



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

BCRR MONTHLY NEWS

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Every Picture Tells a Story



Like Rod Stewart says, "every picture tells a story," and we've captured some of our favorite pictures for this special *Chevron Houston Marathon Extravaganza* version of the club newsletter.

Photo credit: Chevron Houston Marathon

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Word from the Bird

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From the President

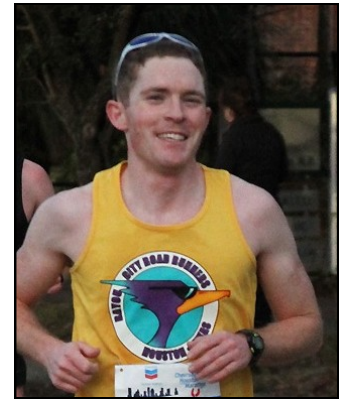


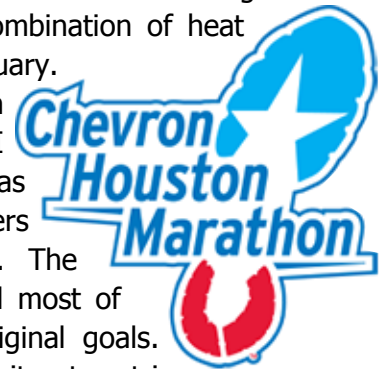
Photo credit: Milan Jamrich

Greetings BCRR!

Welcome to our special marathon edition of the newsletter! Now that your blisters have healed and you can walk down stairs facing forward again, take a minute to check out the pictures our club's great photographers shot and read about what your friends were up to on race day.

The 2017 Houston Marathon will go down as one of the toughest in memory. Runners were faced with a combination of heat and humidity more typical of June than January.

I was dismayed by the forecast and even considered dropping out prior to race day. I ended up deciding to run, and I was impressed by how many BCRR members evidently came to the same conclusion. The conditions were as rough as predicted and most of us, myself included, did not meet our original goals. However I saw a lot of BCRR runners tough it out, put in pretty amazing efforts in spite of adversity, and finish the race.



One thing I love about running the hometown race is that I see people I know every few miles along the course. I noticed that this year, as often as not, the people I saw were involved in some aspect of managing the race—manning elite fluids tables, organizing aid stations, guarding intersections. BCRR really loves the running community and

(Continued on page 3)

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 p_griffiths@bellsouth.net.

Chevron Houston Marathon



Spirits are high before the start of the *Chevron Houston Marathon* and *Aramco Half Marathon*. Despite the large size of this group, this is only a part of the BCRR members running that day. And many more members participated by volunteering in ways big and small to ensure everyone has a fun and safe experience, despite the unseasonable heat of the January 15 day.

BCRR Shirts



NOW AVAILABLE! The club has BCRR branded singlets, T-shirts, and long sleeve BCRR tech shirts available for sale. These groovy grape shirts will keep you looking good, and feeling cool, while you show you're part of the best running team in town! Prices are just \$10 for singlets and T-shirts, and the long sleeve version (shown here) is just \$15. See any board member for details.

Word from the Prez (Continued from page 2)

this race in particular, and we show it by participating in many different ways! On such a hot marathon day, I was especially thankful for the participation of **Susan Cita** and **Katie Decker** managing hoopla stations!

No marathon would be complete without a fabulous post-race party, and **Sue Leone** and **Alan Svoboda** hosted a memorable one. Ably assisted by **Chuck Bracht**, **Cheryl Verlander**, **Jim Knievel** and **Ivy Martino**, they plied us with enough jambalaya, margaritas, baked treats and beers to almost make us forget how bad that race hurt. **Chuck** was pushing cracklin's like a dealer pushes coke, and they were almost as addictive. The party (which started at 11:00 am) was so good that a few diehards didn't leave until after dark, or so I hear.

I definitely don't want to repeat 2017, but I have to say I'm already looking forward to next year!



Happy running!

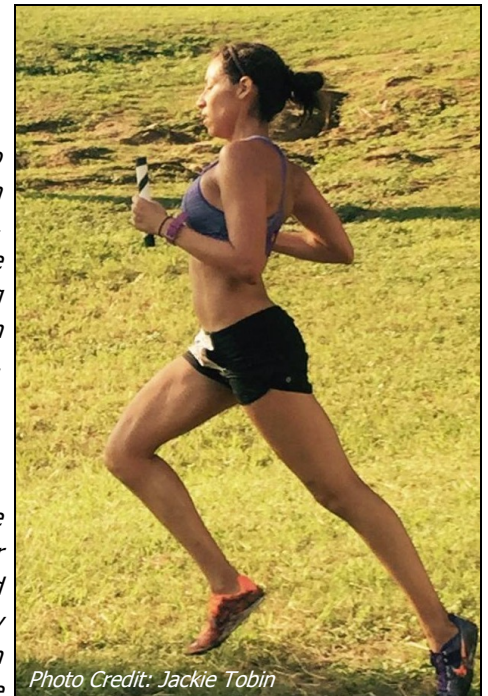
Andrew

Chevron Houston Marathon—Preparation



LEFT: Before anyone enters the big race, there are training runs and local events. Lots, and lots, of training runs.

JACKIE TOBIN on not hitting your goal: *I'm still so disappointed in my performance. I went in over confident and under fed (compared to all the professional runners ha). Physically my quads are so sore that I'm still limping around, emotionally, I'm upset that I didn't stick to my race plan. I started too fast and died by mile 16, I just couldn't hold pace anymore. I did end up stopping 2 or 3 times and wanted to quit. However, I never let my sons quit anything they start, so I couldn't be a hypocrite. The*



marathon is a very humbling race. I feel like I need to get out and redeem myself so I may try and run the Woodlands Marathon in early March. I think eventually I can learn to like the marathon. With all that said, it was fun training with all the different groups, running with BCRR, Corpus Christi Roadrunners, Runner's High, Tornados, and Finish Line

Sports... every runner was just so encouraging and motivating since we all had one common enemy -- the clock. Overall, It was a great experience.



ALAN TILLOTSON on being a pacer:

*The 2017 Houston Marathon was one of the hottest 26.2 events in which I have ever participated. With elevated temperatures and high humidity, we knew that safety was very important. The marathoners that elected to run with our assigned finish group (5:30:00) were encouraged to hydrate at every water stop. We walked the water stations. Our group banked about 50 seconds of time early, which enabled us to walk the up hills to conserve energy. We kept a consistent pace throughout the event by utilizing run/ walk intervals; run three minutes and walking one minute. My co-pacer, **Chris Bittinger** had an alternate strategy of 6 minute run and 2 minute walk. The runners had their choice, and it appeared that the 5:30 group was split about evenly between the two pacers. One difficulty I had was the inability to hear the high-frequency alarm on my interval timer. A very helpful runner in our group would prompt me if I missed the alarm for the run/walk switch. The enthusiasm of the runners and the crowd were very energizing to our group. We achieved the goal of finishing as close as possible to our assigned time with a finish time of 5:30:01. We'll see you out there again next year!*

Photo Credit: Hardeep Thind



Photo credit: Lisa Thompson

BOTTOM LEFT: Alan Tillotson enjoys a club breakfast after a training run. RIGHT: Jackie Tobin running a relay.

Chevron Houston Marathon—Feeling the Love



Photo credit: Rosie Schmandt



Photo Credit: Bernard Castro



Photo Credit: Hardeep Thind



Photo credit: Rosie Schmandt



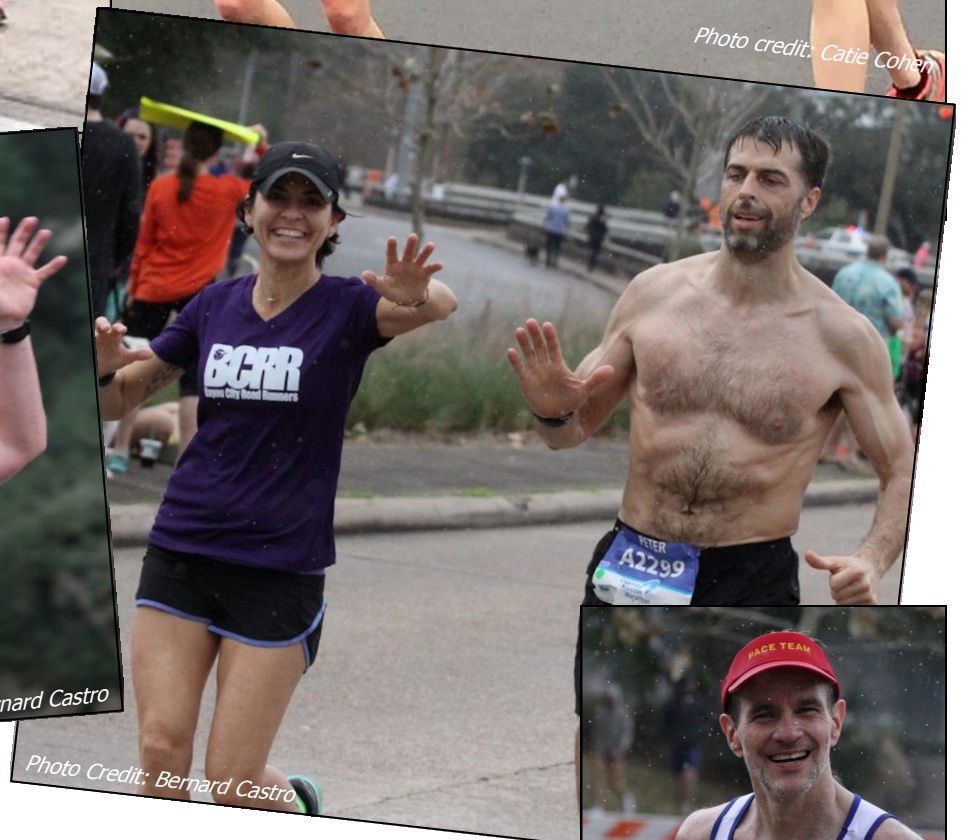
Photo credit: Rosie Schmandt

Sian Evans on volunteering at the marathon:

*Having arrived in Houston half way through last year, I was both too late and too unfit to contemplate running this year's Houston marathon. However, it was very apparent that the Houston marathon is a very big deal for Houston and BCRR both. So inspired by the volunteering options and the enthusiasm of our club mates, **Kern Hankins** and I decided to get involved by volunteering at the 30km elite water station, organized by **Ron Morgan**. This was a first for both of us, I've participated in several big city marathons but never from the 'other side'. It was a great experience all round, from the professionalism and commitment of the organizers, seeing the flashes of sinew and muscle as the elites flashed by and grabbed their beautifully laid out drinks, to being able to cheer on our club mates as they got to the business end of the marathon. Oh, and of course, the superb post-race party. It was great to be involved in some small way; and I wouldn't hesitate to do it again and to recommend volunteering to others as a unique way to experience the Houston marathon.*

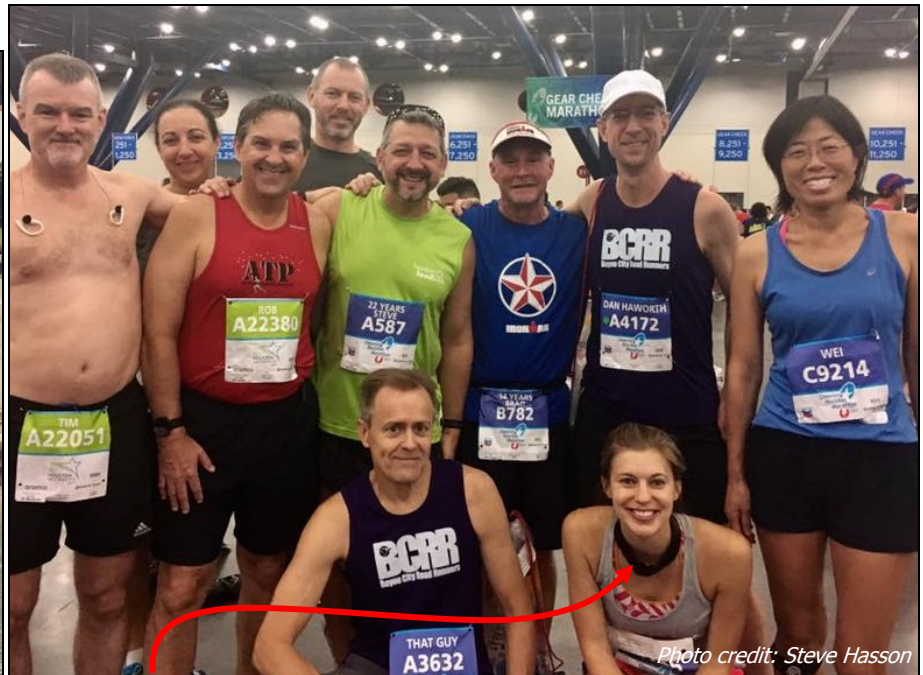
CLOCKWISE FROM TOP RIGHT: Steve Hasson and Edward Albrecht battle for camera dominance. Kern Hankins and Sian Evans bike by the mile-20 Hoopla station. Neeraj Rohilla knows who's #1. Volunteers Eric Faria and Clair Duam prepare the much-loved wet sponges. Gail Webster, Susan Cita and Camille Koska, hand out water, Gatorade, sodas, and pickle juice to hot and thirsty runners.

Chevron Houston Marathon—When You Know You Got This

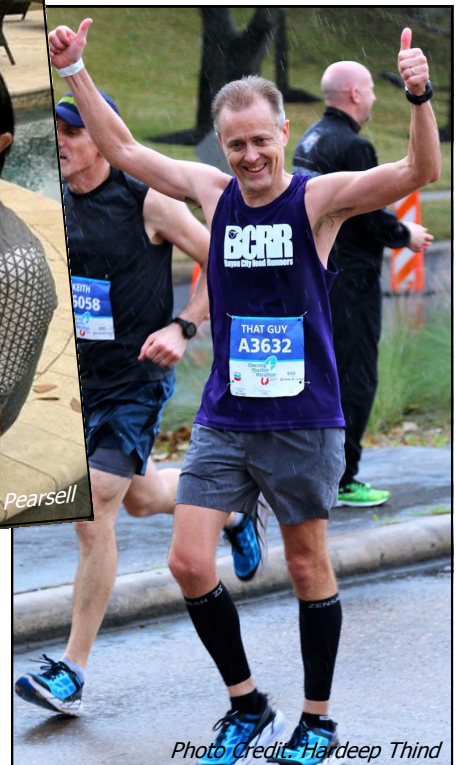


CLOCKWISE FROM TOP RIGHT: Christina Jones is very happy with Catie Cohen's support. Loris Fusi and Peter Griffiths both going strong. Will Henderson serves as a pacer. Tom Wille runs with a hat and little else. Scott Bounds helps Lisa Thompson power through the final miles.

Chevron Houston Marathon—Smiling All the Way



ASHLEY GEORGULIS on running sick: *Hands down the most difficult race I've done given the weather conditions and the fact that I spent hours before the race tossing my cookies. But I absolutely couldn't have done it without these running buddies. Congrats everyone! Thanks so much for your help, and all the runs leading up to it.*



CLOCKWISE FROM TOP RIGHT: Tim McGuirk, Lisa Albrecht, Robert Swanson, Edward Albrecht, Steve Hansson, Brad Godwin, Dan Haworth, Wendy Zheng, Joe Lengfellner, and Ashley Georgulis

team up before the race. Joe Lengfellner right after the wheels came off. Peter Griffiths and Susan Latimer, nothing but smiles. Chillin' by the jacuzzi

Theresa Pearsell, June Harris, Lara Allen, Nancy Greig and Wendy Zheng. Hillary Camp killing it on her first marathon with running buddy Lauren Hammang.

Chevron Houston Marathon—Prove your Metal



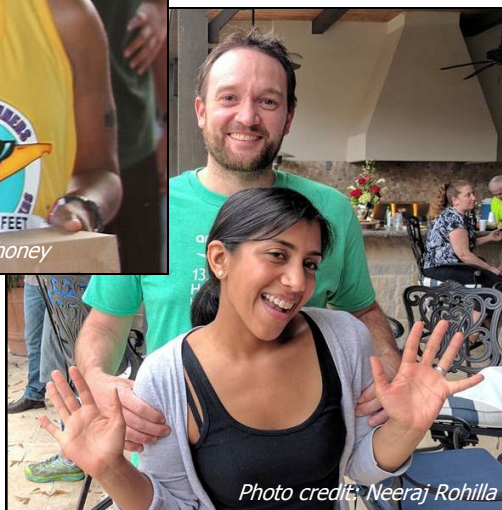
MAGGIE KIRKPATRICK on returning after a long break:

*I ran my 5th Houston marathon in January—after a 17 year hiatus from running marathons. The biggest challenge was figuring out what my body was capable of after 17 years. I have more issues now than I did then. With the help of a chiropractor, anti-inflammatory medications, and of course training, I got ready for race day. Back then I didn't start training until mid-October and ran the race by myself (finishing in a relatively decent time). Now I need help from my friends. I wanted to thank **Peggy Louie** and **Bob Kirkpatrick** for running with me. I also wanted to give a huge thanks to **Arlen Isham** for being a great pacer leader. I couldn't have finished officially without their help. The second time around was more fun; and I'm already thinking about next year!*



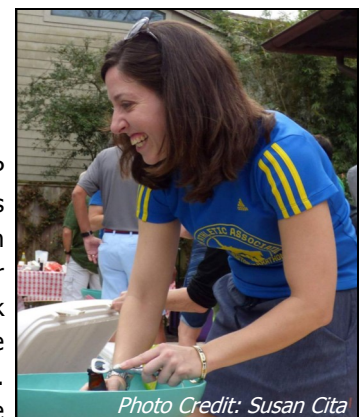
Gloria Mahoney on completing her 20th Houston Marathon:

Houston's 2017 Chevron Marathon is my 20th Houston marathon; and I have enjoyed seeing the number of spectators increase over time. I can remember George H. W. Bush on the course cheering us on. The spectators motivate us to keep running through rain and heat and to finish. So, next year, and for as long as I'm able, I'll keep running Houston's marathon because it is organized, and I enjoy the crowds, the expo, the course, and challenging myself to finish.



CLOCKWISE FROM TOP

RIGHT: Lisa Thompson checks for gold. Shelley Grahmann grabs a drink at the after party. Tom Wille holds back Sheila Ramamurthy because she WILL raise the roof. Gloria Mahoney wins at the relay. Peggy Louie, Maggie Kirkpatrick and Bob Kirkpatrick take time out for a quick photo opt.



Chevron Houston Marathon—The Future



Photo credit: Lisa Thompson

DAN HAWORTH on running his first marathon:

*The conditions were tough; but the people made my first marathon great! The spectators with their signs, cheering, and caloric treats, ensured an enjoyable experience. That goes double for the BCRR support crews at the mile 13 and mile 20 hoopla stations! And, a real treat awaited me at the end: finishing the race with fellow BCRR member **Steve Hasson**. My partner **Sheila Katz** cheered me on at not one, but **THREE** spots on the course. She gave me wings!*



Photo Credit: Susan Cita



Photo credit: Neeraj Rohilla

FROM TOP LEFT DOWN: First time marathoners Dan Haworth and Hillary Camp ROCKED IT and now celebrate with a well deserved cold one. Momma Miriam Werner totes around a future runner on her back. Momma Heidi Mae totes around her future runner up front as Christina Jones, Julie Zelenak, Rob Walters, and Andrew Young say "hello!" Chevron Houston Marathon's overall winners (if you don't count BCRR) were Kenya's Dominic Ondoro and Ethiopia's Meskerem Assefa with times of 2:12 and 2:30 respectively.



Photo credit: Chevron Houston Marathon

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
2/5	Houston, BCRR Party Head Quarters	Super Bowl Party
2/8	Houston, Rice University	Run and/or Valhalla hangout (<i>Every Wednesday evening</i>)
3/4	The Woodlands, TX	The Woodlands Marathon
3/11	Houston, TX (Sam Houston Park)	Law Week Fun Run 8K*
3/18	Houston, TX (City Hall)	Bayou City Classic 10K* **
3/25-26	Gonzales, TX	Texas Independence Relay
4/8	Bellaire, TX	Trolley Run 5K*
4/29	Houston, TX (Rice University)	LP Run (33 1/3 Minutes)*

*Official HARRA race series event.

**BCRR seeking volunteers



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