



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 46 - July 2014

Are You In?

Did you get the email? Are you confirmed for the biggest sports event in Houston? Starting in May the Houston Marathon Committee began sending out confirmation emails to all "official" runners. If you were one of the lucky people to receive it, you have an email with the subject line, "Congrats! 2015 Chevron Houston Marathon Registration Confirmation." HOWEVER, it is not too late to get in!



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Fall into Pace with the HARRA Fall Series



Heidi Zimmerman

The **Chevron Houston Marathon** will be here before we know it, so what better way to fall into pace than with the HARRA Marathon Fall Series and preparation events. Lace up your racing flats and evaluate the progress of your tempo workouts and long runs with the following races this fall:

- **Tornados Cross Country Relay**- September 27, 2014 at Spotts Park
Rally your fast friends together for a hilly challenge through this grassy course.
- **Space City 10 Miler**- October 12, 2014 at the University of Houston Clear Lake

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Word from the Bird

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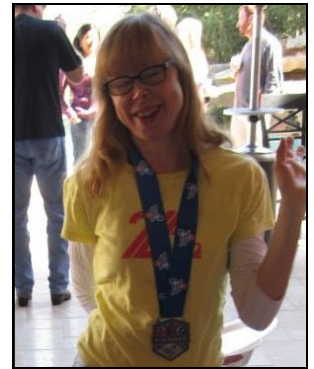
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Member Database

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

From the President

***Here Comes the New Running Season***

Here it comes... the 2014-2015 running season. So get your calendar out because there are lots of not-to-be-missed dates. BCRR: We have an awesome new board with some big ideas and will have an amazingly fun running year. Welcome to our new VP **Heidi Zimmerman**, returning Treasurer **Susan 'The Queen of Purple' Cita**, new Secretary **Andrew Young**, awesome At Large Members, **Kathi Mahon**, **June Harris**, **Peter Griffiths** and **Terry Fanning**, Ad Hoc **Joe "Master of the Web" Lengfellner**. Huge thanks to our outgoing board member, President extraordinaire **Rosie Schmandt**, VP **Bob "isn't it an awesome last name" Thompson**, Secretary **Sam McMurtrey** and At Large Members **Andrew Kenworthy** and **Patrick Flaherty**. Thanks for all of the hard work on the board and for your continued involvement in BCRR. Come join us any time at our 2014 board meetings. The next one is August 18th, 6:30 PM at 4003 Hazard Street.

We are doing several fun events this summer. A board game afternoon is scheduled for Sunday July 26th, 1 PM at 4003 Hazard Street. Bring your favorite game. We will have Cribbage, Scrabble, Crimes Against Humanity, etc. Next, gear up for the fall season. Let's start by running a 5K together August 2nd - Outriggers 5K by the Bay, Outriggers Bar, 305 Bath Street, Seabrook. **REGISTER NOW!** www.signmeup.com/site/online-event-registration/101574/. BARC is manning the water stations, so wear purple and have a ball. Then join us in Sonoma, California for The Water To Wine Half Marathon on August 10th. The 2014 course has changed! The new course starts and finishes at Kendall Jackson Wine Estate and Gardens in Sonoma County, and is 90% paved with two off-road sections through vineyards on hard packed dirt roads. We have winery tours set up, etc. Currently we have 12 BCRR members going and would love to have more. www.runwinecountry.com.

For those who attended the HARRA year-end banquet, BCRR cleaned up in the awards but BARC beat us in the overall Club and Team Competitions. Full

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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.

Marathon Fall Series

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This flat course is a great tune up to see if you need to tweak your training to amp up your fitness. Join other Bayou City Road Runners and launch marathon season off on the right foot!

- **Houston Half Marathon**- October 26, 2014 Sam Houston Park
This race provides ample opportunities for spectators to cheer you on. Take advantage of the crowd appeal with a late race surge to the finish.
- **HMSA Classical 25K**- November 16, 2014 Wortham Center Plaza
This loop course is a great way to scope out your competition and shout praises to other Bayou City Road Runners along the course.
- **Sugarland FLS 30K**- December 14, 2014 Sugarland Town Square
This race is your last chance to put your marathon pace to the test before race day!



Fall Series

Club participation is a critical part of the HARRA Fall Series. Sign up today for as many races as you can, so we can showcase our club prowess with a sea of purple.

Word from the Prez

(Continued from page 2)

results: www.harra.org/interclub-competition. We strutted our BCRR purple, while they were very coordinated in their tie-dye blue BARC shirts. We are the best running, partying, fun loving club in Houston and 2014 promises to be even better than last year. The Chevron Houston "Run for a Reason" Marathon Kickoff party has been rescheduled for Thursday July 31, 5-7 PM. This is like old times and we hope to have a huge BCRR presence. We need help setting up and manning the tent. If you want to help please let us know. Free Marathon "In Training" T-Shirts will be handed out. Also, at our tent we will be selling some BCRR gear, tech shirts and Alex 5K

tech shirts for \$5. And you can spin the wheel for free prizes...

Maybe a free entry in the Alex's 5K?

Our next opportunity to mix with the Houston running community will be on Saturday, August 25, 7-9 AM, when HARRA hosts the Annual Party in the

Park!!! We hope to see everyone

there. Look for our big purple tent!!! ...Which we will need volunteers to help set up.

The 2014-2015 race season is already shaping up to be a blast. We have the HARRA Fall Series starting with the HARRA Cross Country Relay on September 27th at Spotts Park. Let us know if you already have a team. I have a list of teams I think would be fun to have run together, if you need suggestions. The prizes at this race are so cool. A little Latin flair, a fun cross country course, and the fine

Tornados serving beer makes this race fantastic.

Every BCRR member should set your sites on being an Ironfoot. [The Ironfoot](#) is given to individuals who have completed all races in the HARRA Fall or Spring Series (volunteering can be substituted for one of the races). You get a great tech shirt too. It would be so fun to have a huge group of BCRR Ironfeeters. Run, Walk, Volunteer!!!

Great event---extremely important cause. Mark Alex's 5K on your calendar: Saturday, November 1, 2014, 8 AM. Our club race supports autism research and services for autistic children. We need everyone in BCRR to either volunteer or run. This is also the PIM (Power in Motion) goal race and will be held at Tom Bass Park. Saturday long runners should make this 5K a tempo run in the middle of your long run. It is a fun creative way to support the race and do your long run too. Or run with us on our Sunday long run. Let's grow this race. If you have sponsorship ideas, please let us know. Details for Alex's 5K can be found at www.alex5k.com. Also you can like Alex's 5K on Facebook to see the latest updates on the race.

Our BCRR people are very diverse and race 5Ks to 100-milers and beyond. If you travel to a race, have a suggestion for a happy hour venue, or have some great running advice... You tried the Hansen method or you can explain Vdot. Consider submitting an article to this newsletter. Our Houston running community is unique and offers a variety of running opportunities all over town with different running clubs and events mornings and evenings. BARCers, Hashers, Tornados, Striders, Houston Masters... submit your club events and articles too. We love our running community.

Lisa

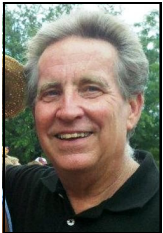




Running—The Perfect Way to Celebrate Your Day!

On April 5th **Heidi Zimmerman** turned 31 years young. To help celebrate the day, she ran 31 miles. She joined the Hells Hills 50K endurance race—and kicked butt. Enduring only minor injuries, Heidi fought through the heat and the miles to win 2nd place overall female! Pictured at left with 25K runner **Cody Blazek**, Heidi displays her award. She ran the 50K in 5:09:30, and Cody ran the 25K in 2:05:52. He was the 11th place overall male finisher. Congratulations to both runners, and happy birthday Heidi!

Ecuador By Bike



Terry Fanning

June 5 I headed off to my second motorcycle trip in Ecuador. The trip was nine days with seven of them on a rented 200cc Suzuki dirt bike. The adventure was about 769 miles, starting in Quito, Ecuador (top left of map) and riding through mountains, along coast lines, and through jungles. The trip included volcanoes, cloud forests, hummingbirds, zip-lining, beaches, mountains and, of course, driving a motorcycle in Ecuador for seven days. I hit areas rarely seen by tourists. I don't speak Spanish; and I traveled alone. What could go wrong?

The trip went smoothly for three days, then badly for a day, but then smoothly again for the rest of the trip.

Most of the roads were very good asphalt or concrete (near the ocean), comparable to roads that we use in the good old USA. Some of the road was asphalt with many, MANY potholes, similar to some very bad roads here. And some of the time the roads were damn scary—narrow strips of gravel on the edge of a mountain with deep ruts.



Hotels were prearranged, and I managed to make it to the designated hotel five out of six nights.

The route, a big loop, went from Quito, the capitol located in the mountains, west to the ocean and then back into the mountains. I stayed in the towns of Mindo, Canoa,

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WORD FROM THE BIRD

Ecuador By Bike

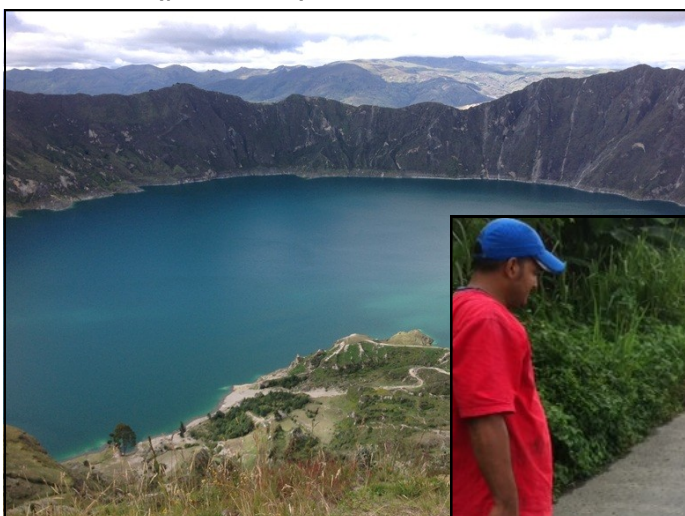
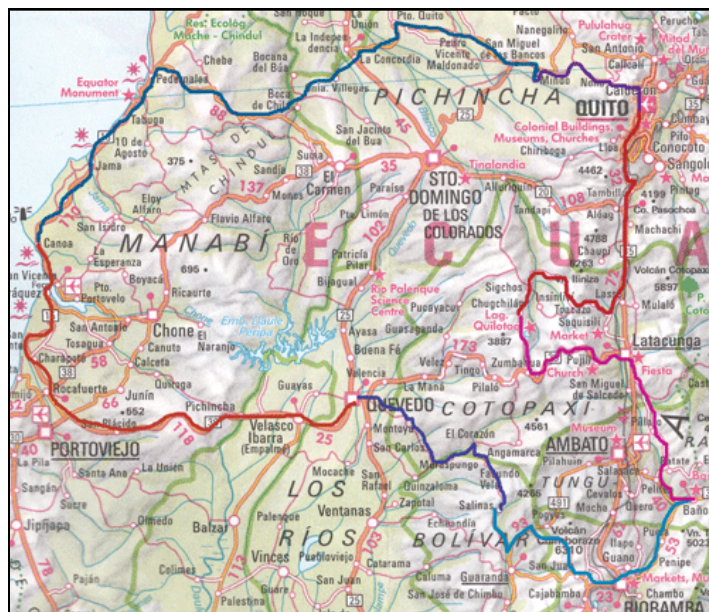
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Quevedo, El Corazon (but I was supposed to be in Salinas), Banos, and Sigchos.

The bad day was, well, pretty damn bad. After making it to El Corazon, the route changed to a heavily rutted, slippery and dangerous narrow strip of rock and dirt with steep drops. After driving for more than four miles I came to a sharp turn that was covered by a large pile of rocks and boulders. Trying to drive over the pile I fell. The fall broke a view mirror, and earned me several scrapes and bruises. Being alone, it was difficult to have to pick up the motorcycle and get it off the pile of rocks. I pushed past one rock and another fell in the way. I spent a lot of time moving rocks with one hand and trying to hold the bike up with the other.

I was wearing a GoPro on my helmet and got some good video of my adventure. I documented some things on my iPhone. I got some pretty cool shots showing the pile of rocks called a "road" where I fell, the adjacent waterfall and the steep drop off the side.

With all such tales, there is a long version and a short version. You are reading the short version, but I would be happy to share the full story during a run, a bike ride, or over a beer (your choice).



CLOCK WISE FROM TOP RIGHT: Ecuador route map, Terry Fanning in town of Sigchos near trip end, Hotel view of street in Mindo, Seven foot snake on road, Quilatoa "Lake" (a water-filled caldera and the most western volcano in the Ecuadorian Andes).

The Midnight Sun Marathon



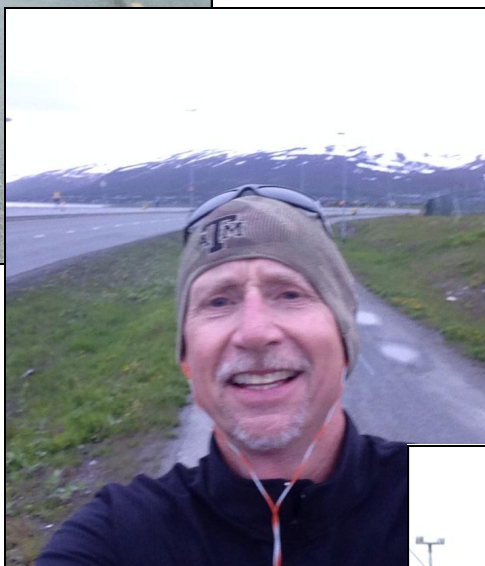
BCRR member **Mark Brand** ran in the Midnight Sun Marathon in Tromsø, Norway on Saturday, June 21st. For those of you who don't know it, Tromsø is located right along the Arctic Circle and this time of year they enjoy sunshine 24 hours a day (or in the case of Mark's run, cloudy daylight) ... hence the name 'Land of the Midnight Sun'. Mark finished the marathon in just under 5 hours and 2 minutes. While it was by far not his fastest, this experience was one he will never forget because this was his last full marathon; and he felt this one would be a special one to go out on. The temperatures



Mark Brand

started out in the low 40's and windy at the start of the race at 8:30 pm and gradually got colder by 1:30 am when he finished. Mark stated that this was one of the highlights of his marathon career.

Including the Midnight Sun Marathon, Mark has now completed 34 full marathons, 4 ultra-marathons and 12 half marathons; and he has logged just over 20,800 miles. His completed full marathons include Houston (13), Austin (10), Boston (2), San Antonio (2), Dallas (2), New York City, London,



Fort Worth, San Diego and the Midnight Sun. His peak year was 2001, when he logged over 1,500 miles and completed 5 marathons.

Mark has decided to give his legs a long overdue break from the long distance races and now drop down to the half marathon distance.



*TOP: BCRR's Mark Brand at the halfway point of the Midnight Sun Marathon.
MIDDLE: Pausing briefly at mile 19 to admire the scenery in Tromsø, Norway.
BOTTOM: Finisher of the world's northernmost AIMS certified marathon!*

Running On the Road



Lisa Thompson

Some say running while traveling is difficult. An awesome solution is to Google local running groups and join them on a run. **Avi Moss** and I have done this on our last two trips. We met great people who knew the best routes to run. While on the run they recommended places in the area to go. In Sante Fe, New Mexico look up the "Sante Fe Striders." We looked up their weekend long run, and then found a hotel just a few minutes away from the start of the run. Their

Saturday run is a nice trail with hills and some altitude. The basic route is eight to ten miles, or you can add on more. On Sunday they invited us to carpool with them to the base of a hilly run to waterfalls. This would have been from 12 to 18 miles, and going from 7000 to 9000 feet of elevation. Two weeks later we traveled to Kansas, and when we looked up clubs in



Lawrence. We found four different running clubs. We had a great hilly run with a private drivers ed instructor named Walter, and the Freestate High School basketball coach. We even joined them for coffee afterwards, and met other people who used to be runners, but now just drink coffee with them. Hee, Hee! Sounds like Valhalla and some BCRR members. So keep your mileage up. I challenge every BCRR member to find an out of town running club when you travel. Run with them, and then write an article about your out-of-town run.

Are You In?

(Continued from page 1)

If you are interested in joining Houston's biggest road race of the year, you can get in on the fun by signing up with one of the race's philanthropic partners. The RUN FOR A REASON program offers guaranteed ways to enter the Chevron Houston Marathon, and Aramco Houston Half Marathon. To learn more about these charities first hand, come out to the **Run For a Reason Kick-Off Party** in Memorial Park on Thursday, July 31.

Support one of these charities, and you can be in the marathon: 3 'A' Bereavement Foundation, ALS Association Texas Chapter, Alzheimer's Association, American Heart Association, American Liver Foundation, Avondale House, Bo's Place, Buffalo Bayou Partnership, The Cade R. Alpard Fnd't'n for Pediatric Liver Disease, CanCare, Child Advocates, Citizens For Animal Protection, Collaborative for Children, Covenant House Texas, Cystic Fibrosis Foundation, Down Syndrome Association of Houston, Dress for Success Houston, Easter Seals of Greater Houston, Elves & More, Epilepsy



Foundation of Texas, Houston Aphasia Recovery Center, Houston Area Parkinson Society, Houston Area Women's Center, Houston Food Bank, Houston Habitat for Humanity, Houston Marathon Foundation, Houston SPCA, The Juvenile Diabetes Research Foundation, Kids Meals, The Leukemia & Lymphoma Society, Living Water International, Lupus Foundation of America, Marathon Kids, The Marine Corps Scholarship Foundation, Memorial Hermann Foundation, National Kidney Foundation, Open Door Mission, Organization for Autism Research, Parent Project Muscular Dystrophy, The Parish School, Pink Ribbons Project, Presbyterian Children's Homes and Services, REACH Unlimited, Ronald McDonald House Houston, San Jose Clinic, SEARCH Homeless Services, Sheltering Arms Senior Services, Snowdrop Foundation, Spaulding for Children, St. Jude Children's Research Hospital, Star of Hope Mission, Sunshine Kids Foundation, Susan G. Komen Houston, Team Red, White & Blue, Texas Center for the Missing, The Todd Krampitz Foundation, Vanessa's Big Heart Foundation, Vita-Living, The Women's Home, Young Audiences of Houston, or Young Texans Against Cancer.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
7/31	Houston, TX (Memorial Park)	Run For a Reason Kick-Off Party
8/2	Seabrook, TX	Outriggers 5K By the Bay
8/10	Sonoma, CA	Sonoma Water to Wine Race
8/23	Houston, TX (Memorial Park)	HARRA Party in the Park
9/27	Houston, TX (Spotts Park)	HARRA Cross Country Relay*
10/12	Clear Lake, TX (Univ Houston Clear Lake)	Space City 10 Miler*
10/26	Houston, TX (Sam Houston Park)	Houston Half Marathon*
11/1	Houston, TX (Tom Bass Park)	Alex's 5K Run/Walk
11/16	Houston, TX (Wortham Center Plaza)	HMSA Classical 25K*

*Official HARRA race series event.

FYI—We are currently seeking volunteers for most events.



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