



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 50 - February 2015

## BCRR Post Marathon Party... ..the Tradition



Cheryl Verlander

For as long as any of us can remember, there has been one. We have had a few planners and venues along the way, but the torch has been passed on to our current hosts Sue Leone and Alan Svoboda who have the perfect setting and willingness to do the work. Saying that, the party requires a lot of work as do most of our BCRR volunteer endeavors.

The planning begins the year prior with a debriefing about food, drink, quantities (there is an xl spread sheet with multipliers), schedule, and activities. Oh, and there is the cost. It has always been \$10 for members and \$15 for guests. To keep that the same for over 20 years, volunteer cooks has assumed catering responsibilities.

A couple of weeks before the event, the volunteers confer and assign responsibilities. Shopping occurs a few days prior to the event. Each



More than 100 guests enjoyed the marathon after party.

year we make adjustments up or down, weather being a consideration. This year we had 109 people attend who ate and drank.

Saturday is spent prepping. There is a chef and five sous chefs. Also a few willing friends come in and out to help. Sunday, work begins about the time the runners start. Once runners begin to arrive, the party officially begins. Work continues for the

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On marathon day, Alan Svoboda and the host team start cooking about the same time the racers start running.

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**Word from the Bird**

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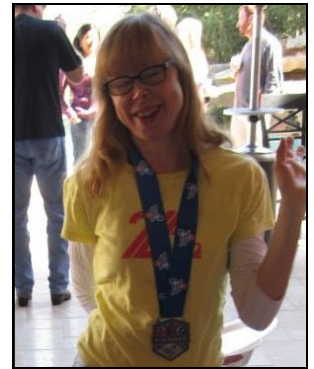
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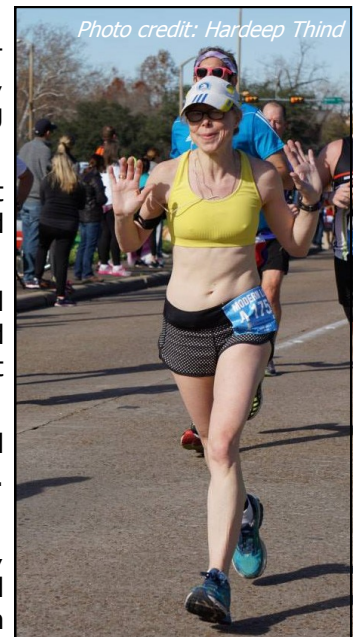
Has your contact info changed recently? Send any updates to bayou\_city\_road\_runners@tabourne.com.

# From the President

**Marathon Salute!**

**Purple power** was everywhere at the Houston marathon from corral A to corral V-volunteers, and corral S-spectators. Purple power looking good and recognition is due!

- Huge thanks to the hoopla stations at Mile 14 with **Katie Decker** and crew, and at mile 20 with **Susan Cita** and company.
- Thanks go to **Rosie Schmandt** and **John Phillips** for the countless hours and the (too many to mention) things that they did for us.
- The after party at **Sue Leone** and **Allen Svoboda's** was a HUGE success. Thank you!
- Thanks also to **Chuck Bracht**, **Cheryl Verlander**, **Jim Knievel** and **Ivy Martino** for cooking up a red bean and rice, jambalaya, and cornbread storm. Over 110 people attended the party and enjoyed this marathon tradition.



*Doing my part to represent for BCRR.*

In addition to the endurance effort delivered by our volunteers, many club

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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](mailto: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](mailto:susancita.bcrr@gmail.com).



## Meet Your (Pace) Maker



Mike Mangan

Here's the deal. One day a couple months ago I awoke with a pressure on both the front and back at my chest area. I thought it was probably caused by acid reflux, but felt it best to consider it as a possible warning of an impending heart problem. Little did I know the saga I would be going through because of that decision!

So, I called my cardiologist to get some advice. (*You know you are getting older when you have a personal cardiologist.*) A receptionist answered the phone and told me I could see him in a few days. I accepted the appointment, but wondered if the heart attack would be as patient as she seemed to be about the whole thing. Fortunately, she called back a few minutes later and said to come in immediately, so the heart attack, if it so chose, could proceed as planned.

Well, I arrived at the doctor's office; he checked me out, did an EKG and said, "No heart attack today; however, we should do a battery of tests to see what is happening." He did, of course, point out that a resting heart rate of 40 beats per minute was quite low. I also pointed out that I was a runner. He said, "Just to be sure, let's do the tests." I set an appointment to come back in a few days and didn't realize that I was also going to receive something in the mail that would continuously monitor my heart for several days.

Things were quiet for the next few days, then a rather large box came in the mail. I let it sit for a day or two; it was too overwhelming to deal with. Finally, I opened it. The instructions were actually quite easy to follow, so I started using the device. For the next several days my cardiologist knew pretty much my every heartbeat, except if I were running or showering.

During this period I went back to the doctor for my additional tests. While I was in the waiting room, I

realized it was heart replacement checkup day. So, no matter what, I was better off than any of those folks had been. When I finally went for my tests, I did a nuclear stress test sandwiched between two MRIs. I left the building and wasn't yet in my car, when I learned that I was referred to another cardiologist.

Wow! I have now arrived. I have **two** cardiologists!

I should point out that it is extremely uncomfortable to spend all day and all night wired for sound (however, it is really good that there is sound actually coming through all those wires!) and it got very hot, which surprised me considerably. I wondered if anyone was actually looking at this information. My answer came when I visited cardiologist number two.

I asked my lovely wife to join me at the visit. I told her that her role was to be my designated skeptic, in case I rolled over too quickly on whatever he recommended. She didn't like the idea of being a designated skeptic. Well, she didn't like the idea until I pointed out that she was an excellent undesignated skeptic every time I came up with some boneheaded idea; so she accepted the role.

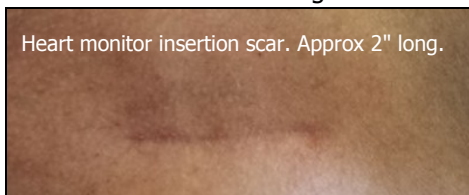
When we arrived at the doctor's office we went to his examining room and sat in the chairs. A few minutes later this tall dude came in, jumped up and sat on the examining table and said, "So you're Michael Mangan. I was in (cardiologist number one's) office and saw some EKG printouts. I said, 'who the hell is this!?' The guy's heart rate was 25 beats per minute. That was you! It was at 12:25."

My designated skeptic (DS) spoke up, "So he was sleeping?" His reply, "No, this was around noon. We use military time. Also, we have a heart rate of 19 at 3 and a 26 at 6:30."

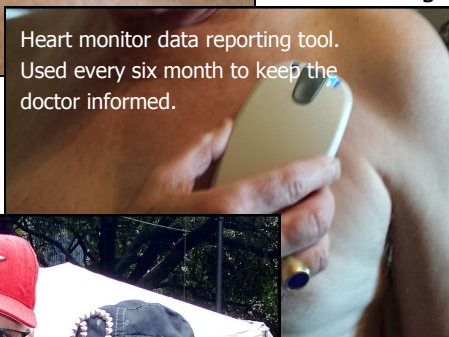
He looked at me and said, "I just had a Houston Rocket in here and he had a heart rate of 20. I sent him back to practice. He's 20; you're 73. I can't send you back to practice!"

Well, at least I'm being compared to a Houston Rocket!

DS says, "He's a runner and I'll bet he can beat you in a race!" (Way to go DS!) The doc says, "What's your



Heart monitor insertion scar. Approx 2" long.



Heart monitor data reporting tool. Used every six month to keep the doctor informed.



Healthy heart means many more years of serving the running community—like here volunteering at the HMSA 25K with Thu Nguyen

## Get to Know Cody

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: **Cody Blazek**



- Age: 24
- Hometown: Houston Texas
- Occupation: Student/Designer
- Years Running: 10 years
- How many miles per week do you run? 20-35 miles
- How did you come to join BCRR? Heidi dragged me in. ;)
- My proudest running accomplishment is breaking PR's with no training.
- My favorite training run is long distance trails.
- My favorite race is long distance trails.
- My best distance is 10K / half marathons.
- I run because I love it.
- My life philosophy is to love without condition, talk without bad intentions, give without reason and care for others without expectations.
- My next goal is to be hired as a footwear designer.
- Favorite training food is beer.
- When I'm running I think about life.
- The best running advice I could give would be never stop moving and make running fun.
- People would be surprised if they knew...? I dance play multiple instruments and once was a competitive gymnast.
- The top thing on my dream list is to be a rock star designer.
- Other hobbies beside running: Various artistic ventures. Being in nature. Random acts of athleticism.

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!

### Word from the Prez (Continued from page 2)

members also delivered noteworthy performance on race day. **Fred Steves** 70-74 AG finished his 27th Houston marathon with a time of 4:29:30. **Heidi Zimmerman** paced the 3:40 pace group and came in at 3:39:48. **Terry Fanning** paced too. His pace group's time was 5:41:04. A big shout out to **Lynn McGrew** who has struggled with injuries recently, and yet finished her first Houston in amazing time of 4:01:38 with **Sheila Ramamurthy** at her side 3:58:45. **Christina Jones** finished her first marathon and had a Boston Qualifying, drum roll please... 3:29:28. More than a few people are singing **Molly Regan's** praises. She jumped in at mile 24 and ran with me about a quarter mile. It was at the perfect time to support me. **Shelley Grahmann** reported similar support. **Hardeep Thind, Loris Fusi, and Scott Bounds** where at mile 3, 11 and then 24. **Ricky Kramer** was all by himself

yelling for us in Memorial park—and that always means a lot. **Aaron Imlah** rode his bike to EIGHT locations on the course and yelled for us. **Roger Redding** traveled from Fort Worth to volunteer at the 20 mile water station. **Alonso Vargas** blazed along for a Boston Qualifier AND a Personal Record at 3:12:45. **Lauren Wilder** trained hard on the Hansen plan, and killed it with a time of 3:08:15. **Bob Thompson** paced a first time marathoner who was challenged mightily. Bob stuck with her as she fought back tears and struggled to finish. We have approximately 400 members, so I could go on, but this would become a very long article. **Joe Lengfellner** (*Newsletter Editor*) limits me.

*Let's all do it again next year!*

*Lisa*



## Get to Know June

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 long time member on the BCRR team.

Name: **June Harris**

- Age: 58
- Hometown: Longview, TX
- Years in Houston: 25
- Occupation: Sales, Promotional Advertising
- Years Running: 20 (+)
- How many miles per week do you run? Depends on the time of year and upcoming races.
- How did you come to join BCRR? A friend invited me to a Wednesday run; and I joined shortly afterwards.
- My proudest running accomplishment is running the Great Wall of China Marathon (2008).
- My favorite training run is Seabrook Trails combined with The Kemah Bridge.
- My favorite race is the Marine Corps Marathon. I've ran it 6 times
- My best distance is? I don't have a "best" distance; but I enjoy the half marathon.
- I run because it supports physical and emotional health. It has also become my social life.
- My life philosophy is: Choose Kindness!
- My next goal is to improve my strength for more efficient running.
- Favorite training food: Nothing in particular; just try to eat healthy.
- When I'm running I think about everything!
- The best running advice I could give would be to run your pace, your race!
- People would be surprised if they knew I have something; but not broadcasting it!
- The top thing on my dream list is hiking in Utah.
- Other hobbies beside running: Cooking.
- I would love to spend the day with my Dad. He passed away before I started running marathons. I know he would be so excited about my travels and running experiences.
- The most embarrassing thing that has happened to me is...? I embarrass myself regularly. Nothing stands out.
- The most profound thing that has happened in my life is having my children, Zachary and Elizabeth. They are amazing!



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!

## Party Professionals

(Continued from page 1)

volunteers. Clean up can be daunting. As I write this it occurs to me to ask members to "please throw their trash away and recycle." :-). Also, a reminder, the hosts would welcome a little help from their friends to break down after the festivities.

As you can see, it is both fun and work, for this type of event to happen. It cannot be successful without everyone playing their parts.

***Laissez les bon temps roulez!***



EDITOR'S NOTE: The core team of volunteers on the marathon after-party includes: Alan Svoboda, Cheryl Verlander, Chuck Bracht, Ivy Martino, Jim Knievel, and Sue Leone. Tip of the hat to each of you on behalf of a grateful fan club!

## Chevron Houston Marathon Memories



### Meet Your (Pace) Maker (Continued from page 3)

longest run?" I tell him a half marathon. He says, "Holy shit, that's 13.1 miles! You sure can beat me in a race."

"I can't say you need a pacemaker now, but you will need one eventually. The operation is very straightforward, takes about a half hour, and you don't have to be sedated." I asked how soon I could schedule the procedure." He said, "You're asking the wrong question." He then spoke for about two minutes in Doctor-ese and I left my Doctor to English dictionary at home, so I missed most of what he said. But I'm sure it contained something like death occurs in one in 10,000 of these procedures. He said, "I've done 9,999 of these procedures so far."

My DS spoke up, "so you're now getting complacent." He said, "I teach doctors how to do this procedure and they are some of the meanest people on the planet. I get no chance to be complacent!"

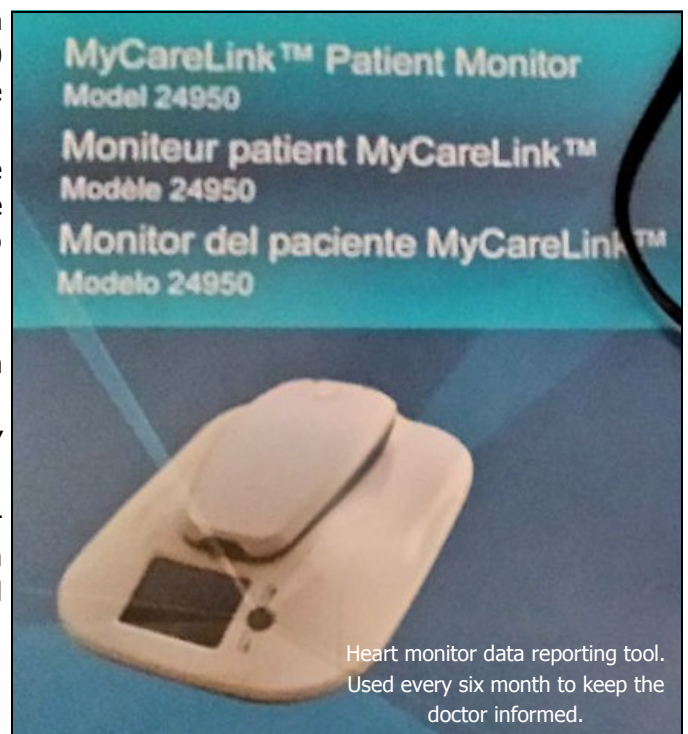
I just lost my DS!

He says, "Do you suffer from sleep apnea?" DS, "yes!" I'm thinking, "I do?"

Doctor, "Maybe you should get your thyroid checked too." DS, "I agree!" Me, to myself, "I shoulda left her at home!"

The doctor leaves. My former DS turns to me, points her finger at me and says, "You are getting a pacemaker!" I'm thinking, "I'm probably also getting a CPAP machine and thyroid surgery!"

I definitely should have assumed acid reflux!





## Chevron Houston Marathon Memories



Archive Photo

**Catie Cohen**—"Houston has set the bar unbelievably high for what I will now expect on half and full marathon race weekends. I have never (EVER) had such an amazing time on race day as I did this weekend. The crowd was both outstanding and creative with their signs and cheers, the Gatorade and water stations had countless volunteers handing out water and cheering simultaneously. My favorite part of the race was mile 11.5, heading down Allen Parkway and a young girl (maybe 9) pointed at a couple of us running past her and said "there's a smile, there's a smile". Needless to say I smiled the whole rest of the way! I cannot wait for next year!"

**Mile 13 Hoopla Team**—Katie Decker's Hoopla station included (L-R) Bill Lindsey, Andrea Milbourne, Katie Decker, Larry Jensen, Rosie Schmandt, and Kathy Molitor (not pictured) cheering on the runners.



Photo credit: Hardeep Thind

**Dave Piper**—"On Sunday morning I made it downtown in good time due to my new secret route (it's a secret). I loved having all the extra space in GRB but the bag drop seemed miles away from the BCRR gathering spot. Panic set in when I realized I didn't pull my bandanna out of my gear bag!!!! Eeeek! Jessica settled me down by applying a BCRR tattoo to make up for the bad bandanna juju. I found Steve Davis, Mark Conran, and Jay Hendrickson at the start which went off like clockwork. First time on the new course as I didn't run last year. I miss the Heights, but otherwise I liked the course. I thought the crowds were great, but it seemed like there were fewer bands than normal. Lots of fantastic BCRR support on the race course. Before I knew it the finish was in sight (I ONLY ran the half) and dreams of the post-race party danced in my head."



Photo credit: Rosie Schmandt



## Chevron Houston Marathon Memories



Photo credit: Lauren Wilder

**Lauren Wilder**—"The last few miles were predictably challenging. Luckily, as I began to seriously run out of gas, my homegirl **Jean Hawney** jumped in to run with me for the final stretch down Allen Parkway. Jean is a seriously good runner-inner... staying two feet in front of me the whole time and keeping the momentum going, so I just needed to follow her pink shirt and not think about tangents or pace. When we passed the now-famous Half Mile To Go Manhole Cover, Jean said to me, "ok Lauren, you gotta push now," and so I did. It was a really special moment to cross the finish line and have somebody right there to give a congratulatory hug...I also drooled on her a little but she was super cool about it."



Photo credit: Milan Jamrich



Photo credit: Milan Jamrich

**Lynn McGrew**—"I was elated to finally run my first full marathon after years of battling injuries that always sent me to the half marathon. Getting to run the full Houston course on a perfect Sunday morning was an amazing experience. The first 2/3 of the race flew by as myself and **Sheila Ramamurthy** chatted happily along the way. Although Mile 24 presented me with an angry knee that caused me to slow down, I still managed to finish just outside my goal at 4:01. I'm glad that this marathon experience won't be my only or last!"



## Faces & Places



Photo credit: Milan Jamrich



Photo credit: Susan Cita



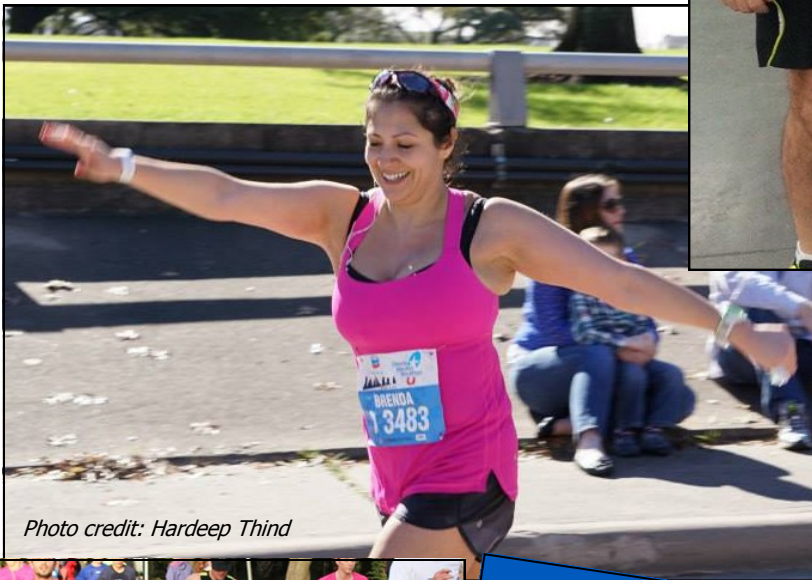
Photo credit: Milan Jamrich



Photo credit: Hardeep Thind



## Faces & Places







## Faces & Places

Photo credit: Hardeep Thind



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Photo credit: Milan Jamrich



Photo credit: Milan Jamrich



## CALENDAR OF EVENTS

<b><u>DATE</u></b>	<b><u>LOCATION</u></b>	<b><u>ACTIVITY</u></b>
<b>2/14</b>	Baytown, TX	Jail Break Run 1/2 Marathon & 5K
<b>2/21</b>	Houston, TX (Spotts Park)	The Buffalo Wallow 6K*
<b>2/22</b>	Sugar Land, TX	The Darling Dash
<b>3/7</b>	Houston, TX (Whole Foods Montrose)	Race Against Violence 5K
<b>3/14</b>	Houston, TX (City Hall)	Bayou City Classic 10K and 5K Fun Run*
<b>3/21</b>	Houston, TX (Sam Houston Park)	Law Week 8K*
<b>3/28-29</b>	Gonzales, TX to Houston, TX	Texas Independence Relay
<b>4/11</b>	Bellaire, TX	Trolley Run 5K*

\*Official HARRA race series event.



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