traffic or people. It is impeccably clean with not one stitch of litter anywhere. There are running/walking and biking trails at every turn. Let's put it to you this way, REI is not struggling. Portland has a climate of warm, dry summers and wet, cool and chilly winters with a chance of rain showers in the forecast 155 days a year making the city extremely green year-round. It is known as the 'City of Roses' because the climate is perfect for growing many types of roses. Even better yet, the city is also known for its large number of microbreweries and micro distilleries. It feels a lot like Austin with a lively downtown area surrounded by nature. We were so happy to see Tom and



COURTESY:JEFF TABOURNE

A Trail of Two Cities. (from left) Tom Wille, Sheila Ramamurthy, Christopher Diaz, Jeff Tabourne, and Bridget Kaminsky enjoying the post-race scene in Silverton, Oregon.

Sheila who were already settled into Enso, our downtown condo which the six of us rented for our stay. Our condo and accommodations were first class with a gorgeous corner view. Nice job Mr. Tracey!

On race morning, we woke up at 5 AM to quickly dress, enjoy Starbucks coffee and make our one hour drive south

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Word from the Bird

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FREE

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

From the President



COURTESY: ROSIE SCHMANDT

Happy Holidays everyone! With the craziness of the holiday season in full swing, it's a good thing we have running to maintain our sanity and our waistlines! Runners have to be, without a doubt, one of the friendliest and most giving groups of athletes. Feeling low? One of your running buddies will get you back on your feet.

Stuck on the side of the road with a flat tire? You can count on a runner to stop and give you a hand, even if you're a complete stranger. Moving? Call your running friends, they'll help you for sure! If you are looking for some ways to incorporate your love of running into holiday giving, here are a few suggestions to consider:

How many people do you know that are "running for a reason" this year? BCRR has quite a few members participating in this program. If you are already running for a charity, that's awesome! If you are not, but are planning on making a charitable donation during the holidays, whether it be to the food bank, a children's charity, or the SPCA, why not sponsor someone who is running the marathon on behalf of your favorite charity? There are so many to choose from (<http://www.chevronhoustonmarathon.com/RunForAReason>), and you, the friend you sponsor and the charity will all benefit from your generosity!

Do you have some running shoes that maybe don't fit just right or are not your favourites or are no longer your style? Confess, are you collecting a pile of running shoes in your garage? Why not repurpose them? Many of our local schools and running stores collect laundered, gently worn running shoes for kids who don't have the resources to buy new ones. Some of the really ratty old running shoes even get recycled into materials for track resurfacing!

Soles for Souls (<http://www.soles4souls.org/about/locations>) and Recycled Runners (<http://www.recycledrunners.com/shoe-donation-programs/>) are larger "Shoe Banks" who collect running shoes for national and international distribution. Check out their websites for local drop boxes. Your old shoes will find a new purpose, and you will have a good excuse to visit one of our local running stores and go shopping to fill that new hole in your shoe rack.

Volunteer at a local race. Not only does BCRR race management for the Rockets Run and Jingle Bell Run benefit our own club, but our participation also benefits the charities supported by these two large events. Did you know that proceeds raised by the Rocket Run this year went to support the Houston USO, which assists the 8,000 Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen and their families stationed in Greater Houston? The Annual YMCA Jingle Bell Run raises funds to extend and expand programs for local kids and families at Tellepsen Family Downtown YMCA. Countless other smaller local races can always use and often need the help of experienced runners to help with the organization of runs benefitting churches, schools and other charities. Lend a hand! You'll feel great and you might just pass on your running bug to some newbies!

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.

Viva Italia! Part One



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

We arrived in Florence after a very long day. We left Dubai at 12:45 AM Friday, arriving at Charles De Gaulle Airport at 5:50 AM local time. After an 8 hour layover we boarded our plane to Florence, only to be told there were technical difficulties (a door wouldn't close properly) and we would need to switch to another plane. This took a bit more than an hour, as they had to fuel & prep the new plane, and put us on a bus that drove around Paris for a while before it dropped us off at the new plane. While this delay was a slight inconvenience, it was much preferred to a cancellation or worse (I always prefer my planes to land wheels down, that's just the way I roll).

Once we landed at the Florence airport, our vacation began in earnest. A short taxi ride to the hotel, arriving about 6pm, and we were ready to par-teeeee (or sleep, we'd been up for a long time). The hotel was very nice. You never know what you are going to get when you book online, but the room was a nice size, obviously fairly recently updated and the staff were very friendly. Our room overlooked the Arno River and the Ponte Vecchio (bridge over the Arno with many gold & silver shops and very active with the young local people on weekends, one singing and playing guitar and many others enjoying his music). We went out for a walk to scope out the neighborhood and found we were very central to many of the sights of Firenze. Temps were very nice, much nicer than we've experienced in Dubai since probably March. We were off to bed without setting any alarms.

Roughly 10 hours later, we awoke, ready for breakfast and a day of sight-seeing. Breakfast was included in the room rate, and was a fantastic spread. Eggs, bacon, sausages, pancakes, an assortment of breads and pastries, yogurt, cereals, juices, fruits. We had our fill and headed out to see the city. Our first stop was the Duomo, which includes climbing up 463 steps to get to the top and fantastic views of the city. Very tight steps and turns, much of it was circular stairs. My running came in handy as there were a few landings where people rested and some of them looked a bit ragged. Neither Sharon nor I had any trouble getting to the top, but it took a toll on us as well, along with all the walking we did throughout the day(s), allowing us to sleep well every night. After the Duomo, we headed to the Galleria del Academia to see the David, but lines were long so we headed back to the hotel to enlist the help of the

staff. Unfortunately, we arrived at the hotel desk minutes after the Museum ticket office closes on Saturdays, so their suggestion was to be in the line around lunch time. We had also wanted tickets to the Galleria degli Uffizi, and were told being there when they opened at 8:30 on Sunday morning should be pretty good. We had a plan for Sunday, but needed more to do Saturday, so headed to Piazza Michelangelo, where a bronze copy of David was a main attraction, along with more stunning views of Firenze. Of course, this meant more steps to climb. From there to the Basilica di San Miniato al Monte (more fantastic views of Florence), then to Piazza Pitti. From Pitti, we headed to Basilica San Spirito and quickly found a craft brew pub nearby (Sharon had read about it on Trip Advisor) and enjoyed a few beers. This was tough for me, but I managed to find a Bock I was able to appreciate.

The next morning after a quick breakfast, we were in



COURTESY: JOEL DUBOIS

Grand Gondola. Joel and Sharon enjoy a ride under the Rialto Bridge on the Grand Canal in Venice.

line at the Uffizi when two American ladies walked up and asked if anyone wanted two tickets, they had reserved four, but two in their party decided not to come. We jumped at the chance and purchased our tickets with them from the box office, using their reservation. Into the Uffizi we went. We saw some fantastic art, including two Michelangelo's (a 3rd was in transit to a new location in the Galleria). We spent about three hours here, then headed off to see the David at the Galleria dell' Academia. We waited in line for about 30 minutes, but it was well worth it. We first headed to a small hall that housed musical instruments, some were pretty interesting,

but the Stradivarius was the one we both appreciated the most. After walking through several other halls with paintings and sculptures, we turned the corner and were looking at the David. It truly was a sight to see. I think we spent a good 45 minutes viewing it from all angles and reading the various signs about it. As we were leaving the museum, there was another interesting copy of David, painted in various pastel colors, not quite what we had become accustomed to seeing, but as I said, very interesting.

From there, we headed to Basilica di Santa Croce, an amazing structure built circa 1294 that contains the remains of Galileo & Michelangelo, among others and monuments to Dante' and others. Leaving Santa Croce, we walked through the Piazza della Signoria, which holds many statues, including a copy of the David. The worst part of this Piazza were the birds and bird droppings) on all the statues. It was getting dark, so we grabbed a bite and found our way back to the craft brew pub for a few more Bocks.

(continued on page 7)

Member Profile: Elizabeth Frost

Name: Elizabeth Frost

Birthday: Oct. 21, 1988

Years running: 10

Occupation: Graduate student at UT School of Public Health

How many miles a week do you run? 40-50

How did you come to join Bayou City? The Wednesday runs and socials seemed like such a great way to meet people, so I joined.

My proudest running accomplishment is: Running with the Trinity University cross-country team at Division III NCAA Nationals.

My favorite training run is: Running on the beach near my house in Dublin, Ireland.

My favorite race is: The Santa Run in Dublin, Ireland. We all dressed up in Santa suits and Santa beards and raced on the beach.

My best distance is: 5k

I run because: I'm addicted to running!

My life philosophy is: Let go and see where life takes you.

My next goal is: To run a half marathon.

Favorite training food: Fruits and veggies.

When I'm running I think about: Everything and anything.

The best running advice I could give would be: It doesn't matter how fast or how many miles you run, as long



COURTESY: ELIZABETH FROST

A Postcard of a Run. Elizabeth's favorite run is on the beach in Dublin, and her advice is to always find the run in your run.

you have fun.

People would be surprised if they knew: I danced ballet for 13 years and choreographed two dance pieces of my own.

The top thing on my dream list is: To see the Northern Lights.

If I could have been anything, besides my current occupation it would be: A travel writer for Lonely Planet Guidebooks.

Other hobbies besides running: Traveling, walking my dog, dancing

I would love to spend the day with: Anyone who has interesting life stories to tell.

The most embarrassing thing that has happened to me is: I can't say what it is, it's still too embarrassing.

The most profound thing that has happened in my life: I ended up working at a homeless shelter in Dublin, Ireland.

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The Silver Falls Marathon & Half

(continued from page 1)

to Silver Falls in Silverton, Oregon.

Tracey had boasted to us what a beautiful place this was and we were not disappointed. Silver Falls was spectacular! He said, "This course is perhaps one of the most scenic and beautiful on the west coast, but difficult and challenging." For the half marathon, the minimum elevation is 954 feet and the maximum elevation is 1582 feet. For the marathon, the minimum elevation is 954 feet and the maximum is 2300 feet – that's $\frac{3}{4}$ of a mile. Although we were aware of the elevation changes of the trail, we stayed oblivious to what awaited us and began at the south falls area trying to stay warm with hot coffee being served while standing huddled together by the large outdoor fireplace. Tracey was our lone marathoner for the day and began his race at 8:30 AM. The rest of us began the half marathon at 9:00 AM except for Jeff, who was suffering from a severe back sprain.

The first 1.1 miles of the course was on a scenic paved road that lead to the trails allowing runners to spread out. There were amazing views, enormous 150+ foot fir trees and several bridge crossings. But what made this such a picturesque course were the numerous waterfalls. Runners pass under and around several very large waterfalls with the largest being 174 feet tall. It was truly amazing! The trail was marked with flour arrows. It was slippery and muddy but beautifully covered with huge, wet yellow-orange fallen leaves, small and large river stones, sticks and one dead snake. It was wide enough for two people to run side by side or it narrowed down to single file. You could hear the sound of the water rushing down the river from the falls as you ran or you could hear your own footsteps breaking the peaceful quiet of the huge fir trees that stood all around you. At the 10 mile mark, each runner was greeted by a large man wearing a Viking hat and a tutu passing out cups of beer and yelling, "Keep going! You are



COURTESY: JEFF TABOURNE

This is Why We Came to Portland. (from left), Bridget, Jeff, Sheila, Tracey, and Tom paint the town purple.

doing great!" Male runners were 'flashed' by three women who stood next to the large Viking man.

We all did very well for the day with our finishing times as follows: Tom 1:48 (awesome and fast!), Christopher 2:07 (awesome!), Sheila 2:11 (awesome!), Bridget 2:49 (slow, but many photo stops and assisted a runner with a sprained ankle), Jeff 2:49 (don't check the video because everyone is a finisher at Silver Falls), and Tracey (quoted "it was a fun and challenging way to finish off my third marathon in as many weeks") with a time of 4:51. Yes, it is true. Tracey had run back to back marathons in the same weekend in mid-October. In addition, Christopher had completed his first marathon just weeks prior and Bridget had completed her first half marathon just a week prior. We were proud to finish with our personal cheerleader Jeff who walked out to the 10 mile marker to cheer us on and he also met us each at the finish where we were presented our silver engraved bottle cap opener medals!

Our post-race activities included college football, food and beer. The bars were jammed with Oregon Duck fans but we managed to find the LSU and Boise State games. We were happy to be race finishers drinking great beer while viewing on a large plasma screen. Unfortunately, Alabama had the last laugh with LSU, and Boise State finished poorly as well. We took our teams' losses in stride as we strolled down to the next establishment. We quickly found a game of ping pong, more beer and enjoyed the world's best cheese fries for our late night munchies. We highly recommend a trip to Portland to anyone who wants a new and exciting challenge. See you next year in Silver Falls!

(Bridget Kaminsky, Tom Wille, Sheila Ramamurthy, and Tracey Reeve contributed to this story)



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Word from the Bird Dog (Cat): Corky

Name: Corky

Age: 4

Breed: Siamese Street Mix

Owners: Surely you jest? My staff are April and Tim Murphy.

Years running: 4 years

How many miles a week do you run? I am a sprinter, usually late in the evening across the beds or down the stairs to the studio when it's chow time.

How did you come to join Bayou City? It was part of the deal when they picked my flea-bitten self off the streets a few years ago.

My proudest running accomplishment is: Playing with my 75 shiny marathon medals that hang in the studio above my kitteh condo. They make fun sounds when I bat at them. Yeah, those are mine! They are hanging within reach, so that makes them mine.

My favorite training run is: I love to rocket up and down the stairs threading through my staff's legs.

My best distance is: Third floor perch to the food bowl on the first floor.

I run: anytime there is a can being opened somewhere.

My life philosophy is: Meh....

My next goal is: Goals? What are those?

Favorite training food: Macaroni and Cheese residue in my staff's bowl :-P

When I'm running I think about: Eating, sleeping or swatting the dog.

When I'm not running I think about: Eating, sleeping or swatting the dog.

The best running advice I could give would be: Get adequate rest. 18 hrs a day, if possible (and on computer keyboards when possible).

People would be surprised if they knew: I watch TV. Madmen is one of my favorite shows.

The top thing on my dream list is: To catch the red dot.

If I could have be any other breed it would be: Nope, I am just purrfect the way I am.

Other hobbies besides running: Playing with bugs, sitting in boxes, getting head kisses.

I would love to spend the day with: Simon the Cat. Look him up on Facebook. He's funny and does all kind of cool stuff.

The most embarrassing thing that has happened to me is: One day I saw some very cool shiny things in a shelving unit that I needed. So from the table, I made a giant leap towards my treasure, but there were glass doors on the shelves! Gah, it made a terrible sound, my head against the glass and scared everyone in the room. But of course I righted myself and acted like I meant to do that. No one was the wiser.


The most profound thing that has happened in my life: Wandering into the midst of a Christmas party a few years ago. Everyone at the party was quite enamored with me but when one woman picked me up and held me close, I did my very best purr-job and I knew I had struck gold.



COURTESY: APRIL MURPHY

Not Another Dog. There are always new things coming into Mom's studio, but Corky remains curiously unimpressed.


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Viva Italia! Part One

(continued from page 3)

On to Venice! We were up the next morning and off to the train station, heading to Venice. Trains in Europe appear to be the way to travel. We had purchased our tickets online, so just had to show up and get on the train, no baggage check, security lines, etc. We arrived in Venice and walked out of the train station, got on a water bus that took us to within about 3 blocks of our hotel, eventually. We found out later we had gotten on the boat going in the wrong direction, so it took us longer and we needed to switch boats, but we finally arrived at the proper stop, very close to the Rialto Bridge. Do not expect the waterbus folks to be too helpful. We checked in, dropped our bags and were off to see what was near and grab a pizza and beer.

The next morning we had a smaller breakfast (also included, just a smaller hotel and smaller selection of foods but still included eggs, bacon, toast, cereal and a few fruits & juices). Then we were off to see Piazza San Marco. While there, we were approached and offered a free boat ride to/from Murano, along with a tour of a glass blowing factory. The free trips are offered to get you to a single shop, hoping you will buy. As it turns out, Sharon did get a beautiful piece (bowl?) and a couple of necklaces. The boat ride over went through canals before getting to open water. Watching the glass-blowing demonstration was very interesting! The way they color the glass was amazing. Upon our return to St Mark's Square, we returned to the



COURTESY: JOEL DUBOIS

They Sell Coats in Dubai? Our foreign correspondents Joel and Sharon taking in the sights from one of Venice's many bridges.

hotel to drop off our bounty. We walked a bit more then waited to be joined by our first added traveller. We had provided him with better instructions on getting to the hotel from the train station, so it took him much less time. He was hungry, so we found a place for dinner (and drinks).

Up the next morning and decided not to visit any museums, but went back to Piazza San Marco and went through the church and then paid to go to the top of the tower, via elevator, not stairs. There were some fantastic views of Venice and the Grand Canal. After this, we just set out to walk more of the city and truly think we saw most of it. We saw many churches, Venetian glass shops, fish markets. You name it, I think we saw it. Dinner that night was at a mom and pop restaurant we had walked by, the worst mistake of the trip. "Mom" was the waitress, and couldn't get anything right. We ordered rosso vino (red wine) and got blanco (white), then when we corrected her she tried to pour it to prove it was white. She spoke very broken English, probably worse than our Italian at this point of the trip. The food she originally brought out was not what we had ordered, so we had to explain what we wanted. It took forever, but we finally got our orders (or close enough), and the food was lackluster at best. Here we thought we had chosen a local spot, rather than one of the tourist spots on the Grand Canal or other touristy area, and all of us ended up somewhat disappointed.

The next morning we took a Gondola ride. The gondolier did not sing to us, but he did point out homes where Marco Polo and Casanova lived (different homes) as we floated by them. It was interesting to see the gondolier steer this long boat, and it barely made it under some of the bridges, not sure it would in high-tide situations. Shortly after the Gondola ride, we were back on a water bus to the train station, heading to Rome.

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BCRR Results from the Road



By Roger Redding

Mighty Mud Dash, October 20

Valerie Belcher, 51:37 (3rd AG),
Tamara Salazar, 1:14:44

West U Halloween Dash 5K, October 12

David Harrison 34:21, Don Brenner 25:26 (2nd AG), Hardeep Thind 20:44, Surena Matin 19:28 (2nd AG)

Run for Wellness 5K, October 21

Victor Aguirre 21:40

Silverlake Sprint Triathlon, October 21

Adam Johnson 2:55:22 (4th AG)

Defeat Breast Cancer 10K, October 27

Larry Cullen 1:13:03 (3rd AG)

Great Pumpkin Run, October 27

Alonso Vargas 18:45 (2nd AG), Susan Cita 57:49, Graciela Nogueras 37:31, Valerie Larremore 42:12, Anna Vargas 32:02, Rhonda Emerson 24:37 (1st AG), Marcia Tysseling 57:47, Joe Conway 17:25 (1st AG), Andy Pace 18:41, (2nd AG), Carol Schmidt 1:00:09

Huntsville Half, October 27

Larry Lindeen 1:58:19 (1st AG), Paul Cooley 1:43:19 (1st AG)

Huntsville 5K, October 27

Clark Courtright 25:51 (1st AG), Al Salinas 29:01 (2nd AG)

Monster Mash 5K, October 27

Edward Aviles 18:22 (2nd Open), Stuart Muirhead 21:59 (1st AG)

PARC Monster Dash, October 27

5K: Alfonso Torres 23:39 (4th AG) 10K: Allison Dempsey 1:08:25, Trica Hernandez 44:51 (1st AG)

Firethorne Triathlon, October 28

Jill Devay 1:38:45 (1st AG), Trey Stone 1:18:34 (4th AG)

Houston Half Marathon, October 28

Jose Rivero 1:13:59 (1st AG), Bruce Levy 1:50:37, Blanca Avery 1:53:54, Tom Stilwell 1:25:24, June Harris 2:19:47, Thomas Hebert 1:52:08, Lisa Fletcher 1:41:23, Avi Moss 1:35:20, Simon Brabo 1:44:02, Rich Siemens 1:47:49, (1st AG), Suzy Seeley 1:35:52 (3rd AG), Dexter Handy 2:36:53, Leslie Medley Russell 1:48:18, Kelli Stilley 2:02:57, Keith Crow 1:42:18, Eric Pace 2:06:36, Robert Moser 2:00:17, Tina Reynolds 1:49:17, Bob Entwistle 1:47:14, Israel Silva 1:34:56, David Harrison 2:41:11, Brad Godwin 1:51:44, Leno Rios 1:28:04, Vicki Jones 1:59:00 (3rd AG), Robert Thompson 1:52:22, Sarah Schaft 1:41:37, David Piper 1:35:42, Adam Johnson 1:55:19, Gary Wood 1:55:03 (3rd

AG), Beverly Handy 1:52:35, Ben Sopchak 1:42:12, Samantha McMurtrey 2:15:45, Heather Hofstetter 2:37:55, Jonathan Zwickel 1:45:44, Joe Oviedo 1:17:29, Terence Fanning 2:16:32, Marc Williams 2:07:56, Lisa Foronda 1:53:47, Allie Luther 2:15:40, Andrew Kenworthy 1:20:58 (2nd AG), Scott Bounds 1:30:29 (3rd AG), Robert Swanson 1:53:16, Jen McKay 1:46:40, Jeff Eisele 1:30:01, Gloria Mahoney 2:11:25, Steve Davis 1:56:21, Allison Brayton 1:46:33, Mike Walker 1:47:13, Rey Buznego 2:16:38, Fred Steves 2:00:20 (4th AG), Cathy McGlohn 2:06:53, Russell Henderson 1:44:27, Nicole Richardson 1:29:27, Steve Hasson 1:50:50, James Reed 1:25:12, Daniel Jason 2:02:43, Dora Lipper 2:20:23, Alan Tillotson 2:24:12, Bridget Kaminski 2:13:04, Jill Priesmeyer 1:50:41, David Nemoto 1:24:28, Tom Wille 1:33:34, Victor Aguirre 1:37:42 (4th AG), Larry Teeter 1:56:43, Carrie Arnett 2:06:41, Alfonso Torres 1:59:21, Eric Faria 1:50:21, Natalie Seel 1:46:40, Marlon Sanchez 2:32:35, John Fredrickson 2:36:17, Kathleen Mahon 2:16:15, Christoph Eick 1:50:46, Alix Waugh 1:37:24, Robert Walters 1:26:11 (2nd AG), Jesman Devia 1:27:38, Daniel Jason 2:02:43, Jody Berry 1:33:31 (1st AG), Christopher Harris 2:29:09, Caryn Honig 1:45:38, John Anderson 1:39:00, Chintan Desai 1:34:05, Scott Johnson 1:50:29, Clark Courtright 1:59:55, Lisa Thompson 1:33:59 (3rd AG), Edward Albrecht 1:44:07

Marine Corps Marathon, October 28

Deborah Touchy 4:57:20, Eric Braate 4:42:46, Patrick Flaherty 4:37:04

Dream Mile 10K, November 3

Andrea Freeman 55:50 (2nd AG), Leno Rios 41:18 (1st AG)

Firefly Run 5K, November 3

Suzy Seeley 20:09 (1st Masters)

Run in the Park 5K, November 3

Suzanne Crumley 23:23 (4th AG), Marie Hutchinson 27:07, Jonathan Wiese 23:57, Don Brenner 27:19 (1st AG)

Run With the Saints/Lauren Lockard Memorial 5K, November 3

Gail Webster 48:39, Alex Lopez 34:09, Lisa Foronda 35:49, Sorrell Warren 32:22, Peggy Louie 46:22, Terry Fanning 44:20, Joe Conway 18:02 (1st Masters)

Texas 10, November 3

10 mile: Stan McLeod 1:18:57 (1st AG), 5 mile: Stuart Muirhead 35:19 (1st Open)

U.S. Vets 5K, November 3

David Harrison, 34:28 (3rd AG), Lauren Wilder 20:16 (1st Open), Suzy Seeley 22:13 (1st Masters), Jesman Devia 19:24 (1st AG)

Oilman Texas Half Ironman, November 4

Angie Spears 6:51:22, Dinh Pham 6:18:33, Edward Aviles 4:29:17 (1st Masters), Margaret Pace 6:51:58, Danielle Guttinger 6:30:15, Stephen Milford 4:44:35 (3rd AG)

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Three More Races in the Books



By Mike Mangan

We've had three big HARRA races since we last reported. Our BCRR runners were very active and productive in all three! We had 58 run the Space City 10 Miler, 85 run the Houston Half Marathon and 85 also run the HMSA Classical 25K. (No, they were not the identical 85 people in both races!) Thank you runners. Your participation will help BCRR greatly in the HARRA Fall Series Interclub Competition.

We brought home a lot of hardware from the races, especially from the HMSA Classical 25K. In all there were 1400 runners who ran that race. BCRR had 19 runners who placed third or better in their age groups and two of them did even better. Ryan Smith was second overall among the open males and Jody Berry finished second among the masters females! Jody made it a trifecta by finishing first in her age group in the other two races.

Some other performances were also noteworthy. Jose Pablo Rivero Moreno (whew!) finished first in his age group in all three races. Vicki Jones, Scott Bounds and Lisa Thompson each placed in all three races: Lisa had a first and two thirds; Vicki had two seconds and a third; Scott had a second and two thirds.

In all, we had 40 people who placed third or better in the three races. Congratulations to all. Our BCRR hardware winners for the three races are shown below.

Space City 10 Miler

First:

Pablo Moreno
Nicole Desai
Heizi Zimmerman
Ryan Smith
Jody Berry

Second:

Vicki Jones

Third:

Scott Bounds
Anna Helm
Rhonda Emerson
Lisa Thompson

Houston Half Marathon

First:

Pablo Moreno
Rich Siemens
Jody Berry

Second:

Andrew Kentworthy
Rob Walters

Third:

Suzy Seeley
Vicki Jones
Gary Wood
Scott Bounds
Lisa Thompson

HMSA Classical 25K

Ryan Smith 2nd Overall, Jody Berry 2nd Masters

First:

Jennifer Brown
Heidi Zimmerman
Rich Siemens
Andrew Kentworthy
Rich Vega
J. Schwieterman
Pablo Moreno
Lisa Thompson
Scott Bounds

Second:

Vicki Jones
A. Paddon-Jones
Rob Walters

Third:

Tom Stilwell
Fred Steves
Gloria Mahoney
Lauren Wider
Victor Aguirre

Douglas Paddon-Jones 5:27:15, Leslie Medley Russell 5:47:55 (2nd AG), John McWhorter 5:04:44 (3rd AG), Jody Berry 5:33:19 (1st AG)

Rockets Run 5K, November 10

Andy Pace 18:44 (4th AG), Joe Conway 17:33 (1st AG), Suzy Seeley 21:15.9 (1st AG), Jose Pablo Rivero Moreno 16:12 (3rd Open), Romuald Budiman 18:25 (3rd AG)

Fort Worth Marathon, November 11

John Fredrickson 6:07:11 (4th AG)

Bellaire Fall Fever 5K, November 17

Don Brenner 25:18 (1st AG)

White River Marathon for Kenya, November 17

Suzy Seeley 3:24:51 (3rd AG)

HMSA Classical 25K, November 18

Eric Braate 2:14:30, Robert Thompson 2:13:41, Jennifer Brown 1:44:43 (1st AG), Joe Lengfellner 2:14:34, Heidi Zimmerman 1:46:15 (1st AG), John Anderson 1:55:54, Tom Stilwell 1:40:39 (3rd AG), Rich Siemens 2:15:54 (1st AG), June Harris 2:47:07, Chintan Desai 1:52:24, Freddy Queen 2:28:14, Loris Fusi Goldberg 1:58:54, Larry Teeter 2:26:53, Sabrina Hurst 2:33:58, Susan Elias 2:19:59, Vicki Jones 2:31:38 (2nd AG), Jesman Devia 1:45:40, Avi Moss 1:57:33, Sheila Ramamurthy 2:34:42, Alexandra Paddon-Jones 1:45:23 (2nd AG), Vivian Dunlop 2:11:35 (4th AG), Suzanne Crumley 2:10:24, Dave Shaw 2:04:15, Jeff Eisele 1:45:14, Fred Steves 2:22:52 (3rd AG), Kathleen Mahon 2:48:02, Jonathan Wiese 2:10:51, Andrew Kenworthy 1:34:43 (1st AG), Tina Reynolds 2:07:17, Rich Vega 2:07:00 (1st AG), Alan Tillotson 2:50:12, Tatiana Issakova 3:08:30, Azita Dimarco 2:30:55, Gloria Mahoney 2:35:25 (3rd AG), Adam Johnson 2:07:57, Robert Brown 1:58:36, Joseph Schwieterman 1:35:11.5 (1st AG), Alex Lopez 2:44:06, Patrick Flaherty 2:35:22, Carrie Arnett 2:26:11, Beverly Handy 2:31:07, Hana Shoup 2:17:03, Jonathan Zwickel 2:08:43, Leno Rios 1:46:08, Gary Wood 2:25:16 (4th AG), Steve Davis 2:00:33, Romuald Budiman 2:12:40, Steve Hasson 2:10:11, Ryan Smith 1:25:32 (2nd Open), David Nemoto 1:40:50, Margaret Pace 2:34:56, Daniel Jason 2:41:14, Jose Pablo Rivero Moreno 1:27:41 (1st AG), Lana Moody 2:46:51, Scott Bounds 1:46:29 (1st AG), Keith Beeman 2:23:37, Brad Godwin 2:11:10, Lauren Wilder 1:48:12 (3rd AG), Nicole Richardson 1:48:36 (4th AG), Caryn Honig 2:07:07, Alfonso Torres 2:37:23, Joe Oviedo 1:32:15 (4th AG), Robert Walters 1:43:44 (2nd AG), Jill Priesmeyer 2:21:51, Edward Albrecht 2:10:09, Jimmy Clark 2:06:17, Thomas Hebert 2:09:40, Japheth Nyabiosi 2:21:41, Keith Crow 2:13:08, Jody Berry 1:52:55 (2nd Masters), Adam Metry 1:55:43, Lara Allen 2:46:44, Daniel Jason 2:41:14, Dexter Handy 3:25:01, Tom Wille 1:50:23, Samantha McMurtrey 2:50:13, Victor Aguirre 1:58:44 (3rd AG), Lisa Thompson 1:54:44 (1st AG), Mike Walker 2:20:21, Blanca Avery 2:19:35, Leslie Medley Russell 2:11:22, David Harrison 3:13:27, James Reed 1:41:51, David Piper 1:51:21, Kelli Stilley 2:27:31

Results from the Road

(continued from page 8)

Robin Lowenkron 8:07:57, Sonja Longbotham 5:46:50,

CALENDAR OF EVENTS

DATE	TIME	LOCATION	ACTIVITY
12/7	6 PM	The Ginger Man	BCRR Happy Hour
12/9	7 AM	Sugar Land	Finish Line Sports 30K
12/15	TBD	Houston	John's Loooooong Run
12/16	5:30 PM	Cadillac Bar	BCRR Holiday Party
12/20	6:30 PM	Houston	BCRR Holiday Lights Run
12/21	6 PM	The Ginger Man	BCRR Happy Hour
1/4	6 PM	The Ginger Man	BCRR Happy Hour
1/13	6:30 AM	Houston	Chevron Houston Marathon



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