



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 52 - July 2015

Annual Awards and Recognition

At this year's BCRR Awards banquet, the club recognized some of the many awesome members of the club that make BCRR a standout in the Houston running community. The event, held May 27 at St Arnold's Brewery, was designed as a fun, casual evening, to elect a new board of directors, and offer a sincere "thank you" to our last board of directors. In addition, the night was to recognize outstanding performance in running and in volunteer service to the club. Nearly 80 people were present for the festivities, and the following list provides a look at some of the awards and recognition they saw presented that evening.

●SERVICE AWARDS●

PARTY HOSTS:

Theresa Pearsall (10-Miler), **Sam Pace** (Half Marathon Party), **Tina Reynolds & Andrew Kenworthy** (25K party), **Lisa Thompson** (Ugly X-mas Sweater Party), **John Phillips** (John Phillips LOOONG Run), **Sue Leone, Alan Svoboda, Chuck Bracht, Cheryl Verlander, Ivy Martino, and Jim Knievel** (Marathon party).

MARATHON HOOPLA STATIONS CAPTAINS:

Katie Decker (Mile 14), and **Susan Cita** (Mile 21).

DAY-TO-DAY CLUB SUPPORT:

Joe Lengfellner (BCRR newsletter editor), **Mike Mangan**, and **Terry Fanning** (HARRA "Footprints" Correspondents).

TRAINING SUPPORT:

Hydration Czars: **Rosie Schmandt, John Phillips, Tina Reynolds**, and **Andrew Kenworthy**.



Race managers extraordinaire recognized at BCRR's Annual Awards banquet: (Clockwise from top left) Mike Mangan, Hope and Joe Sellers, John Phillips, and Lara Allen.

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Word from the Bird

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FREE

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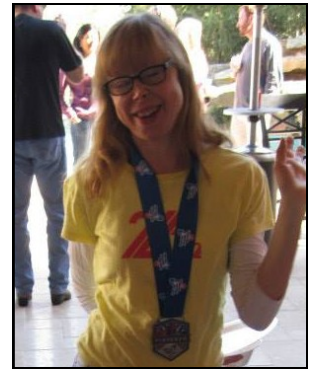
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Member Database

Has your contact info changed recently? Send any updates to young.andrew.joseph@gmail.com.

From the President

**The Best Board in the Business!**

Welcome to our new board who takes the helm this month. A huge THANK YOU to the outgoing board. **Heidi Zimmerman** our trusty Vice President. **Andrew Young** who transition from Secretary to V.P. **Lynn McGrew** will be taking over as Secretary. **Susan Cita**, who has been an amazing treasurer for many years, will handoff to **Peter Griffiths**. **Kathy Mahon** is leaving her long

time service on the BCRR board to take the role of HARRA President. We are so proud of her! At large member **June Harris** gives in so many ways. Whether she is on the board or not, she is an amazing volunteer. We convinced **Terry Fanning** to stay on as an at large member; and we're adding three new at large members, **Catie Cohen**, **Katie Decker**, and

Christina Jones. My 2014-2015 board was absolutely amazing, and I am confident that our 2015-2016 board will be just as amazing. Of course



Prior BCRR past Board of Directors: (L-R) Susan Cita, Lisa Thompson, Heidi Zimmerman, Peter Griffiths, Kathi Mahon, Terry Fanning, and Andrew Young. Not pictured: June Harris.

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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 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 susancita.bcrr@gmail.com.

Awards Banquet *(Continued from page 4)*

Runner of the Year!



Larry Lindeen men's 2015 BCRR Runner of the Year.

VETERANS (60-69):

Ladies **Gloria Mahoney** 1st, **Kathi Mahon** 2nd, **Kathryn Vidal** 3rd. Males **Richard Verm** 1st, **Chris Eick** 2nd, **Ron Morgan** 3rd.

GRAND MASTERS (70+):

Males **Gary Wood** 1st, **Fred Steves** 2nd, **Mike Mangan** 3rd.

BCRR RUNNER OF THE YEAR (Male and female):

Camille Fitzsimmons, and **Larry Lindeen**



Camille Fitzsimmons women's 2015 BCRR Runner of the Year.

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

Joe Lengfellner does our website, newsletter, and so much more, though not "officially" on the board, I am very grateful for Joe's media savvy assistance. I feel so fortunate for the help I have received as the BCRR President. To all of our board members, past and present, thank you all!

One of our core goals for BCRR has been, and is still, to recruit. One way we recruit is by being generous when we are out running. If a BCRR member brings a friend along to run, or offers a hot runner a cup of our Gatorade, I feel like that is way to recruit... like our porta potties and tents. The Gatorade and water that is put out Sundays and Wednesdays is a huge benefit that our club provides. Each new person that joins BCRR, first runs with us or sees us out running and talks to us along the run, shares a cup of Gatorade and decides to join. If you see someone drinking our Gatorade talk to them. Say hello! Sometimes it may be a member you do not know and you can get to know them, or it is an opportunity to recruit a new member. Share our good will and BCRR generosity, and the karma will return in kind. That is all !!!



Photo credit: Joe Lengfellner

BCRR New Board of Directors: (L-R) Peter Griffiths, Lynn McGrew, Lisa Thompson, Katie Decker, Aaron Imlah (temp.), Christina Jones, and Andrew Young. Not pictured: Catie Cohen, and Terry Fanning.

Again, thank you to my wonderful board members! You're the best!

Lisa

Awards Banquet *(Continued from page 1)*

RACE MANAGEMENT:

Lara Allen (Alex's 5K, Bayou Bash Relay),
Mike Mangan (Darling Dash), **Joe Sellers**,
Hope Sellers, **John Phillips** (Rockets Run, Jingle
 Bell Run).

JOHN PHILLIPS AWARD:

Bob Thompson (Boat Shed Duty, Race/Tent setup
 and tear down, Race Committee, Active Volunteer
 Behind the Scenes, Active Race Participant.)

AWARD FOR JOHN PHILLIPS:

John Phillips (Day to Day Support – Hydration,
 BCRR "MacGyver," Race Management, Race Day
 Accommodations, Climate Controlled Tent, Private
 restrooms, First to arrive and last to leave.)

DALE HOLDER AWARD:

Bob and **Maggie Kirkpatrick** (Volunteers Extraordinaire,
 BCRR 20 mile Marathon Stop, Alex's 5K Beermeister)

ATHLETIC SUPPORTER AWARD:

Nancy Bounds (Supports the club behind the scenes.)

MELLOW MONDAY AWARD:

Aaron Imlah (Enthusiastic participation key to the success
 of newly established Mellow Monday Club Run.)



*Open Female Runner Award Winners (L-R): Shelley Grahmann 1st,
 Lauren Wilder 2nd, Heidi Zimmerman 3rd.*

LONG SERVING BOARD MEMBER:

Susan Cita (Three years of service on board, Secretary
 2012-2013, Treasurer 2013-2015, Volunteer Extraordinaire,
 20 Mile Marathon Stop Captain, Works fingers to the bone
 for BCRR!)

●RUNNERS' AWARDS●

MOST IMPROVED:

Andrea Hill Vela, and **David Piper**

ROOKIE OF THE YEAR:

Christina Jones, and **Ricky Kramer**

Top Age Group Runners – Men and Women three deep

OPEN RUNNERS:

Ladies **Shelley Grahmann** 1st, **Lauren Wilder** 2nd,
Heidi Zimmerman 3rd. Males **Thomas Wille** 1st,
Andrew Young 2nd, **Warren Prella** 3rd.

MASTERS (40-49):

Ladies **Lisa Thompson** 1st, **Lara Allen** 2nd, **Samantha
 McMurtrey** 3rd. Males **Alan McClain** 1st, **Peter Griffiths**
 2nd, **Andrew Kenworthy** 3rd.

SENIORS (50-59):

Ladies **June Harris** 1st, **Rhonda Emerson** 2nd,
Michelle Wolpert 3rd. Males **Moss** 1st, **David Piper**
 2nd, **Paul Schulz** 3rd.



*Open Male Runner Award Winners: Thomas Wille 1st, Andrew Young 2nd,
 Warren Prella 3rd. (Prella not pictured.)*

Get to Know Your Board

Many of our BCRR board of directors have served on the board previously. This experience serves the club well, but "new blood" is also valuable. These new faces, as well as, our experienced board members have provided profiles to help you get to know your board. Separately, if you're interested in learning more about our prior board members, please visit club's website (at www.bcurr.org/board-profiles.html) for their profiles.



Name **Catie Cohen**

- Age 22
- Hometown Roselle Park, NJ
- Years in Houston: 5 months
- Occupation: Chemical Engineer for ExxonMobil Development Company
- Years Running: 8
- How many miles per week do you run? 20-55 (depending on what I am training for)
- How did you come to join BCRR? Cody Blazek told me about an awesome run club that I had to join :) It is something I look forward to every week; and I love the people that I have met.
- My proudest running accomplishment is when I just started track, I made a huge PR in the 400m and my coach's reaction is something that has stuck with me to this day.
- My favorite training run is a fartlek run
- My favorite race is... hmmm... It used to be the mile, but maybe after February 15 I will say the marathon.
- My best distance is the half marathon? Still need more experience to definitively say.
- I run because it is the best way to socialize, stay physically and emotionally fit and healthy, and explore new places!
- My life philosophy is be happy, everything happens for a reason, you are exactly where you need to be (thanks Oprah). I have a lot of life philosophies :P
- My next goal is to complete a half Ironman.
- Favorite training food is quinoa.
- When I'm running I think about everything (hard to remember specifics when I am not running). It alternates between many things, nothing, and what I am going to eat when I finish.

- The best running advice I could give would be make it fun! Join a club, sign up for races, don't make it a chore.
- People would be surprised if they knew that I have a toothless Chihuahua back at home.
- The top thing on my dream list is to complete a full Ironman.
- Other hobbies beside running are traveling, biking, cooking, beer making, and baking.
- I would love to spend the day with a good book, in the countryside, and a warm cup of tea.
- The most embarrassing thing that has happened to me is misspelling Massachusetts on a presentation for work (with a full time job riding on it!)
- The most profound thing that has happened in my life is traveling on my own and living on a farm in Greece for a month.

Name: **Katie Decker**

- Birthday: Oct. 14, 1968
- Years running: ~17 years off and on (currently a wannabe runner)
- Occupation: Teacher
- How many miles a week do you run? Right now I'm walking about 10 miles a week.
- How did you come to join Bayou City? I started working with April Murphy and **Chuck Bracht** and they pressured me into it in 2002.
- My proudest running accomplishment is: running SunMart in 2004.
- My favorite training run is with someone entertaining and chatty such as **Kathi Mahon** (I can't keep up now, but I remember it fondly) OR most speed workouts on Wednesday morning (haven't made it to those either in a loooooong time.)
- My best distance is: 5K.
- My life philosophy is: It's always something!
- My next goal is: to start running regularly again.
- Favorite training food: Pringles or sesame sticks.
- When I'm running I think about: whatever my running companion is talking about.
- The best running advice I could give would be: Have good shoes, don't overtrain or get hurt.
- The top thing on my dream list is: to travel to Japan.
- If I could have been anything besides my current occupation it would be: an audiobook reader.



Know Your Board

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- Other hobbies besides running: Reading and listening to audiobooks, watching movies, doing crafts, baking.
- I would love to spend the day with: my father.
- The most embarrassing thing that has happened to me is: Once I ran around Rice with my running shorts tucked into the briefs inside them. I was told later by a so-called friend (male) about the incident.



Name: **Terry Fanning**

- Age 63
- Hometown New Orleans, Louisiana
- Years in Houston 30+
- Occupation: Logistics Manager at CB&I
- Years Running 30 (as of April 2015)
- How many miles per week do you run? Varies but has been low lately, say around 15 to 25. Years ago I got up to 60 miles per week but that was years ago.
- How did you come to join BCRR? Knew several members and got a push from **Michelle Wolpert** when she asked if a race report I wrote about a race I ran in Ulsan, South Korea could be published in BCRR newsletter even though I was not a member then (2005). I joined when I came back to Houston from Korea.
- My proudest running accomplishment: I suppose it would be that I have successfully completed 28 Houston marathons but, really, just that I can be considered a "runner."
- My favorite training run is River Oaks 10 mile loop, or an illegal run through the Houston Polo Club (they have three different "no trespassing" signs that I ignore).
- My favorite race is the Houston Marathon (currently sponsored by Chevron).
- My best distance is 6 to 10 miles (best meaning the distance I enjoy running, not

where I am fastest - I am not fastest at any distance).

- I run because, geez, I just love running. It changed my life 30 years ago and I am still enjoying it. Endurance and stamina from running has allowed me to do incredible adventures on several continents. Running clears my mind, relieves my stress and gives me freedom.
- My life philosophy used to be "Never Quit," but after two divorces it changed to "Hope Springs Eternal." Sometimes you really do have to quit, but I have all of the ingredients to produce a great life (good health, a job, friends and family) and continue to work with those ingredients to try to produce the best life that can be.
- My next goal is an exotic vacation hiking or motorcycle riding, probably in mountains far away, and then the *Texas Independence Relay*.
- Favorite training food is... Whatever it is, I need to eat less of it. And I like all of it.
- When I'm running I usually think about how I feel that day, but sometimes my mind roams without direction.
- The best running advice I could give would be "Enjoy yourself." If it isn't fun, and doesn't feel good, you need to slow down and figure out if running is your sport.
- People would be surprised if they knew I am the 4th of EIGHT children.
- The top thing on my dream list is... Gee, I have LOTS of dreams. The top one keeps changing.
- Other hobbies beside running include motorcycle riding, hiking (Grand Canyon Rim to Rim last October), travel that includes running, hiking and/or motorcycling.
- I would love to spend the day with whoever else is in the International Space Station.
- The MOST embarrassing thing that ever happened to me? How about the "Top Ten?" If you don't already have a favorite embarrassing memory of me I won't give you one now.
- The most profound thing that has happened in my life: Fatherhood. I was single father for a while. My sons (three of them) are doing well, the best that a father could hope for.

Name **Peter Griffiths**

- From prior board member summary—I started distance running in October, 2011 (after signing up for a couple of 5K races). Six months after that, I moved to Houston, but I did not want to stop running. So as soon as I arrived in Houston I started looking for a running club. I found and joined BCRR the very next week. To this day I still consider it one of the best decisions I've made. I'm volunteering for the board (again) for the opportunity to help contribute to making the next season another great year for the club.



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Know Your Board

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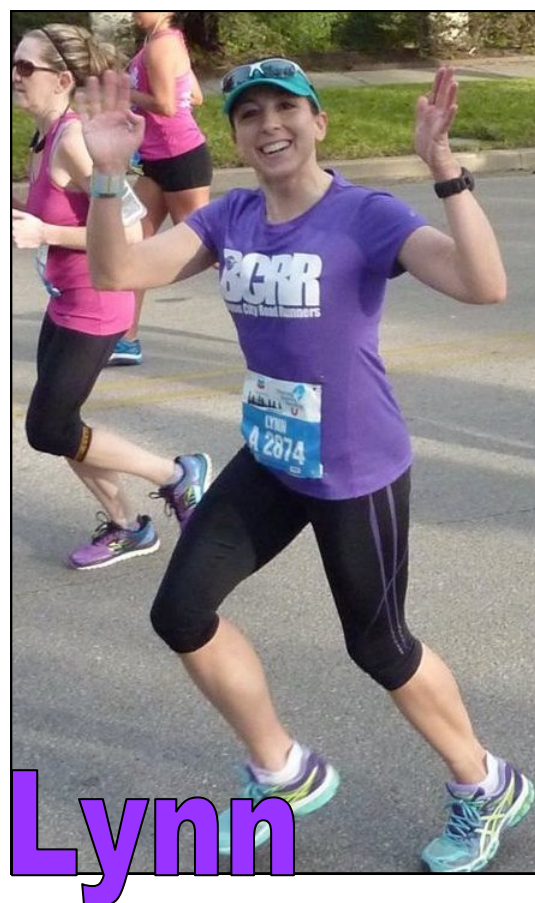
Name **Christina Jones**

- Age 26
- Hometown Ruston, LA
- Years in Houston: 1
- Occupation: Occupational Therapist at TX Children's Hospital
- Years Running: 7
- How many miles per week do you run? 40-45ish
- How did you come to join BCRR? I met Lauren and she found this fabulous drinking club who also likes to run!
- My proudest running accomplishment is: a 21 minute 5K!
- My favorite training run: Long Slow Distance.
- My favorite race is: Half marathon.
- I run because: I love to bake!
- My life philosophy is: Make the most out of my God given gifts to change the world for the better!
- My next goal is: finishing the Chevron Houston Marathon with a Boston qualifying time!
- Favorite training food: Bananas and peanut butter.
- When I'm running I think about: My kids at work, and how I'm going to help them that day. Keeps me motivated.

- The best running advice I could give would be: Set goals and find friends to keep you motivated.
- The top thing on my dream list is: Climb all the fourteeners in Colorado.
- Other hobbies beside running: sewing, crafting, and baking!

Name **Lynn (Craig) McGrew**

- Age 37
- Hometown Springfield, MO
- Years in Houston: Nearly 7 (since Sept 2008)
- Occupation: Aerospace Engineer (i.e. Rocket Scientist)
- Years Running: 6+ for "real" (training for something), 10+ counting casual jogs.
- How many miles per week do you run? 20-35.
- How did you come to join BCRR? I was looking to meet new people outside of work and was still trying to meet new people after moving to Houston a year prior. I had been running with some new friends, but wanted a more regular running schedule. I researched running clubs in the area and saw that BCRR had Wednesday runs and happy hours, Friday happy hours and Sunday runs with breakfast after, in addition to all their running travel experiences. This club did as much socializing as they did running - I was sold. I showed up for a Wednesday run in January 2010 and ended up being warmly welcomed and made great friends from that evening onward. I even met my now-husband Chris on that run - little did I know how life would turn out!
- My proudest running accomplishment is: finally running a full marathon in January 2015 after years of foot injuries.
- My best distance is: Half Marathon.
- I run because: I love the camaraderie and the feeling of being apart of something that brings us together in common happiness.
- My next goal is: Beating my 10K PR, and shaving a few minutes off my marathon time.
- Favorite training food: ANY food, especially anything sweet. Running justifies that, right?
- The best running advice I could give would be find a group of people you enjoy running with and who can keep you going with good conversation.
- Other hobbies beside running include cycling, traveling, knitting, and jewelry-making.



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Know Your Board

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Name: Lisa Thompson

- Age 47
- Hometown Lawrence Kansas
- Years in Houston 28 I lived in Washington DC for 1 year.
- Occupation: Real Estate Broker and Modern BB owner, part time Reservations agent for United Airlines.
- Years Running: Off and on Ran in High School not great and ran for transportation until 2008 when I started Running with BCRR in a more organized fashion.
- How many miles per week do you run? Depends on what I am training for usually 35-50.
- How did you come to join BCRR? Mary Katherine Campion encouraged me to run with BCRR. It is one of the best gifts anyone could have given me. Thanks MK.
- My proudest running accomplishment is Houston 2014 I ran a 3:16 Marathon.
- My favorite training run is The River oaks route with some people running long and some short so that I am running with and running by so many awesome people.
- My favorite race is The Medoc Marathon. It is just such a spectacle and the idea of serving wine at waterstops and wearing costumes for the race tickles me.
- My best distance is Looooong.
- I run because I love my running buddies. I am not a good solitary runner. I also enjoy the feeling of accomplishment running gives me.
- My life philosophy is: Be happy, dream big, and be kind and considerate to everyone

You never know what their situation really is.

- My next goal is Boston 2015. I want to be the female visually impaired champion.
- Favorite training food Ice Cream.
- When I'm running I think about... I try be positive, in a way try not to think, When it is a hard run I count how many people I have passed and subtract when someone passes me. It helps me get through the last tough miles of races.
- The best running advice I could give would be focus on what is not hurting. If my legs are hurting I work on focusing on moving my arms. Also in a marathon if you get to mile 25 the last one will take care of itself.
- People would be surprised if they knew I am uncomfortable when I walk into a room and do not know anyone.
- The top thing on my dream list is ever changing. Currently opening a 40-room boutique hotel near IAH. This would take money and time. So definitely a pipe dream.
- Other hobbies beside running include Trivia, Reading, traveling, exploring Houston.
- I would love to spend the day with Winston Churchill and my Dad (he passed away in 1979 when I was 11).
- The most embarrassing thing that has happened to me is... There are oh so many I would have to have a "Top 10 list." 1. I was a White House Intern in 1990-1991 and worked in the Old Executive Office Building next to the White House. I was in the elevator with several people. You all know I am a talker so there was one guy I did not know. I said "Hi my name is Lisa. What is your name?" He said, "Dan Quale."
- The most profound thing that has happened in my life... Wow most profound ... I must only have short term memory... as I think the Speech Meb gave on how he got to where he is now was very profound indeed.

Name Andrew Young

- Age 30
- Hometown Minneapolis
- Years in Houston 2
- Occupation Chemist, polyethylene R&D
- Years Running 15
- How many miles per week do you run? 30 unless I'm training for something specific.
- How did you come to join BCRR? I got bored with running solo and went looking for a group.
- My proudest running accomplishment is qualifying for (and running) the Boston Marathon.



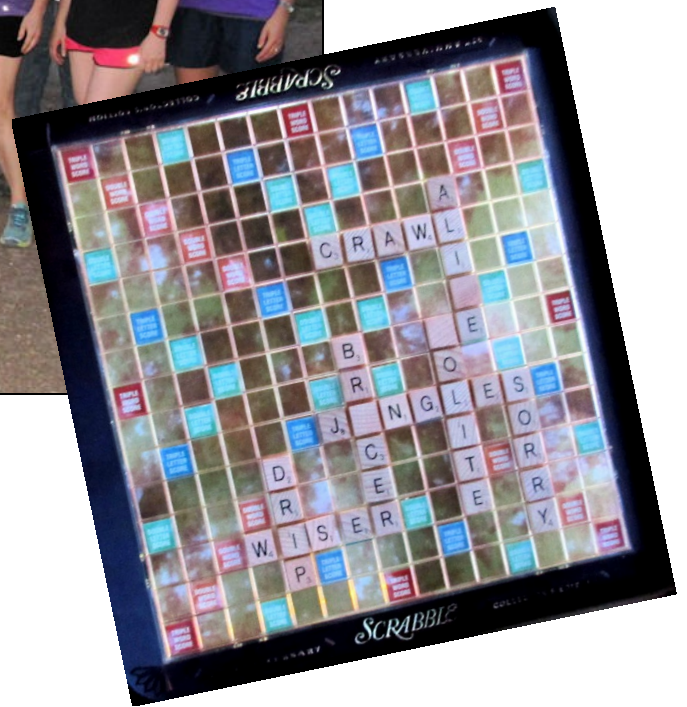
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Scrabble Run

On May 4, about 15 BCRR members added some “game night” fun to the traditional Mello-Monday fun run—Scrabble! The Scrabble run provided a fun twist to jogging loops around Memorial Park. Staged all along the 3-mile loop, BCRR volunteers offered a blind-drawn letter to each runner. As the runners completed the run, they collected more and more letters. Then at the end of the run, everyone crowded around the Scrabble board to see what words they could come up with. Each player played ONE word. Their best word available based on the letters they collected along the way. Special thanks to **Susan Cita** for helping coordinate this event.



The BCRR club likes to mix it up to keep things fresh. In other words, the club does a lot more than just run. Additional events and games include croquet, bowling, trivia night, brewery tours, and more! If you have an idea for a fun group event, please share it with the board.



Know Your Board

(Continued from page 8)

- My favorite training run is Brenham hill run.
- My favorite race is Birkebeiner.
- My best distance is Half marathon.
- I run because the voices in my head tell me to.
- My life philosophy is “Carpe diem.”
- My next goal is Sub-2:50 marathon.
- Favorite training food... Is “all of the above” an option? Probably fresh baked bread.
- When I’m running I think about the last song I heard. Or more specifically, about two lines of the last song I heard, because apparently I have the memory capacity of a goldfish when I run.
- The best running advice I could give would be “Relax, you’re supposed to be having fun.”
- People would be surprised if they knew I was disciplined in college for impersonating the president of the school.
- The top thing on my dream list is a private island with genetically reconstructed dinosaurs penned in electric fences. What could go wrong?
- Other hobbies beside running include biking, skiing, traveling, and reading.
- I would love to spend the day with Neil de Grasse Tyson. Science nerds of the world unite!
- The most embarrassing thing that has happened to me is as a third grader, selecting the pair of glasses that I thought would best help my peripheral vision, which turned out to be the biggest pair of grandpa glasses out there.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
7/18	Houston, TX (Space Center)	37th Lunar Rendezvous 5k
8/5	Seabrook, TX	Outriggers 5K
8/15	Houston, TX (Aquarium)	Lazy, Hazy, Crazy Days of Summer 5K
9/19	Pearland, TX	Family Matters Fun Run 10K and 5K
10/11	Houston, TX (Bay Area Blvd)	One Main Financial 10 Miler*
10/25	Houston, TX	Houston Half Marathon and 10k*
11/??	Houston, TX (Tom Bass Park)	Alex 5K**
11/22	Houston, TX (Wortham Center Plaza)	HMSA Classical 25K

*Official HARRA race series event.

**BCRR club race



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