



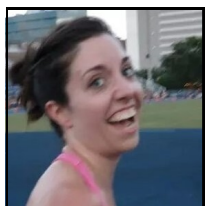
WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 49 - December 2014

Run More, Run Free



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

Shelley Grahmann



BCRR has a new page in its "Operation Beat BARC" playbook. 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 Houston Marathon, the last race in the HARRA Fall Series, BCRR will raffle off a free entry to each of the Spring Series races. All BCRR members who are also HARRA members and ran at least one Fall series race will be eligible to enter the raffle. AND, the more Fall series races you ran, the greater your chance of winning a free race entry, because your name will be entered into the raffle for each Fall 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 Fall 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

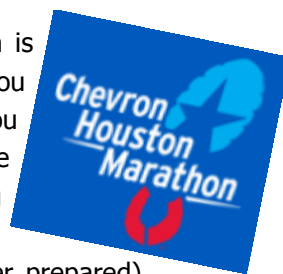
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Marathon Info Page

The Chevron Houston Marathon is right around the corner! Are you excited! Just as important, are you PREPARED? January 18 will be here before you know it; and everything runners can do between now and then (to help get themselves better prepared) is a Martha Stewart certified "good thing." That is why we are building a one-stop-shop for all things "marathon" - well *BCRR related* marathon things.

Our clearing house for valuable marathon info will be found on our website (www.bcurr.com) and will provide tons of useful information. In example, where in the GRB Convention Center will BCRR members meet up on the morning of the race? Where will our BCRR-hosted rest stops be stationed out on the race course? Answers to questions like those and much more will be posted on our

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Word from the Bird

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FREE

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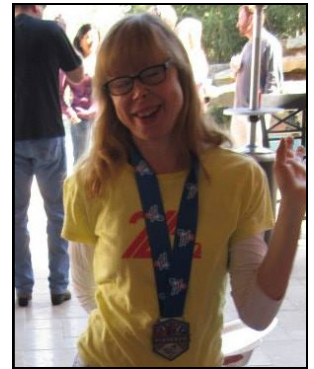
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Member Database

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

From the President

**Holiday Season with My Running Buddies!**

Guess what I've been up to lately? I joined about 75 other BCRR members to run through River Oaks to check out the amazing Christmas light decorations; and then afterwards we all headed back to my place for the annual Ugly Sweater party. It was one of those nights that is especially fun to be a part of BCRR—because we do such cool stuff! And if you missed it, here's my little "insider's review" of some of the highlights of the evening. At our Ugly Christmas Sweater Party / Potluck Dinner Soirée, **Camille** wore a sweater that



lit up and had Christmas tree trimmings at the arms and neck. **Alonzo Vargas** (pictured left) seems to have a knack for selecting especially unique sweaters. This year his red and white snowflake sweater featured a fireplace with electronic flames. Along with the evening's festivities and merriment, we collected more than \$200 to give to **Heidi Zimmerman's** running club at her school, *St. Francis of Assisi*. **David Piper** made amazing eggnog. And **Ben and Pam Harvie** brought a lovely plate of food that some of us are still talking about. My chef **Roxanne** made her very

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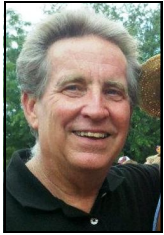
REPORT YOUR RACE RESULTS

We want to know what our members are doing on the roads and/or trails. Send all your results to us at 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 susancita.bcrr@gmail.com.

True Confession Time: I'm Back-of-the-Pack and That's Okay



Terry Fanning

During a recent Sunday workout, I stopped for a drink at a water fountain in the park. While I was there another runner stopped for a drink. It was a guy who I had seen before, a serious runner, one of the guys who wins some of his races.

It should be noted here that I am NOT a serious runner. There was a time, many years ago, when I gave it my best. I tested myself to see how well I could do, to see if I could be competitive.

My fastest 10K was then, 45:04, and my fastest full marathon, 4:05:04. While nothing to be ashamed of, it was nowhere near a competitive time for the 30 to 35 age group. I didn't stop trying but never did any better than that.

Now I run 10Ks in about an hour, and the last full marathon I tried hard at (four years ago in Washington, D.C.) took me 4:27:30 to get to the finish line. Not bad for a 58 year old man, but not nearly competitive. Still, in my heart, I thought that I won! And I enjoyed the run, seeing all of the monuments and the cherry blossoms in full bloom. It was a great day.

The competitive runner and I chatted at the water fountain about the hot and humid morning and the joy/pain of running in Houston's summer.

Somehow, I don't know how, the conversation quickly turned to the days when Houston's marathons had a shorter clock, with the course closing at five hours, then five and a half hours and, the way it is now, at six hours.

The competitive runner told me that he is opposed to the longer clocks at marathons. He said that it is a "race" and is not meant for people who had never raced, were not in shape and didn't take the time to train for a real marathon. He said "If they want to say that they ran 26.2 miles they don't have to enter a race. They can do it in a

park or on a highway." He also said that slow finishers should not be given medals.

That seemed a bit harsh to me, but I didn't judge him. I agreed with him many years ago, when I was giving it my best. In fact, I told him that, but I went on to say that I "turned to the other side" when I saw how these slower runners felt about their marathon finishes. I gave him two examples.

The first was of a small, heavy woman standing in line to pay her check at the now gone One's A Meal on Memorial Drive. A friend of hers passed her and stopped, asking "Did you run the marathon last week?" The heavy woman said that she did and it was a wonderful experience. Her friend asked her how long it took and she

responded with a time of over six hours. She had no shame whatsoever. Instead she was joyful and proud. The clock that year shut off at five hours, so this lady did not receive a medal (or any other traditional memento recognizing her achievement).

The second example was of a man I met on a sales call in Miami. There was a picture on the wall showing him crossing the finish line at the New York City Marathon. The clock said 6:24:00. I asked him if he was a marathon runner. He replied "It was the greatest day of my life."

I didn't quit there. I told the competitive runner that front-of-the-pack runners are not adversely affected by people in the back of

the pack. After the gun goes off the front-of-the-pack runner doesn't see the masses in the back again.

There was more that I could have told him, like there are more marathons, as well as more prize money and more interest in running. And that's all due to the back-of-the-pack runners being there.

We parted on friendly terms. I told him that I respected his position. I respected it because I once felt

(Continued on page 6)



Terry Fanning (and friends) running just for fun in the 2013 Tour De Bayou.

Photo credit: Alysa Klein Graves

Get to Know Alan

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: **Alan Tillotson**

- Age: 55
- Hometown: Houston Texas
- Years in Houston: 46 Years
- Occupation: Construction
- Years Running: 30 years
- How many miles per week do you run? 9-35 miles
- How did you come to join BCRR? The promise of private porta-potties at running events was all I needed to hear. All kidding aside, BCRR is a great club. It has very accomplished and seasoned runners from which to draw knowledge. It is a very social club, with fun events always on the calendar. I encourage anyone that's interested in running to join.
- My proudest running accomplishment is obtaining Houston Marathon veteran's status in 2014.
- My favorite training run is the River Oaks long run.
- My favorite race is the Chevron Houston Marathon.
- My best distance is 15 miles or less. More mileage than that requires more self-discipline, and more Advil.
- I run because I like to stay fit. It also enables me to drink a beer or two, every now and then.
- My life philosophy is... uh, I really don't have one. It might be that I think it's much better to be fit, old and cranky rather than be just old and cranky.
- My next goal is the Chevron Houston Marathon, and to do a destination marathon... somewhere.
- Favorite training food is eggs, bacon and toast after a long run.

Also a cold beer is a great recovery food; I'm certain it is. Really.

- When I'm running I think about things like my pace, when to use my energy gels, fluid intake, and trying to get a word in edge-wise with my running friends, some of whom are very talkative.
- The best running advice I could give would be locate and run with a like-minded group of people. Great friendships will grow, and you motivate each other.
- People would be surprised if they knew...? Come to think of it, I don't think I would surprise anybody.
- The top thing on my dream list is to hike and experience as many natural landmarks as my resources and time on this earth permits.
- Other hobbies besides running: I like to make home brewed beer and also restore antique vending machines.
- The most embarrassing thing that has happened to me is...? it's too embarrassing to repeat... let's forget we ever mentioned it.
- The most profound thing that has happened in my life is raising three great kids.

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!

Word from the Prez (Continued from page 2)

popular pulled pork. And we all raised a glass to our friends and the holiday season.

Join us in our *next* fun BCRR event! On December 27 (at 6:30 AM) we will run **John's Looooooong Run** and enjoy breakfast al fresco afterwards. And if you like

dressing up and dancing the night away, join us on December 31 for a festive fancy dress New Year's Eve Party at the Modern B&B (9:30 PM - 2:30 AM). Looking forward to seeing everyone at our next fun event!

Merry Christmas!

Lisa



Get to Know Christina

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 new member on the BCRR team.

Name: **Christina Jones**

- Age: 26
- Hometown: Ruston, LA
- Years in Houston: 1
- Occupation: Occupational Therapist at TX Children's Hospital
- Years Running: 7
- How many miles per week do you run? 40-45ish
- How did you come to join BCRR? I met Lauren and she found this fabulous drinking club who also likes to run!
- My proudest running accomplishment is: a 21 minute 5K!
- My favorite training run: Long Slow Distance
- My favorite race is: Half marathon
- I run because: I love to bake!
- My life philosophy is: Make the most out of my God given gifts to change the world for the better!
- My next goal is: finishing the Chevron Houston Marathon with a Boston qualifying time!
- Favorite training food: Bananas and peanut butter
- When I'm running I think about: My kids at work, and how I'm going to help them that day. Keeps me motivated.
- The best running advice I could give would be: Set goals and find friends to keep you motivated.
- The top thing on my dream list is: Climb all the fourteeners in Colorado
- Other hobbies beside running: sewing, crafting, and baking!



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!

Marathon Info Page

(Continued from page 1)

special "Marathon Info" page. Look for the link on the BCRR homepage, or follow this direct link... <http://www.bcurr.org/houston-marathon.html>. Initial info is there right now, and more is coming as it becomes confirmed.

In addition to our website, we will still have our Facebook page (www.facebook.com/groups/bcurrhouston/) as well as our weekly email updates blog from **Heidi Zimmerman**. By the way, if you are not receiving our weekly blog emails, you can see them via links on our website (on the bottom left side of the homepage). So there is no excuse to not be informed.

It's all designed to help you have a more enjoyable event; and we hope you like it!

Run More, Run Free

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until after the conclusion of the Houston Marathon to email me their entries.

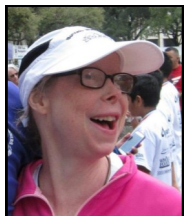
Remember, for your race to be raffle eligible you must be a member of both BCRR and HARRA at the time of the race. The deadline to email entries is January 31, 2015 (for the first raffle). BCRR will circulate a spreadsheet of races submitted/raffle entries, and will cross-check the entries against HARRA's data. Raffle winners will be notified by BCRR with information on how to claim their free entries. Then, we'll repeat the whole shebang after the Spring Series, with a raffle of Fall Series entries (for your Spring series participation).

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



www.bcurr.org/houston-marathon.html

CIM Marathon fast flat BQ course



Lisa Thompson

Avi Moss and I ventured to Sacramento, CA on Dec 7 to run the *California International Marathon* (CIM). I was invited by the *United States Association of Blind Athletes* (USABA) to run in the CIM as a Visually Impaired (VI) athlete. CIM is the National Championship for Blind Runners and has had a VI division since 2007. Of course, we had to do Houston proud. I won the VI female division with a time of 3:27:58, and Avi ran a 3:20 (while suffering from a cold). Yes, I did win \$500 in prize money; and they paid for my entry, etc.

We met and spent time with 46 of the most amazing visually impaired people I have ever met. One was a federal prosecutor who had done the Ironman in Kona. Another helps

disabled veterans stay in the military. During Vietnam the military pushed them out as fast as possible, now they try to help keep them in. I could go on and on about how amazing it was.

My dream is that BCRR would help the Houston

Marathon to establish a visually impaired division. We in Houston have several visually impaired runners; and it would be amazing to get the visually impaired community in Houston engaged in running. And help bring more Houstonians to the Boston marathon where there is also a visually impaired division. The Boston qualifying time for blind athletes is 5 hours. Now I digress.

CIM is NOT FLAT. That is a fiction. We went downhill and uphill about a million times. So, word to the wise, if you plan to run it train for both.

My main takeaway from the California International Marathon was a both philosophical and inspirational. In



short, Sacramento has got *nothing* on Houston. If they can do it, we can do it! So watch out BCRR and the Houston Marathon committee! I am determined to have a Visually Impaired division in the Houston Marathon starting in 2016.

Back-of-the-Pack

(Continued from page 3)

the same way, but age and experience changed my position.

Long story short, there will always be some runners who think that my slow pace demeans the sport. People who think that pacing a group for five and a half hours in a marathon adds to the degradation of the sport of running marathons. They're entitled to their opinion. The good news is that I don't care what that kind of person thinks. I love running. Whether it is a 5K, 10K, half marathon, marathon or ultra, I intend to keep plodding along, testing myself from time to time and enjoying running in races whether I am "racing" or not.

The joy of running is universal. Racing is an important part of running. Participating while not "racing" is legitimate too. It just takes longer.



Photo credit: Milan Jamrich

Terry Fanning at the 2014 X-C Relay.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
12/27	Houston, TX (8211 Burkhardt Rd)	John's Loooong Run
1/3	Salado, TX	3 Kings 3 Miler
1/15	Houston, TX (Spaghetti Western)	Pre-Marathon Carb-Loading Dinner
1/18	Houston, TX (GRB Convention Center)	Chevron Houston Marathon*
1/31	sgrahmann@gmail.com	Deadline to email "Run More, Run Free" for first drawing
2/7	Houston, TX (Nassau Bay)	Run for a Nurse 5K / Kid K
2/14	Baytown, TX	Jail Break Run 1/2 Marathon & 5K
2/22	Sugar Land, TX	The Darling Dash
3/14	Houston, TX (City Hall)	Bayou City Classic 10K and 5K Fun Run*

*Official HARRA race series event.



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