



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 65 - December 2017



## 10 Miler Recap

When we turned onto Bay Area Boulevard and the windshield of the car immediately fogged up, I started to get a bad feeling about the weather for the 10 Miler. It was 5am, the temperature was in the mid 70s and humidity was 90%... just another fall morning in Houston!

Sure enough, it was a tough, steamy race. Despite the weather, however, BCRR managed some impressive finishes. Frank Dougherty and Lauren Wilder both won their age groups, and Caitlin, Natalie, Alan, Lisa, Avi, Rhonda, Gloria and Mike all placed in their respective age groups.

John Phillips kicked the Fall Series race support season off with a bang: we had the circus tent, astro turf, port-a-potties, and a generator powering lights and fans. The other clubs huddling under their little 10 x 10 tents or queuing in the bathroom line would occasionally shoot an envious glance our way.

After the race, I asked some of the participants to summarize their experience.

"It was hotter than a hell basket," said Sheila Ramamurthy. Kern Hankins concurred, "It was hot." June Harris elaborated a bit on the theme: "The Space City 10-Miler absolutely broke my spirit. Suffering with a hip injury and dealing with heat & humidity contributed to a very disappointing finish, 2:00 minutes slower per mile than last year's race. It's sad; but I found comfort in the suffering of my fellow runners, who also had difficulty with the race. Time to put that behind us and focus on the next race, leading us to the Houston Marathon." Congratulations to all the runners, this year's 10 Miler was truly a test of fortitude and resolve!



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**Word from the Bird**

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# From the President

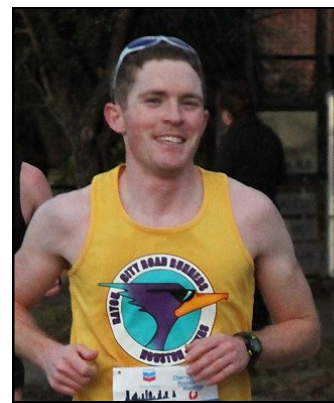


Photo credit: Milan Jamrich

**Hi BCRR!**

We're about half way through the fall running season and our club activities are in high gear. Thank you to everyone who turned out for the XC relay, the 10 Miler and the Half Marathon! An even bigger thanks is due to the folks who provide the club's support at these races, led by the peerless John Phillips. I hope to see you all at the 25K, the 30K and the Marathon!

Let's talk for a minute about your BCRR board. Christina Jones, VP, is in her third year on the board. In addition to the indispensable weekly email, she organizes events like the family picnic and picks up the slack when the president drops the ball. Peter Griffiths, treasurer, is in his fourth year on the board. He runs a tight ship with our finances, and he also allows himself to be roped into hauling furniture and whatever other "muscle" Lisa needs. Dave Piper, secretary, is in his second year on the board. He has brought a lawyer-ly eye to our club affairs--in a good way! Sian Evans is a first year board member who has taken over the responsibility of welcoming new club members. Neeraj Rohilla took a several year hiatus from board duty and is back now, coordinating with our various race committees and churning out his signature running/dating treatises for the newsletter. Sarah Cusack is a first year member who is assisting in producing our club newsletter. The next time you see one of these board members, buy them a beer, or at least give them a compliment--they've been working hard to serve you!

*Continues on page 6*

**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).



## Halloween Party Picture Board



## SAVE THE DATE!

### December Festivities:

Save the date for all the fun December events with BCRR! Start off the Christmas season with a run through the Christmas light of River Oaks on Wednesday, December 6<sup>th</sup>. Following the run, we will head over to Keneally's Irish Pub for a drink. On Friday, December 8<sup>th</sup>, we will continue the celebration with the BCRR Christmas Party. The festive celebration will feature Santa, French 75's, and the "prettiest" sweaters. Finally, wrap up your marathon training with John's Loooooooong Run to be held Sunday, December 17<sup>th</sup>. Sue & Alan will host the finish line party following a 20+ mile venture across Houston! See you at all the fantastic December events!



# Get to Know Scott

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 newer member on the BCRR team.

- Name: **Scott Lyon**
- Age: 46
- Hometown: Houston, Tx
- Years in Houston: 20
- Occupation: Energy Finance
- Years Running: Just starting (again). Used to jog, but drew the short of the stick in a car wreck. So 2 years later with a surgery or two along the way, I now run as an amputee (right leg).
- How many miles per week do you run? 15-20
- How did you come to join BCRR? Pals at Achilles mentioned it
- My proudest running accomplishment is... Completing a 5k a few weeks ago
- My favorite training run is... Anywhere with my awesome golden retriever, Cooper....Oh yeah, he's missing a leg too!
- My best distance is... A marathon, many moons ago
- I run because... I'm trying to get back into shape and lose weight
- My life philosophy is... To not get too philosophical on life
- My next goal is... To complete the Ronald McDonald 10K
- Favorite training food: Can I count Donuts as a training food?
- When I'm running I... listen to U2 and imagine I'm Bono rocking a concert of 50K
- The best running advice I could give would be... To seek running advice from someone who knows what they are doing
- People would be surprised if they knew... I have completed every NYT crossword puzzle since 1995
- The top thing on my dream list is... To retire in El Bolson, Argentina to fly fish and sail
- Other hobbies beside running: Umm, crossword puzzles, fly fishing, and sailing
- I would love to spend the day with... My mom
- The most embarrassing thing that has happened to me is... It changes almost daily
- The most profound thing that has happened in my life... learning the importance of acceptance



NOTE: Runner profiles are always welcome. We encourage you to send in a profile (to [ThatsJoesMail@Yahoo.com](mailto:ThatsJoesMail@Yahoo.com)) and maybe YOU will be the next person featured in our newsletter!





# Alex's 5K Weekend



Neeraj Rohilla

The 7<sup>th</sup> Annual Alex's 5K Run/Walk & Kids' K, our very own race to benefit autism charities, was held on November 4<sup>th</sup>. It was a spectacular success thanks to the organizational skills of Race Director Lara Allen and her crack race crew. Our race was honored to be selected as the RRCA Texas State

5K Championship.

The top male and female in Open (Frank Dougherty, Flora Lai), Masters (40+: Andrew Kenworthy, Allyson Serrao), Grand Masters (50+: Eric Stotzer, Anna Helm), and Senior Grand Masters (60+: Ben Harvie, Rhonda Emerson) categories received special recognition. Andrew and Allyson added these medals to their collection as they also were RRCA Texas State Half Marathon Champions from the Houston Half Marathon two weeks earlier.

Harvey had an unavoidable impact on all activities this fall and our event was no exception. Immediately after the flood, we earmarked 10% of our early race entry fees for the Autism Society of Texas Hurricane Harvey Disaster Fund, to be used for the immediate short-term needs of autism families impacted by flooding in our area. Our unique award tiles always feature artwork from autistic students. This year the art depicted scenes of the flood as seen through their eyes, including the art of Gabriel Islam, a student at the Westview School, which was featured in the Houston Chronicle ("How special-needs youths see Harvey heroism, in drawings.").

Despite the aftereffects of Harvey (and the large number of competing races in the greater Houston area that day), participation in the event was up from previous years and our donations were at record levels. We were especially pleased to see a marked increase in participants on the autistic spectrum in both races this year, a trend that we hope continues as this is part of our mission. We thank everyone - runners, donors, sponsors, volunteers, and race partners (especially Mike Mangan and the Houston Masters Sports Association) - for supporting our race and helping us raise money for our causes - Autism Speaks, Avondale House, and the Westview School.



## From the Prez

*Continued from page 2*

We have plenty of things to look forward to in the next couple of months. The BCRR holiday party at the Modern B&B is not to be missed! This year the party will not be paired with the River Oaks Christmas lights run, holding them the same evening made for a tight schedule. The run will be on Wednesday and the party on Friday. We also have John's Looong Run, which will occur four weeks before the marathon to avoid Christmas Eve. Add to that extra hours spent running marathon miles, and your end of the year is colored purple! Happy running!

Front

Back



BCRR singlets, short sleeve, and long sleeve shirts are available for sale in men's and women's sizes! We have reordered and ALL sizes are now available. Contact Christina at [christinabcrr@gmail.com](mailto:christinabcrr@gmail.com) to arrange an order.

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# The Houston Half Marathon

As told by Neeraj Rohilla



Neeraj Rohilla

The Half Marathon took place on a brisk, cool morning – perfect running weather - but cold standing-around weather. As usual, John Phillips erected our giant purple tent, complete with custom, pot-pourri-infused porta potties and heaters, for us to enjoy, while the rest of the field stood in immense porta potty lines and froze. Membership has its privileges! Huge thanks to John Phillips for making our running club the coolest (and warmest) ever!!! What we also love about BCRR is our huge age range. We have members ranging from their early 20's to late 70's. We all love to run and have fun!!!

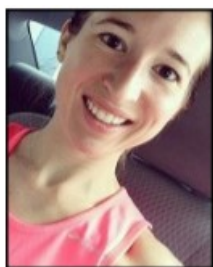
The Half Marathon was also the Road Runners Club of America (RRCA) Texas State Half Marathon Championship. **Ally Serrao (1:31:45) and Andrew Kenworthy (32<sup>nd</sup> OA, 1:21.13) both picked up the title of Grand Master Champion, while Joe Melanson (1:31.04) was 1<sup>st</sup> Senior Grand Master.** All three earned local elite status for the Chevron Houston Marathon. Our young bucks were speedy too, with **Frank Dougherty 10<sup>th</sup> OA (2<sup>nd</sup> AG) with a PR of 1:13.43; Pablo Rivero, 18<sup>th</sup> OA with 1:17.50; and Gabe Gomez, 28<sup>th</sup> OA (3<sup>rd</sup> AG) with 1:20.51.** Gabe duked it out with our Prez **Andrew Young, who was 29<sup>th</sup> at 1:20.52.** **Stephanie Bonk led the ladies as 3<sup>rd</sup> OA Female with 1:22.42.** **John Colarchik "took it easy" and ran a 1:27.13.** **Alan McClain (1:24.25)** listened to his coach Neely Spence, held back, and ran a negative split. **Flora Lai was 2<sup>nd</sup> AG, 10<sup>th</sup> AO Women with 1:26.49.** She is 38 and one speedy mama with three kids. **Ozuzhan (Ozzie) Guven, who is renovating two of his houses that were flooded in Harvey, ran a 1:30.09.** **Lauren Wilder was 20<sup>th</sup> OA female with 1:31.32.** **Avi Moss (1:33.26) and Kern Hankins (1:33:46) ran neck-and-neck in the M55-59 division.** **Tom Wille had an excellent time (1:34.40) while still recovering from the Pikes Peak Marathon.** **Rhonda Emerson was 1<sup>st</sup> and Gloria Mahoney 3<sup>rd</sup> in the F60-63 and F65-69 divisions, respectively.** **Fred Steves was 2<sup>nd</sup> and Gary Wood 3<sup>rd</sup> in the 75 and over category.** The Houston Half was the very first

road race for our token high-jumper, **Milan Jamrich**, who decided he should try long distance running after all these years of watching the rest of us. Congratulations Milan...now you are truly indoctrinated into our cult! Thanks to all BCRR racers in the Relay, 10 Miller, and Half Marathon - we are doing great with points in the HARRA Fall Series standings.





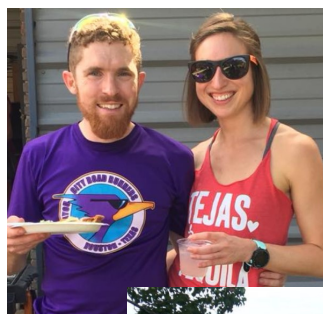
# Fall Family Picnic



Christina Jones

The Fall Family Picnic was an afternoon of food, fun, and Wiffle Ball!! BCRR Families gathered at the President's home, bringing home made goodies and treats. The President and Chris Mancini manned the grill, supplying the picnic

goers with burgers and hotdogs! Supplemented by Kern Hankins famous guacamole and a pumpkin pie handmade by Larry Lindeen, no one went hungry. After filling our stomachs, the Wiffle Ball home run derby began! The bats were hot with Tom Wille and Bella Budiman at the plate. Neeraj Rohilla put his best arm forward to throw strikes, but to little avail. The rest of the littlest BCRR members fine-tuned their soccer skills with Daniel Kenworthy and Joshua Jalovcova. Thanks to all who played, grilled, and picnic-ed with us





# HARRA's Fall Running Series



Christina Jones

HARRA's Fall Running Series is designed to support the Houston running community as we train and prepare for the *Chevron Houston Marathon*. Participation in each race not only prepares you mentally and physically for the marathon goal race, runners also earn BCRR club points as we defend our title as Fall Series Champions.



## Tornados Running Club XC Relay

**Tornado's Cross Country Relay** – The Fall Series opener is a historically 4 x 2 mile relay and will be held September 23rd. This year the race moves (from Spotts park) to Stude Park, just north of I-10, along the White Oak Bayou. This is a competitive race, with the reward of Sombreros for the winning teams!

**Space City 10 Miler** – As the weather turns "cooler" the *Space City 10 Miler* features a single loop through Clear Lake. This race offers a 2-person relay if you're looking for a "sprint" option.



**Houston Half Marathon** – If you don't have too much fun at **Lisa Thompson's** Halloween Party, race for a PR in the *Houston Half Marathon* up and down the "hills" of Allen Parkway. This Half Marathon is an out and back course hosted by the *Houston Striders*. There is also a 10K distance in case

your Halloween gets a little spooky.



PRESENTED BY



**HMSA Classical 25K** – As our training distance increases, so does the race distance! The 25K is a three loop course run primarily on concrete around the Houston downtown area. A 10 mile & 5K distance are also offered for those training for the Half Marathon.

**Fort Bend Kia 30K** – We wrap up the Fall Series with the 30K – a triple loop course through the neighborhoods of Sugarland. This is a perfect race to test out your marathon splits at 5 weeks before the big day!



Each of the Fall Series solo races holds an opportunity to earn a spot as a "Local Elite" for the **Chevron Houston Marathon**. The first finisher in each age group meeting a minimum time standard will be invited to participate in the Marathon as a Local Elite. Time standards can be found on the Houston Marathon Website... [www.ChevronHoustonMarathon.com](http://www.ChevronHoustonMarathon.com).

## CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
12/6	River Oaks	Christmas Lights Run
12/8	Modern B&B	Christmas Party
12/10	Sugar Land, Tx	Fort Bend Kia 30K*
12/17	Houston, Tx	John's Loooooong Run
1/14	Houston, Tx	Houston Chevron Marathon*

\*Official HARRA race series event.

\*\*BCRR seeking volunteers



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