



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 57 - July 2016

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 25 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 presented at the event.

•SERVICE AWARDS•

PARTY HOSTS:

Theresa Pearsall and Ron Morgan (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), **Terry Fanning** and **Lauren Wilder** (HARRA "Footprints" Correspondents).

TRAINING SUPPORT:

Hydration Czars: **Rosie Schmandt, John Phillips, Tina Reynolds, Andrew Kenworthy, David Piper,** and **Bob Thompson.**



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

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Word from the Bird

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From the President

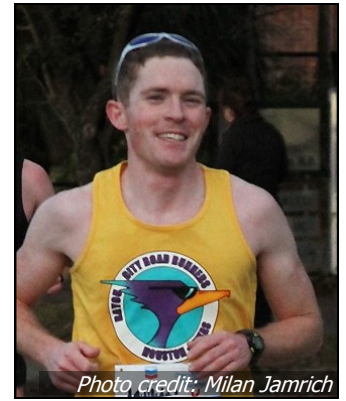


Photo credit: Milan Jamrich

In Recognition:

Now that we are officially into our new BCRR "business" year, I would be remiss if I did not thank the folks that helped guide us to this point. Last year's BCRR board of directors (which I was *honored* to serve on) did a great job managing the club's business and looking out for our shared interests. So as my first official president's message, let me offer a sincere THANK YOU to the board members who are stepping down to enjoy a well deserved break: President **Lisa Thompson**, Secretary **Lynn McGrew**, and at-large

members **Catie Cohen**, and **Terry Fanning**. I am also very happy to recognize a few names that will be staying on and serve the club for another season on the club's board of directors. These good souls are: **Christina Jones** our new VP, **Peter Griffiths** our returning treasurer, and **Katie Decker** has agreed to stay on for another term at-large. New to the board this



Photo credit: Joe Lengfellner

BCRR New Board of Directors: (L-R) David Piper, Peter Griffiths, Andrew Young, Ron Morgan, Christina Jones, Bill Lindsey, Katie Decker, Jason Burris, and Dan Bucci.

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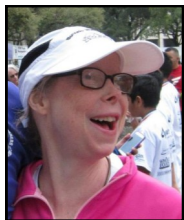
REPORT YOUR RACE RESULTS

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 p_griffiths@bellsouth.net.

Bolder Boulder 10K



Lisa Thompson

It seems there may be some sort of wormhole sucking the Bayou City Road Runners to Colorado. The wormhole is most active in the summer months, although **Keesha Erickson, Neeraj Rohilla, John Crouther, Tom Wille** and **Sheila Ramamurthy** seem to have gotten stuck there for a longer period of time. We know Colorado has mountains, cooler weather, and beautiful scenery, plus lots of skinny health nuts...

So what!!! Houston has blistering steamy heat that compels runners to join together and run in groups in the wee hours of the morning or after sundown in the evenings. People in Colorado are less likely to be in a big running group because... gasp... they can run almost any time of day. In order to keep our lonely Colorado running friends happy, **Andrew Young, Alan McClain, Avi Moss** and I decided to join them at the *Bolder Boulder 10K*. Thanks to Alan, who has a beautiful house up in the hills, for letting us stay with his family.

We joined "BCRR West" to participate in the second largest 10K in the U.S. and the 5th largest running event worldwide, with one of the biggest prize purses outside of a marathon. Bolder Boulder is held on Memorial Day in Boulder, Colorado. Over 54,000 runners and walkers participate and the entire field finishes in the University of Colorado football stadium. The elite race takes off last, after most citizen racers are already in the stadium, so everyone gets to watch the elites duke it out for major prize money. They finish their race in a stadium packed with tens of thousands of screaming spectators, which must be an unusual experience even for an elite runner. Keesha and her fiancée Vince, Tom, Sheila, Andrew, Avi and I all ran the race. Alan was an unwilling spectator due to injury, so he

and his super cute kids cheered us on. Keesha had the zany idea that we should all run the race, then walk back to the start and do it over again with the walkers so that we could enjoy the fun antics along the course. Runners can stop and take a flying leap on a slip-and-slide, enjoy hand-outs like bacon, cotton candy and beer at the many "unofficial" aid stations, or jump on a trampoline. Costumes are popular, and though they are more common among the walkers than the runners, Avi wore his trusty Godzilla costume while racing. Also seen on the course were Bernie Sanders, Katy Perry's Left Shark, Indiana Jones being chased by, well, a boulder, and Elvis. Bolder Boulder is an excellent race for every pace and the city of Boulder is a perfect location. The race does not sell out but it is good to



BCRR team mates at the Bolder Boulder 10K on Memorial Day in Bolder Colorado: Avi Moss, Andrew Young, Lisa Thompson, Keesha Erickson, Vince Dorzweiler, Tom Wille, and Sheila Ramamurthy.

submit your time if you want to be in one of the earlier corrals. There are several BCRR folks who have homes in the Boulder area and I would love to make this race an annual BCRR event. It was a blast!

**BOLDER
BOULDER**

Awards Banquet *(Continued from page 1)*

RACE MANAGEMENT:

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

JOHN PHILLIPS AWARD:

Rosie Schmandt (Boat Shed Duty, Race/Tent setup and tear down, Active Volunteer Behind the Scenes, Hydration Station Captain.)

DALE HOLDER AWARD:

Kathi Mahon (HARRA President, Bayou Bash Relay Race Director)

ATHLETIC SUPPORTER AWARD:

Larry Jensen (Volunteer at Bayou Bash, Alex's 5K, and Garage Sale, plus great kabobs at the family picnic.)

MELLOW MONDAY AWARD:

Avi Moss (Chauffeur for Lisa Thompson, and always happy to attend.)

LONG SERVING BOARD MEMBER:

Lisa Thompson (Served two years as President of board, Developed "Garage Sale Fundraiser," initiated "Mellow Monday" group run, gracious host for board meetings.)



Open Female Runner Award Winners (L-R): Sarah Milford 1st, Shelley Grahmann 2nd, Jackie Tobin 3rd.

OPEN RUNNERS:

Ladies **Sarah Milford** 1st, **Shelley Grahmann** 2nd, **Jackie Tobin** 3rd. Males **Andrew Young** 1st, **Ben Emley** 2nd, **Robert Kaping** 3rd.

MASTERS (40-49):

Ladies **Lisa Thompson** 1st, **Lara Allen** 2nd, **Loris Fusi** 3rd. Males **Joe Conway** 1st, **Alan McCain** 2nd, **Peter Griffiths** 3rd.

SENIORS (50-59):

Ladies **Allyson Serrao** 1st, **Anna Helm** 2nd, **June Harris** 3rd. Males **Paul Schulz** 1st, **David Piper** 2nd, **Matthew Nicol** 3rd.

VETERANS (60-69):

Ladies **Kathi Mahon** 1st, **Kathryn Vidal** 2nd, **Brenda Hilton** 3rd. Males **Ron Morgan** 1st, **Scott Bounds** 2nd, **Richard Verm** 3rd.

GRAND MASTERS (70+):

Males **Fred Steves** 1st, **Fred Ward** 2nd, **Fred Queen** 3rd.



Open Male Runner Award Winners: Andrew Young 1st, Ben Emley 2nd, Robert Kaping 3rd.

●RUNNERS' AWARDS●

MOST IMPROVED:

Brie McCain and **Alan McClain**

NEWCOMER OF THE YEAR:

Joe Melanson and **Jackie Tobin**

Awards Banquet (Continued from page 4)

Runner of the Year!



Photo Credit: Jon Walk

BCRR RUNNER OF THE YEAR (Male and female):
Larry Lindeen and **Gloria Mahoney**.

TOP GUN AWARD (Male and female):
Joe Melanson and **Allyson Serrao**.



Credit: Milan Jamrich



Photo credit: Milan Jamrich

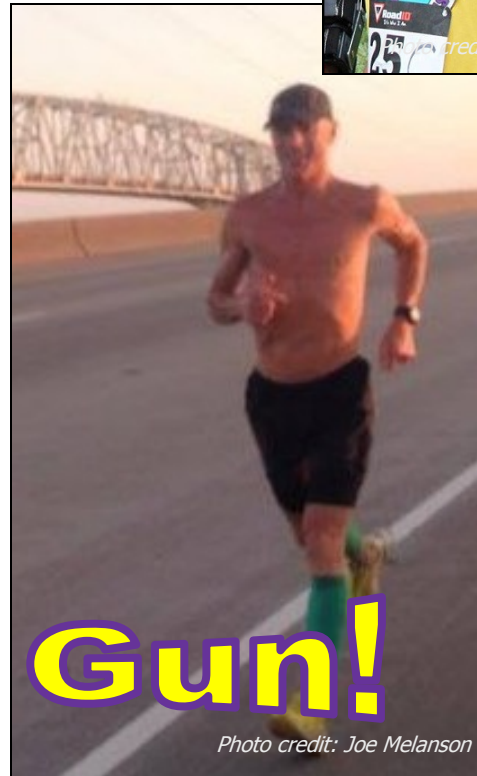


Photo credit: Joe Melanson

Top Gun!

Word from the Prez

(Continued from page 2)

season, we welcome **Jason Burris** as club secretary, and a stellar group of at-large volunteers including: **Dan Bucci**, **Bill Lindsey**, **Ron Morgan**, and **David Piper**. I am proud to serve with these volunteers, and hope to continue the tradition of success and service **Lisa Thompson** demonstrated with the board last year. And while we are a board of volunteers, we are also a board of service, and I invite you to share your thoughts with us if you have any ideas, or suggestions, about how the board might serve you better in the new year.



Gotta run!

Andrew

BCRR Rings in the Spring with Success



Andrew Young

The HARRA Spring Series has come to a conclusion and BCRR celebrated our end-of-season awards banquet in May at St. Arnold's Brewery. This year we have something extra to celebrate: after a hiatus of 3 years, BCRR has returned to the top of the HARRA Club Competition, taking the win for the spring series in a tight competition with the Striders and BARC. Thanks to all of our runners who participated in the races this spring, earning points for the club!

In addition to the success of the club, we also had some fantastic individual performances this season. Congratulations to **Gloria Mahoney** and **Larry Lindeen**, our BCRR *Runners of the Year*. This unstoppable pair each ran every single race of the HARRA Fall and Spring Series, 11 races in total. Our club grew this year with several enthusiastic new runners, including our *Rookies of the Year* **Jackie Tobin** and **Joe Melanson**. Some of our veterans also upped their game--congratulations to **Brie McCain** and **Alan McClain**, *Most Improved Runners*. We also had several members who placed in their age classes for the *HARRA Runner of the Season* standings. **Sarah Milford**, **Lisa Thompson**, and **Allyson Serrao** all placed in the top three in their age category. And BCRR

owned the Ironfoot Award, with 7 Fall Series winners and 6 Spring Series Ironfoot award winners!



Photo credit: Bert Duplessis

BCRR Ladies' Most Improved Runner: Brie McCain

The running season was meant to wrap up with the Bayou Bash Relay, now in its second season under BCRR management. The race committee planned a great event, moving to a new venue at TC Jester Park which could accommodate our 4 x 2 mile course and the HARRA Family Picnic. No one remembered to file our permit with the weather, however, and after 15 minutes of racing Mother Nature shut things down with a lightning show. Thanks to everyone who showed up, and we promise to be back next year bigger and better than ever, with perfect weather!

The summer months bring a lull in the racing calendar, but it doesn't mean BCRR will slow down. We are keeping busy with trips to the Bolder Boulder 10K, the Grand Canyon, and a half marathon in Newfoundland. We were also well represented at the Run for a Reason Kickoff Party in June, and of course our weekly club runs continue no matter how hot it gets--Monday, Wednesday and Sunday. I'm looking forward to even more running, partying and traveling with all of you!



Photo credit: Alan McClain

BCRR Men's Most Improved Runner: Alan McClain.

John Phillips' Memorial Park Story



Photo credit: My-Story Memorial Park

From My-Story Memorial Park Facebook page:

John moved to Houston in 1975 because he read the climate was perfect for water skiing all year long. In January 1986 he saw an article in the Houston Chronicle that said a marathon was coming to town in 2 days. Although he had never run before, he decided to give it a try. He completed the entire race without walking because he thought it was against the rules to walk. Today, John is a beloved fixture in Houston's running community. He can be found at Memorial Park every Sunday morning where he sees the Bayou City Road Runners off on their long run.

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 them. We will feature a few of their profiles here in our newsletter, and continuing in future editions, until you get to know the whole board.



Name: **Katie Decker**

- Birthday: Oct. 14, 1968
- Years running: ~18 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? Travel to Japan.
- If I could have been anything besides my current occupation it would be? An audiobook reader.
- 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: **Ron Morgan**

- Age:66
- Hometown: Cleveland Ohio and New York City
- Years in Houston: 36 years
- Occupation: Attorney (criminal defense)
- Years Running: 40
- How many miles per week do you run? 60+ when I was younger, 30 lately
- How did you come to join BCRR? In 1993 I was sharing an office with **David Gaughan** who was an early member. We started running together, and he invited me to a few parties. I had such a good time, I decided to join.
- My proudest running accomplishment is? Running the Boston Marathon in 1986. I had qualified at Twin Cities the previous October with a 2:49:11 which was the most perfectly paced race I had ever run. Although I ran a 2:50:57 at Boston, it is a more difficult course, and it is more difficult just because it's Boston. I lost almost 2 minutes in the first couple of miles, so this may have been the best marathon I ever ran.
- My favorite training run is? Running the loop along Buffalo Bayou
- My favorite race is? The Houston Marathon, even though I don't run it anymore, I am in charge of the elite fluids stops. For races I run, it might be the Beach to Bay Relay Marathon in Corpus Christi. I always make a weekend out of it and have such a good time.
- My best distance is? 10 miles to a half marathon
- I run because? I enjoy it.



(Continued on page 8)

Get to Know Dan Bucci

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer this runner profile of a new member on the BCRR team.

Name: **Dan Bucci**

- Age: 33
- Hometown: Scituate, Rhode Island
- Years in Houston: 5
- Occupation: Operations Supervisor for ExxonMobil Chemical Company
- Years Running: 10
- How many miles per week do you run? 45-50
- How did you come to join BCRR? I ran solo a lot, and was looking to mix things up. Looked at all the big Houston running clubs and BCRR looked like it had the most fun!
- My proudest running accomplishment? Finishing my first marathon! It was my first race ever and one of the best days of my life.
- My favorite training run is? Getting in a good long trail run.
- My favorite race is? Dang, just one!?! I love the Houston Marathon for roads. For trail my favorite one so far has been the Crown King Scramble 50k in Arizona.
- My best distance is? The marathon, hands down.
- I run because? Easy - it makes me really happy.
- My life philosophy is? Go with the flow most of the time, but don't be afraid to seek out that epic experience.
- My next goal is? Have two big ones on the horizon - run a sub 2:50 marathon in June, and complete my first 100k in August.
- Favorite training food? Funfetti Cake!
- When I'm running I think about? Everything - it's where I solve most of my problems in life and work.
- The best running advice I could give? Run races without a watch... you will be surprised how well you can do running by feel.
- People would be surprised if they knew? I have a really good voice... especially when singing in my car.
- The top thing on my dream list is? Sometimes I'm not sure... I always say I'm living the dream... so maybe I'm already there? I would love to do a hike/run through the Appalachian Trail... that would be a dream come true!
- Other hobbies beside running? I may or may not watch cat videos. I'm a bit of a reader as well. I also enjoy writing and blogging about my running adventures. But running takes up a lot of my time!
- The most embarrassing thing that has happened to me is? I got trapped in a women's restroom in New Orleans. I wasn't even drunk yet. It's a long story.
- The most profound thing that has happened in my life? Experiencing firsthand how running can heal you. It is an activity that feeds the soul, and can help mend a broken spirit.

NOTE: Runner profiles are always welcome. We encourage you to send in a profile (to ThatsJoesMail@Yahoo.com) and maybe YOU will be the next person featured in our newsletter!

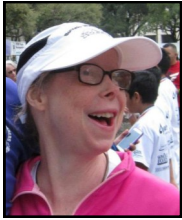


Photo credit: Dan Bucci

Board Profiles—Ron Morgan (Continued from page 7)

- My life philosophy is? "Enjoy every day, we only go around once (some may disagree) and you should make the most of your time here."
- My next goal is? To run 1500 miles this year. I have to stay healthy and disciplined.
- Favorite training food? My red pesto with pasta.
- When I'm running I think about? What I have to do that day.
- The best running advice I could give would be? "Be careful not to overtrain. There is such a fine line between pushing yourself, so you can improve, and pushing too much so you get injured."
- The top thing on my dream list is? To visit Italy, specifically Venice, the Amalfi Coast and Tuscany with Theresa. I intend to make that dream a reality next year.
- Other hobbies beside running? Cooking.
- I would love to spend the day with? Barack Obama

Rimshot!



Lisa Thompson

For many Bayou City Road Runners summer means travel, but runners are odd and travel does not mean "lay on the beach for ten days." One of my non-running friends asked me when I was going to take a real vacation. This was after coming back from my third trip in May. Active vacationing is the name of the game, and though escaping the Houston heat and rain for a two or three day weekend is a grand thing to do, it must include some strenuous activity. Hiking seems to be one of the favorites for BCRR devotees.

In May a group of nine Bayou City Road Runners and **Allen Wilson**, veteran hiker and mountain climber, traveled to the Grand Canyon. Our fearless leader **Bob Kirkpatrick** and his cute wife **Maggie** spearheaded the whole trip. They booked hotels/cabins and rented a ten person van. The goal was to hike Rim to Rim or, "R2R" in Canyonspeak. Down the south rim and back up the north rim in one day... approximately 23 miles.

We flew to Phoenix. Then we all piled in the van and drove to the Grand Canyon village on the south rim. I had never been there before, and the Canyon is quite possibly the most amazing natural wonder I have seen. I cannot image what people traveling across the west 150 years ago must have thought when they chanced upon this marvel.

Bob wisely choose the first week the north rim opened following the winter snows there. It was over 8,000 feet in elevation, and the temperatures range from 40's in the morning to mid-80's during the day. It took our group between 12 and 14 hours to hike the entire R2R. The amazing thing was about 10% of the hikers we saw were actually running down the canyon, or up the canyon. I managed the footing walking, but cannot imagine running on the steep slopes with the uneven steps etc.

When we reached the Phantom Ranch at the bottom of the Canyon on the banks of the Colorado river the \$3 Lemonade tasted like ambrosia. While at the bottom we bought postcards to send to family and friends as the postmarks indicate that the postcards are delivered by mule out of the canyon. Hiking up the north rim was very difficult, but the views of the Colorado river racing down the canyon and the waterfalls were amazing.

I bought a book called "Death in the Canyon," and I can tell you that deciding the hike is too long and trying swimming across the Colorado river as a shortcut tends to end badly.

Avi Moss and I hiked with **Dave Piper** and **Ally Serrao** up the north rim and with about seven miles to go Ally said "she thinks this might be enough hiking." At three miles to go **Dave Piper** was straggling behind, and all of us were feeling the oxygen deficit.



Photo credit: Lisa Thompson

Lisa Thompson is exhausted, but elated, to have completed the Grand Canyon's grueling rim-to-rim hike.

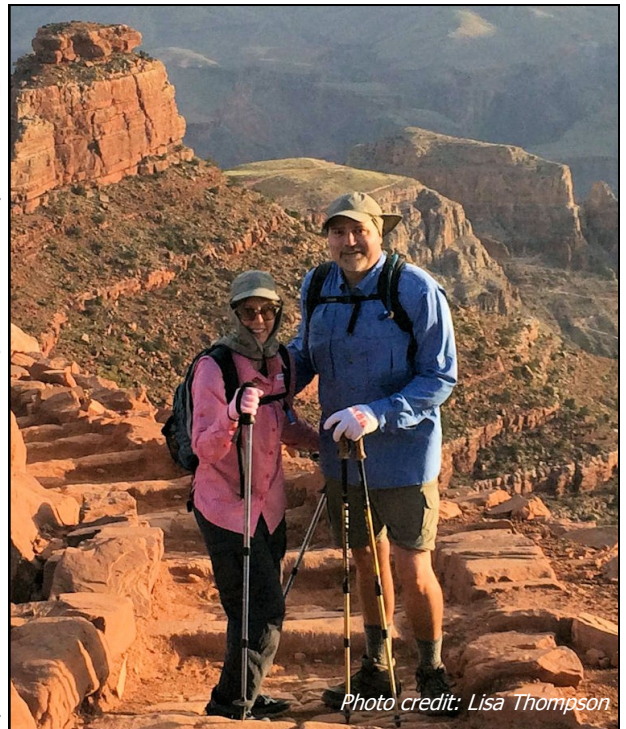


Photo credit: Lisa Thompson

Maggie and Bob Kirkpatrick lead a team of BCRR friends in the long hike across the Grand Canyon.

Short of breath, and taking more breaks, we steadily moved up the north rim. Truthfully, it was feeling tougher than the Boston marathon. Each step was a struggle. A runner passed us racing down the north rim and I said, "How much longer?" He said, "Just one more switch back and then 300 meters." Music to our ears! We trudged on and triumphantly exited the Canyon. **Terry Fanning**, our hero, was waiting at the top for us with a cooler of icy cold beers.

So you may wonder "how did our vehicle get to the north rim from the south rim?" Terry drove the 230 miles and 5 hours it takes to drive from the south to north rim around the Canyon. He kept a careful watch on our cooler the whole time.

Now here is the confession. Most of us had planned to hike the Bright Angel trail back down on Monday, and then back up the south rim. However, when we finished our 23 mile hike on Saturday, most of us were saying "uh no way!" On Monday **Terry Fanning** hiked down Bright Angel for the return 23 mile journey with **Gail Webster** and **Allen Wilson**. Gail was the only Bayou City Road Runner to actually do rim to rim to rim (R2R2R) so she earned bragging rights and gets to wear the T-shirt. R2R2R is 46 miles and doing it in one day is an amazing feat. One June 4, with much hotter temperatures, our fierce BCRR buddies **Lou** and **Jill Fragoso** did just that. Finishing in just over 25 hours they went rim to rim to rim. I need a nap just writing about it!

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
8/13	Seabrook, TX	Outriggers 5K
8/13	Houston, TX (Aquarium)	Lazy, Hazy, Crazy Days of Summer 5K
9/18	Kemah, TX	Toughest 10K Kemah (Bridge series)
10/9	Univ of Houston Clear Lake	Space City 10 Miler*
10/30	Houston, TX	Houston Half Marathon and 10k*
11/5	Houston, TX (MacGregor Park)	Alex 5K**
11/13	Houston, TX (Jones Plaza)	HMSA Classical 25K*
12/11	Sugar Land, TX	FLS 30K*

*Official HARRA race series event.

**BCRR club race



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