



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

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Volunteers Make BCRR Run

BCRR is a "runner's club," but *volunteers* make it run. For instance, **Susan Cita** (*seen at right*) joined the other volunteer chefs at John's Looooong Run to ensure everyone a hot breakfast. Other volunteers serve on our board, host club parties, support runs, and much more. In short, volunteers donate countless hours to keep us running. This is to be commended. Good job BCRR! Unfortunately, the same faces tend to make up the bulk of our volunteer ranks. We could use some fresh faces! How about you?

Have you volunteered lately? Perhaps you would consider joining our team of amazing volunteers on an event (of your choice) in the near future. It would be awesome, and go a long way towards meeting the club's needs, if each member of

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Chevron Houston Marathon 2011

Run Like a Dog!

By Terry Fanning

My granddaughter surprised me recently when she told me that her father (*my son*) told her that I "run like a dog." She didn't say it like it was something to be proud of. She said it more like it was something that she does not understand.

She is on the cross country team at her middle school. She is not a "natural" runner—one of the thin girls who run in the front of the pack. No, she is more of the middle to back of the pack runners. She is not particularly happy to run, but has told me that she enjoys the feeling of accomplishment (after she completes a run).

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Word from the Bird

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FREE

Bayou City Road Runners
P. O. Box 925534
Houston, TX 77292

Editor

Joe Lengfellner
The Dream Garden LLC
ThatsJoesMail@Gmail.com

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BCRR Board of Directors**President**

Rosemarie Schmandt
prez@bcrr.org

Vice President

Bob Thompson
bobbccrr@gmail.com

Secretary

Sam McMurtrey
sammack1967@gmail.com

Treasurer

Susan Cita
susancita.bcrr@gmail.com

Member at Large

Patrick Flaherty
callpatf@aol.com

Member at Large

Andrew Kenworthy
andrewkenworthy@yahoo.com

Member at Large

Andrew Young
youngandrew.joseph@gmail.com

Member at Large

Heidi Zimmerman
zimheidi@gmail.com

Member Database

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

From the President



Photo Credit: Rosie Schmandt

Marathon Time!

I am writing this article, just back from working our annual pre-marathon ritual, the GRB run. For those who are unfamiliar with this event, our regular Sunday run is re-routed from River Oaks to a run from Memorial Park to the GRB and back. What a great way to mentally prepare for next week. After mile 20, you will be thinking, "Wall? What Wall? I ran these 6 miles last week!" Of course I am bummed out that I am not running again this year, but it's a fun run to work. With the number of runners out this beautiful morning, it's a good chance to do some recruiting!

BCRR has some really great marathon week perks. The GRB run is just the first of them. We have our carb-loading dinner scheduled for this Thursday, at Spaghetti Western on Shepherd. All you can eat Pasta and Salad buffet for \$15. For those running either the marathon or half-marathon, you can enter the "Predict your Time" contest. The runner who most accurately predicts their marathon or half-marathon time without going over, wins!

On the day of the race, this year we have three Hoopla stations!! For the marathoners and half-marathoners who want to shed some clothing and need some emotional reinforcement, **Chuck** and **Cheryl** will be waiting for you at mile 8-ish on Mandell. For the full marathoners, who think they might need GU reinforcements, dry socks or a special rejuvenating drink at mile 13 (near Westpark and 610) or mile 20 (near the entrance to Memorial Park), please bring your special stuff to the GRB on race morning, clearly labeled with your name and their destination (a clear ziplock bag works best for most items – I will bring a Sharpie). BCRR runners will meet in Hall D of the GRB next to the Catholic Church Service where there will be two bags – one for deliveries to Mile 13 and one for Mile 20 that will be shuttled to the Hooplas stations. Unclaimed goodies and stinky abandoned clothing from the Hoopla stations will be brought to the post-race party and to Valhalla on the Wednesday post-marathon.

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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.

Don't let your New Year's resolutions go in one year and out the other



Patrick Flaherty

Resolutions to consider for 2014

- Run Rice more often on Wednesday's to enjoy the post run social
- Meet and get to know a new BCRR member
- Don't get discouraged after a "bad" race as there will be another race soon enough
- Schedule a visit to Corpus (marathon relay) in May because it's FUN
- Remember that club dues are due by June 30th
- Have a beer at the Flying Saucer after volunteering at the Jingle Bell Run
- Add purple to my wardrobe
- Stand up to my boss
- Quickly find a new job
- Break a bad habit by replacing it with a good/healthy habit
- Lose weight (the resolution rules REQUIRE that this is included)
- Stop beating yourself up when you are forced to skip a run, but stop missing runs when you have time
- Save money (Valhalla anyone?)
- Reconnect with a long lost friend
- Get more sleep
- Plan a zero-electronics day, and hit the park or read a book
- Find out if Sunday's coffee taste better after the club's supported morning long run
- Commit to something/someone – More than often you get more than you give
- Ask John Phillips if he needs help to pick up, or set up, the tent



Are You Connected? Checkout BCRR's Online World

Our Facebook group page—<https://www.facebook.com/groups/bcrrhouston/>

Our main website—<http://www.bcrr.org/index.html>

Happy Hour listing: <http://www.bcrr.org/parties.html>

Word from the Prez (Continued from page 2)

Another change for this year's marathon is the location of our post-race party! This year, **Sue and Alan** will be hosting the BCRR party, with **Chuck and Cheryl** as co-hosts. The location of the party is 326 Terrace Drive, near Memorial Park. The Post Race Party starts at 11:00 am and admission to the party is \$10 per person and will include food and drinks. Showers will be available. Bring your swimsuit and towel for the hot tub. How lucky are we??!

What's that you say? You're not running this year? Long distances are not your thing? Injured? Come out, volunteer at one of the BCRR aid stations, make noise and take photos! Your help and moral support is greatly appreciated by your fellow BCRR members! Next year, when you're back on track, they will be there for you.

Best of Luck to all those running!!

Rosie

Word to the Wise—Marathon Prep for Runners AND Fans

MILE 0 — Pre Race

The GRB will be open on race morning at 5:00 AM; and the running clubs meet in Hall D. BCRR will meet at the same location as last year, next to the Catholic Church service (see map below). The feather banner and the BCRR banner should be present, so that you can find us.

MILE 8

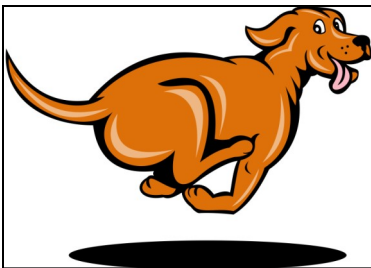
New this year, **Chuck** and **Cheryl** will have a drop off station set up near their house for both the half and full marathoners (near mile 8) at the corner of Bissonnet and Mandell. Unfortunately, **Rosie** cannot deliver items to the mile 8 station, as it will be impossible to get there on race morning, but you can shed any extra clothes there if you overdressed for the race. The half marathon will continue east on Bissonnet to Montrose, while the full marathon will turn right down Mandell, passing in front of **Chuck** and **Cheryl's** house. Runners can drop off items here and the items will be picked up and taken to the post marathon party at **Sue** and **Alan's** or brought to Valhalla on the following Wednesday night. For BCRR fans wishing to watch the race from this location, Screwdrivers and Bloody Marys will be served! NOTE: Please make sure that you take the route into consideration when parking so that you are not trapped. Parking north of Bissonnet on South or North Blvds. is not restricted.



MILE 13 and MILE 20

The club will have our usual BCRR Hoopla (Aid) Stations at miles 13 and 20. These sections of the course are different this year, so keep an eye out for the BCRR banners to mark the spots. Runners wanting a dry pair of socks, some nutritious GU, or any other supplies waiting for them at these aid stations, must deliver the items (in a clearly labeled zip

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Run Like a Dog

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What made my son tell her that I “run like a dog” is that she, her brother, and her dad had taken their dog, Clancy, to a bayou near the house. The area is a good place for him to stretch his legs and explore without being on a leash.

Clancy loves being able to get out like that. He runs up and down the rise alongside the bayou. He sniffs a lot of different things and occasionally stops to roll on top of something—usually something that smells terrible.

We often attribute human feelings to animals. If there is a human feeling that Clancy would have when running alongside the bayou, it would be called “joy.”

My son told his daughter that he has driven by Memorial Park and seen me run. He told her that he has seen me when I didn't know he was there; and that I had a big smile on my face. I ran like a dog. Full of joy.

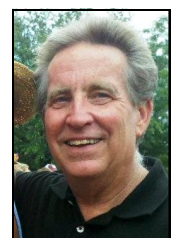
My granddaughter didn't question that I ran like that. She had thought that already. However, she didn't tell me that she was proud of me, or happy for me. She had a question: Why am I so happy to run? To her, running is demanding. It is painful. It isn't fun.

To me, running is a gift from God. It is freedom, good health, friendly when I run with people I know and sometimes friendly when I run up to people I don't know. I even enjoy running alone.

It is hard for me to think of a reason to *not* run—at least not a good reason.

So I am a lucky dog. Happy to be unleashed. Grateful for the ability to run and the friends to run with.

If you are not enjoying your running, take a break. Run slower. Stop and sniff. You can even roll around some if the urge hits you. Be happy. Run like a dog.



Terry Fanning

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lock bag) to Rosie early that morning at the GRB. She will make sure they get to the designated aid station, but bear in mind she **MUST** have them in her possession by 6:20 AM at the latest.

MILE 27 — Post race party

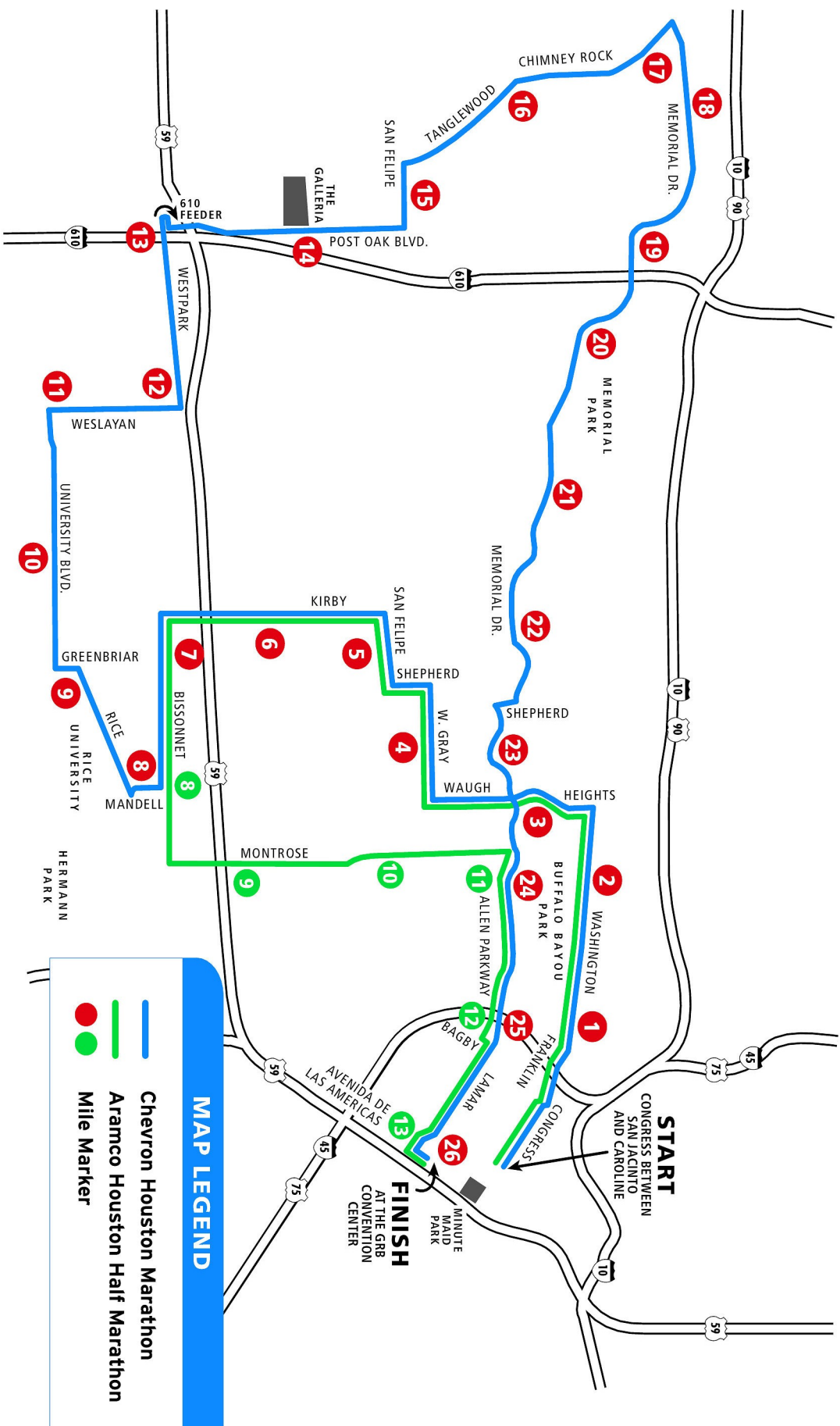
There will be a post race party at **Sue Leone** and **Alan Svoboda's** home located at 326 Terrace Drive (near the East end of Memorial park). The Post Race Party starts at 11:00 AM. The party's admission fee of \$10 per person will help pay for the food and drinks. Showers will be available, but be sure to bring your own towel. And bring your swimsuit (and towel) for the hot tub! More information regarding the party will be posted our Facebook page.





Chevron Houston Marathon and Aramco Houston Half Marathon

Sunday, January 19, 2014



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the club volunteered at least once per quarter. No experience required. We only ask that you bring a smile and extend a hand to help. Contact any board member for ideas of how you can be our next volunteer hero! If you love the club, let it show.



Faces & Places



Top three pictures from club members enjoying the after party at John's Looong Run. Bottom two pictures from groups on a water break during the Sunday morning Memorial Park run. The groups ran the tail end of the Houston Marathon to get an advance look at the course.



Photos courtesy of Milan Jamrich and Rosie Schmandt.

CALENDAR OF EVENTS

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
1/17-1/18	Varies	GRB Convention Center, Downtown	Packet Pick-up EXPO
1/19	7:00 AM	GRB Convention Center, Downtown	Chevron Houston Marathon*
1/19	11:00 AM	Sue Leone and Alan Svoboda's house, 326 Terrace Drive	Post Marathon BCRR party
1/26	6:30 AM	Sugar Land, TX	USA Fit Marathon
2/1	7:00 AM	Surfside, TX	Surfside Beach Marathon & 1/2 Marathon
2/16	7:30 AM	Galveston, TX	Galveston Marathon and Half Marathon
2/22	8:00 AM	Spotts Park, Houston TX	Buffalo Wallow 6K*
3/8	8:00 AM	Downtown Houston	Bayou City Classic 10K and 5K*

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
P O BOX 925534
HOUSTON TX 77292-5534

