



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

January 2022



Christina Young

## CHM Local Elites Features Familiar Faces

The honor of earning Local Elite status and an invitation to the Chevron Houston Marathon is reserved for top Houston runners who prove their merit by being the first to finish select races (i.e. The Houston Half or the HMSA 25K) within the tough qualifying standards. In short, these runners have to be awesome and have the race results to prove it. Several BCRR club members qualified for this elite status. Among them were the following:



Photo credit: Milan Jamrich

### **Name: Ben Harvie** (Left)

- How long have you been a member of BCRR? *10 years more or less.*
- Favorite Race Distance: *10K or half marathon.*
- What was your motivation for making Local Elite? *Making my coach proud and getting to rub elbows (before the race) with world class athletes who in past years said "good luck and you look ready." That alone is motivation!*
- What is your favorite thing about being Local Elite? *Keeping alive my 63 years of running consistently as "And also Running." Never went to State. At UH varsity last guy! Never broke 3:00 in a marathon! But always being consistent and never giving up!*
- Your race day goals for the Houston Marathon/Half Marathon 2022? *Being the oldest guy in the white tent and winning my age*



Photo credit: Milan Jamrich

(Continued on page 3)

## IN THIS ISSUE

Prez Letter 2, John's Looong Run 5, Christmas Lights Run 6, Classical 25K 7, Alex's 5K 8

**Word from the Bird**

January 2022  
FREE

Bayou City Road Runners  
P. O. Box 66196  
Houston, TX 77266

Editor  
Joe Lengfeller  
The Dream Garden LLC  
ThatsJoesMail@Gmail.com

All content Copyrighted.

**BCRR Board of Directors**

President  
Lisa Thompson  
HoustonBCRR@gmail.com

Vice President  
Katherine Culbert  
ksculbert@gmail.com

Secretary  
Steve Hasson  
shasson@earthlink.net

Treasurer  
Sarah Austin  
sarah.austin@utexas.edu

**Members at Large:**

- Joel DuBois
- Mirka Jalovcova
- David Piper
- Sheila Ramamurthy
- Christina Young

**Member Database**

Has your contact info changed?  
Send any updates to  
shasson@earthlink.net

# From the President



Lisa Thompson

Hey BCRR,  
Hope you are all healthy and fit for 2022 particularly since the Houston Marathon is less than a week away.

We have a lot of legacy runners who deserve a big hat tip as they have run at least 10 or more Houston marathons or half marathons. We also have first-time marathoners and half marathoners and everyone in between. I strongly encourage you to wear your BCRR GEAR ON RACE DAY. If you need gear text me at 832-279-6367. I have limited gear and sizes available, but I will do my best to outfit you.

I few things are different this year due to COVID we will not be hosting a pasta party.

**CLUB PICTURE**—Before the race starts BCRR members will gather for pictures, at 6 a.m., and camaraderie inside GRB near the Heb sign. We will share a handy dandy map of the interior layout of the GRB. Look for the BCRR flag/banner once you enter GRB.

**HOOPLA STATION at 20 mile**—In addition to thousands of spectators

(Continued on page 4)



*Dress to impress at the Chevron Houston Marathon. Show off your purple and gold.*

**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 [sarah.austin@utexas.edu](mailto:sarah.austin@utexas.edu).



**Marathon Elites** (Continued from page 1)

*group! I bragged that I had been the oldest, but was reminded by Jack L. that he was 10 months older than me.*

**Name: Gloria Mahoney** (Right, and page 1)

- How long have you been a member of BCRR? *Over 20 years.*
- Favorite Race Distance: *Half marathon*
- What was your motivation for making Local Elite? *This is something you always want. I was surprised and very pleased.*
- What is your favorite thing about being Local Elite? *I enjoy the camaraderie.*
- Your race day goals for the Houston Marathon/Half Marathon 2022? *Have fun. Enjoy the run. Stay focused.*



Photo credit: Milan Jamrich



Photo credit: Peter Mullin

**Name: Peter Mullin** (Left)

- How long have you been a member of BCRR? *5 years (I think!)*
- Favorite Race Distance: *Favorite race distance is actually the 1-mile! Not my best distance: that historically has been the half-marathon, but there are some great races at this distance both on road and track - especially the Fifth Avenue Mile in New York, which has crowds the whole way and has separate races for each 10-year age group.*
- What was your motivation for making Local Elite? *It's great to mix with and get to start with the professional elites, even though they will be out of sight in no time after the start!*
- What is your favorite thing about being Local Elite? *It gives a chance for the older age groups to have their recognition. What about an 80+ group going forward?*
- Your race day goals for the Houston Marathon/Half Marathon 2022? *Win the age group in the half.*



Photo credit: Connie Lawrence

**Name: Allyson Serrao** (Left)

- How long have you been a member of BCRR? *Since 2015*
- Favorite Race Distance: *5K*
- What was your motivation for making Local Elite? *To represent a local runner who has met the standard amongst our local athletes in her age category.*
- What is your favorite thing about being Local Elite? *The complimentary entry, the massages, heated tent at the start line, no wait for port a potties. Hanging out with the invited elites, the snacks, beverages and the list continues!*
- Your race day goals for the Houston Marathon/Half Marathon 2022? *To have fun and finish with a big smile in my hometown.*





### Prez letter *(Continued from page 2)*

lining the streets, runners will find BCRR's Hoopla Station volunteers at mile 20. Look for returning volunteers **Sharon McNeil, Maggie Kirkpatrick, Don and Clair Daum** and of course **Susan Cita** who will bring any gear you drop at their hoopla station to the after party at **Sue and Alan's** house. These good sports forego their chance to enter the races and instead serve smiles and refreshments as the runners pass Hoopla Stations at mile 20. I am very fond of the Gummy bears and really look forward to seeing **Susan Cita** and her crew. It gives me a burst of energy, which is much needed at the 20 miles. **Susan** is truly amazing and every runner in the club will recognize this come race day.

**POST-RACE PARTY**—The club continues a tradition of outstanding parties with the post-race festivities at the home of **Sue Leone** and **Alan Svoboda**. This year the party will be outdoors in back of their usual party spot. There will be bathrooms available and a pool in back. Food and drink will be served. For BCRR members the party is \$10, and for non-BCRR members \$15. Please see our calendar on website for details and the members' weekly email. Visit our *Marathon Info* page at [bcrr.org/houstonmarathon](http://bcrr.org/houstonmarathon) for complete details of all these items and more!



*Photo credit: Rosie Schmandt*

*2017 Flashback: Volunteers at the CHM 20-Mile Hoopla Station.*



*See you on the road!*  
*Lisa*



## John's Looooong Run 2021



Steve Hasson

On Sunday, December 19th, BCRR and Striders Runners gathered at **Sue Leone** and **Alan Svoboda's** house for the start of John's Looooong Run. The run is named for **John Phillips**, who started the BCRR club tradition over 20 years ago for a 21 mile run from his house each year, three weeks before the Houston Marathon. Per club tradition, **John Phillips** himself was there to offer a few words of motivation to the assembled group, and send them on their way. At 6:30 am some 30 runners from BCRR and The Striders took off from Sue and Alan's, maps in hand, and ready for a run around Houston. The group separated into multiple pace groups, and then into multiple distance groups, separating around mile 9 so that those who only wanted to do 13 or so miles could head back to Sue and Alan's early, while the rest followed the mapped route, with arrows neatly painted on the streets, to finish what ended up as a 22 mile run! It was a great (46 degree) day for a long run, and all had a good run, not to mention great food afterward! Thanks go to John for organizing the run years ago, to Sue and Alan for opening their home to the attendees, to The Striders for putting the water out on the course, and to **Susan Cita** and her team of volunteers for organizing and cooking the delicious food afterward!



All photos:  
Steve Hasson





## Christmas Lights Run



Christina Young

On the first Wednesday in December, BCRR overtook the streets of River Oaks for the Annual Christmas Lights Run. Although it was early in the season, a bounty of Christmas lights led the way on our journey. The cars were scarce, because everyone was still thinking about Thanksgiving, but luckily the residents of River Oaks had already prepared for the next holiday celebration. After a quick 5-mile jaunt, we headed to *Kenneally's Irish Pub* for a pint and a pizza, feeling quite full of the holiday spirit!



Photo credit:  
June Harris



Photo credit:  
June Harris

Photo credit:  
Katherine Culbert





## Classical 25k



Lisa Thompson

BCRR showed up in force on November 21 to run the 3rd race in the HARRA fall series. The 25K is approximately 15.5 miles. It is a 3 loop course which I enjoy because I get to see and hear many of my BCRR buddies. It was 66 degrees and 100% humidity at the start. Not ideal for a race. Thankfully lots of BCRR folks also cheered us on along the course: **Bill Lindsey, David Piper, Loris Fusi, Matt Nicol, and Romuald Budiman.**

I was chasing the local elite time. I had to run 25K in 2:03:15 and get first in the 10 year age group. It was great to have Piper tell me that I was on track as far as time was concerned on the 3rd loop. I was worried about not placing 1st though and could hear people cheering for one of my competitors who seemed to be close behind me. It was so warm I ditched my baseball cap which I never do. In the last quarter mile **Chelsea Barr** (not in BCRR but, she should be) came out to run me to the end. The finish line was a little tricky and she was concerned I would miss it. Later I discovered that she was the overall female winner of the race. Wow!!! I made both time and place for local elite and was elated.

The age groups were 10-year groupings (instead of the more traditional 5-year age groupings) so it was tough to place. The following BCRR members ran the 25K earning valuable points for our team competition in the HARRA series.

### 25K Age Group Medal Winners

- **Allyson Serrao** 1st AG 50-59
- **Ben Harvie** 1st AG 70+
- **Gloria Mahoney** 1st AG 70+
- **Kate Gunderson** 1st AG 20-29
- **Kathryn Vidal** 2nd AG 70+
- **Lisa Thompson** 3rd AG masters
- **Ozzie Guven** 3rd M40-49

### 25K Finishers

- **Avi Moss**
- **Barry Tobias**
- **Natalie Lankford**
- **Rhonda Emerson**
- **Steve Hassan**
- **Tom Willie**

There was also a 10-mile option. For athletes that are training for the half marathon this is an excellent choice. BCRR 10-mile race finishers:

- **Clare Bensch**
- **Kathi Mahon**
- **Robert Swanson**
- **Susan Elias**

I may have missed some names of BCRR people who ran and I apologize for that. I did enjoy seeing everyone post-race, especially the lovely **Sheila Ramamurthy** and our own BCRR toddler, Neal.

I am grateful for the *Houston Masters* who put on the 25K and hope it continues for years to come!



Photo credit: HMSA



Photo credit: HMSA



Photo credit: Lisa Thompson



## Alex's 5K Runs for Autism



Joe Lengfeller

On November 6<sup>th</sup> of last year, and under near ideal weather conditions, BCRR hosted the 11<sup>th</sup> annual Alex's 5K. This is BCRR's own race, which raises funds and awareness for Autism-related charities in memory of **Alex Jamrich**. All of the net proceeds benefit: [Autism Speaks](#), [Avondale House](#) and [The Westview School](#). Thanks to everyone involved more than \$20,000 was raised from this year's event!

The race successfully met some new challenges this year as the course had to be rerouted and recertified due to construction on the Calhoun Bridge (shout out to **Jay Hendrickson**, **John Phillips**, and **Bob Thompson**, and for making this so). Some activities (i.e. traditional Egg Hunt) were scaled back or modified to mitigate COVID concerns. Nevertheless, the post-race experience was not appreciably diminished and there was no shortage of food, drink, and camaraderie.

In addition to the run for autism, the race also served as the year's [RRCA](#) Texas State 5K Championships. RRCA representative **Lee Greb** was on hand to help recognize the day's fastest runners. Those speedy athletes included:

- Open: **Pablo Rivero, Chelsea Barr**
- Masters (40+): **David Alber, Flora Lai**
- Grand Masters (50+): **Ben Harvie, Peggy Fortune Yetman**
- Senior Grand Masters (60+): **Paul Schulz, Kathy Kersh**
- Ultra-Seniors (70+): **Jim Carlson, Karen Lancer**



The event also held the honor of being *Power in Motion's* (PIM) designated Fall goal race. [PIM](#) helps would-be runners learn how-to and complete their first race and helps existing runners learn to improve their performance.

Long before the first runners arrived, and well past their exit, volunteers were on site to help ensure a well-organized, fun, and safe race was executed. Alex's 5K volunteers managed the race, helped present awards, served breakfast (complete with St. Arnold's beer!), hosted kid's activities, and cleaned up afterwards. Special

thanks to the Alex's 5K Race Committee: **Lara Allen, Susan Cita, June Harris, Will Henderson,**

(Continued on page 9)



All photos: Milan Jamrich





## Alex's 5K (Continued from page 8)

**Milan Jamrich, Kathi Mahon, John Phillips, Dave Piper, Rosie Schmandt,**



**Hope and Joe Sellers, Allan Tillotson, Bob Thompson,** and the countless volunteers that donated their time and expertise to make this event a success!



All photos: Milan Jamrich





## CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
<b>Current</b>	All indoor functions	For health and safety many events canceled or virtual.
<b>Mondays</b>	Memorial Park Tennis Center	Mellow Monday casual run
<b>Wednesdays</b>	Rice University/First Christian Church	Wednesday night run
<b>Fridays</b>	Houston, TX	Happy Hours—Canceled
<b>Sundays</b>	Memorial Park Tennis Center	Sunday morning long run through River Oaks
<b>Jan 16</b>	Houston Marathon	GRB Convention Center*
<b>Feb 19</b>	Sam Houston Park	<b>8K Law Week Fun Run*</b>
<b>Feb 19</b>	Toyota Center	<b>5K Rockets Run</b>
<b>Feb 27</b>	Darling Dash	<b>TBD</b>

\*Official HARRA race series event.

BCRR is seeking volunteers for events in **BOLD**.



BAYOU CITY ROAD RUNNERS  
P O BOX 66196  
HOUSTON TX 77266

