



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 63 - July 2017

First Inaugural BCRR Beer Mile



Frank Dougherty

On a sunny, steamy Saturday, just before the summer solstice, 10 BCRR endurance athletes toed the starting line and kicked the asphalt of the memorial park 400 meter track to run a Beer Mile. Each endurance racer was challenged with the near-superhuman feat of consuming four 12-ounce cans of beer while running one sweaty mile (i.e., one beer consumed before each of four quarter-mile laps). Only those graced with mental toughness, sheer determination, and a stomach of



Photo credit: Milan Jamrich



Photo credit: Milan Jamrich

steel would be lucky enough to call themselves beer milers. In much the same way track enthusiasts would describe an Olympic gold medalist in the

(Continued on page 4)

The inaugural BCRR Beer Mile was a messy success. Both the women's and the men's divisions had standout performers that downed four full beers while racing through Memorial Park. Not everyone was able to "hold their beer" on the hot June 17 evening, but everyone had a good time.

IN THIS ISSUE

Word from the Prez 2, Cocktail Class 3, 50 States 6, Woodlands "Marathon" 7, Runner to Biker 8, Calendar 10

Word from the Bird

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From the President

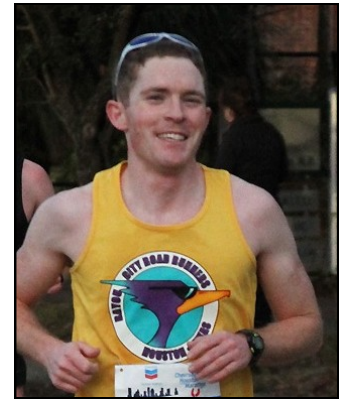


Photo credit: Milan Jamrich

Greetings BCRR!

It's summer, and your running may slow down, but BCRR doesn't! We have some fun activities planned, see if you can detect a theme. Last month **Caitlyn Powers** and **Frank Dougherty** hosted a beer mile. Despite some gastric challenges encountered by several participants, it was widely deemed a success. **Chuck Bracht** and **Cheryl Verlander**, our resident mixology experts, will be hosting a Cocktail Master Class at their home next month. It's no secret that members of BCRR like their adult beverages, but these two elevate it to an art form. We also have a trip to Portland planned for Labor Day to run a wine country half marathon. See the weekly email for details on these events.



Photo credit: Christina Jones

Against all odds, and perhaps better judgment, we also keep running all summer. If you haven't

been to our Wednesday run in a while, I'd like to extend an invitation. We have a more diverse range of paces and distances these days than

BCRR Board of Directors: (L-R) Andrew Young, Christina Jones, Jason Burris, Sian Evans, David Piper, Sarah Cusack and Peter Griffiths

(Continued on page 3)

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.

It's 5 o'clock Somewhere!



BCRR Cocktail Making Class

When: Saturday, August 12th, 3:00pm-6:00pm

Where: **Chuck Bracht** and **Cheryl Verlander's** home 5314 Mandell St

This class is for those who want to sharpen their cocktail-making knowledge and skills. We will consider the history of cocktails, and how the word "cocktail" may have come about. You will learn what a cocktail is, and the essential tools and ingredients needed to have a well-stocked bar. We will discuss ingredients and preparing the bar for service. The class will cover the basic ratios that apply to many famous cocktails. You will learn various drink-making techniques. Finally, we will make and consume cocktails appropriate to the season!

The Instructors: **Chuck Bracht** and **Cheryl Verlander** have extensive experience in making and consuming cocktails. Their many years of dabbling in cocktails simply cannot be matched by younger people... that is a matter of basic arithmetic.

Party host extraordinaire: Chuck Bracht and Cheryl Verlander.

industry's premier gatherings in the world with some 30,000 participants.

The cost for the class is \$30 per person. Included in the tuition is a basic set of high-quality bar tools, a course outline, and a starting collection of drink recipes to build your repertoire. (Any tuition in excess of cost will be donated to BCRR.)

Attendance is limited to the first 16 who respond, and 16 folks already responded. However, if you would like to place your name on the waitlist, please email BCRR club VP Christina Jones at christinabcrr@gmail.com. And you will be contacted if anyone's plans change and they drop out of the class.

Actually, CnC have attended five of the last eight annual "Tales of the Cocktail" conventions held in New Orleans each July, one of the bar



Word from the Prez (Continued from page 2)

we have had in a while. If we could reinforce that trend and reestablish a robust 9+ minute pace group I think it would really encourage new runners. One nice thing about long summer days is that you can run the whole route in daylight!

Finally, I'd like to welcome our new 2017/2018 board. Retiring from the board are **Katie Decker**, **Ron Morgan**, **Bill Lindsey** and **Dan Bucci**. Thanks guys! I'm excited to have **Neeraj Rohilla**, **Sarah Cusack** and **Sian Evans** join us. We also have a great group of returning members: our fantastic VP **Christina Jones**, our steadfast treasurer **Peter Griffiths**, our newly minted secretary **David Piper**, and **Jason Burris** as member at large. I'm extremely grateful to have had an engaged, active board this past year and I am confident the new board will pick up where the old one left off.



See you on the road!

Andrew

Beer Mile

(Continued from page 1)

decathlon/heptathlon as the "world's greatest athlete," one could argue that the winners of this year's Beer Mile deserved the title of "Houston's most impressively well-rounded" athlete. Once the "On your mark...Get set...Go..." was shouted, each



Photo credit: Lisa Thompson

of the 10 BCRR runners could almost taste victory...or was it the taste of their first lukewarm Budweiser/Bud Light sliding down their throats as they tried to slurp down the can's contents as quickly as possible?

The starting line was nestled on the far end of the memorial park asphalt track, which offered the perfect backdrop for supportive onlookers and fans. **Milan Jamrich** (photographer extraordinaire), **Kathy Mahon**, **Kern Hankins**, **Sian Evans**, and **Todd Gilbreath**, among others offered their support, encouragement, and sage advice to the participants. The event consisted of two heats: A men's

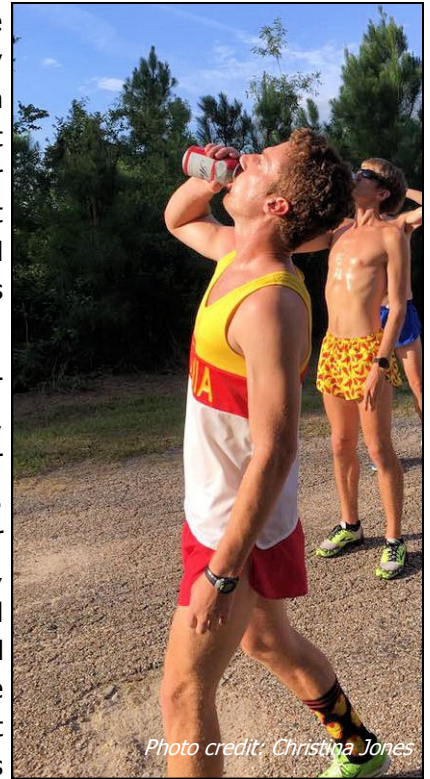


Photo credit: Christina Jones

championship and a women's championship.

The men went first. The men's race began. **Kevin DiVerde** slugged down his beer and was the first runner out of the transition zone. **Frank Dougherty**, **Neeraj Rohilla**, **John Jarvis**, **Andrew Littlefield** and **Avi Moss** quickly followed suit. While **Kevin** ended up running away and was the first male to cross the line in a blistering 8:20, **Avi Moss** almost closed the gap, finishing with a time of 8:49 (we might want to check the age grade on this!). **Avi**, equipped with extensive racing and beer drinking experience, summoned his bodily toughness and finished in a strong

second place, as one of only two male participants to not receive a penalty lap.

(Continued on page 5)



Photo credit: Milan Jamrich

TOP: Champions Leah Carver and Kevin DiVerde demonstrate their respective chugging techniques that won them the inaugural BCRR Beer Mile. Leah finished the test "clean" in 10:44, while Kevin's mile was 8:20 and included a penalty lap.

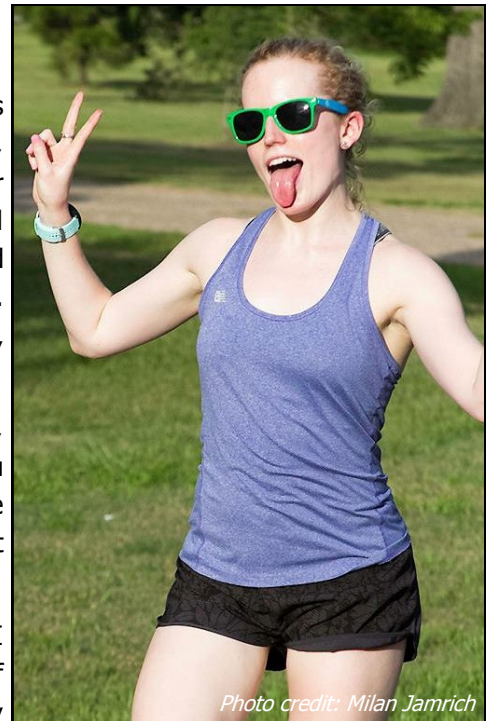
LEFT: After the race, and four beers, first place or last place did not seem to matter. All the competitors enjoyed their race.

Beer Mile*(Continued from page 4)*

For the women's heat it was **Leah Carver** that stole the show. She was the first woman to bolt out of the transition zone and she never looked back, finishing with a speedy time of 10:44. Additionally, **Leah** completed the Beer Mile in true Houstonian fashion as the four beers she consumed were comprised of a variety of craft beers, brewed right here in Houston. **Caitlin Powers** and **Christina Jones**, second and third place, respectively, were in quick pursuit. They were accompanied by pacers **Catie Cohen** and **Jacqueline Flaherty**, who offered their support.

With the two heats over and dehydration now most surely setting in, **Neeraj** pandered to everyone's competitive side and organized an impromptu two-person mile relay event. The teams were comprised of one male and one female runner, each required to run two quarter-mile legs. After the dust settled, **Kevin DiVerde** and **Catie Cohen** cruised their way to victory.

As I reflect on that evening of intrigue, entertainment and athleticism, I can't help but ponder. While I was lucky enough to have the privilege of participating in the Beer Mile with a fine group of distinguished participants, my stomach was no so lucky. It could have been the carbonation. Or was it the sheer 48 ounces of liquid that I tried to shove down my throat? Or could it have been the butterflies in my already full stomach as I entered my final lap toward Beer Mile glory, surrounded by wide-eyed onlookers? Whatever the reason was, I was unable to hold down my last beer and suffered what many experienced beer milers see as their ultimate demise: a penalty lap. Nobody said it would be easy: combining running and beer drinking. After all, former USA Olympic athlete **Nick Symmonds** aptly stated that, "You don't have to be a world class miler to run a good beer mile. You just have to be able to put 48 oz of liquid in your stomach in a combined total of under 40 seconds." I've got the running down, I guess it's time to start training my stomach for next year's Beer Mile. Valhalla, here I come!

*Photo credit: Milan Jamrich*

ABOVE: At the Beer Mile, Caitlin Powers demonstrates the attitude of everyone there—win, loose, or draw, just have fun with it.

BELOW: The women's relay race started off with all smiles, and after more beer, it ended that way too. Racing for beer and glory were: Catie Cohen, Christina Jones, Caitlin Powers, Jacqueline Flaherty, and Leah Carver.

*Photo credit: Milan Jamrich*

50 State 50 Marathon Odyssey



Ben Emley

As some of you know, I wasn't a runner in high school and definitely not in college. I was a punk soccer player. I was good, but definitely filled with attitude. I became a runner, because after graduation from college, I was (somehow) smoking almost 2 packs of cigarettes a day. I was heavily addicted. I was smart enough to know that I needed to change directions.

I'll never forget losing a promotion a long time ago, because the person interviewing me hated the smell of cigarettes. I learned this afterwards from a buddy at the company. Smoking didn't look good on me, so I quit and found myself looking for healthier habits and friends like running and running clubs.

I fell in love with the running scene and it's been a part of my life ever since. I was in Buffalo, NY when I joined my first running club, Fleet Feet of Buffalo, and the 2006 Buffalo Marathon was my first marathon. I ran it as a suggestion from my new friends who witnessed a quick progression of my running ability. I was hacking up lungs on Day 1 and then found myself as a competitor in my age group just after year of training.

I loved it, but I didn't think I would continue running marathons, because Buffalo Marathon hurt like hell. I was amazed, though, how quickly I was able to bounce back and get back onto Elmwood Ave in Buffalo and start running again with my comrades. I eventually did some more marathons to stay connected with my running friends and then started focusing on the Boston Marathon. The ego inside of me quickly latched onto the exclusivity of the Boston Marathon, and its ability to push away able paying customers.

I had a difficult time qualifying for Boston when I realized that I had completed a good margin of the 50 States. I had

met some

marathon

runners on

the 50 States

journey before

I made it my

own. They were

like gods to me.

At one point, I nearly

gave up on trying to

qualify for Boston after

missing my qualifying

times by less than two

minutes on three separate

occasions; once by 15 seconds.

I redirected my goal

towards 50 States and basically

gave up on Boston. I even started



ABOVE: Ben's kickass homemade mounting wall for his 50 medals earned from his 50 state marathons.

TOP: Ben at one of his favorite races, the Detroit Free Press Marathon.

(Continued on page 7)

Fake News Marathon



Joe Lengfellner

They gave me a finisher's medal, but I did NOT run 26.2 miles at this year's Woodlands Marathon. No one did. The "marathon" organizers had a problem with their vehicle leading the front runner. The vehicle missed a key turn shortly after the starting gate and accidentally led the front runner, and all us following behind the front runner, on a short cut of nearly a mile. So when we ultimately crossed the finish line, everyone had only run about 25 and a half miles. We all smiled, collected our medals, and took our photos, but we did not run a marathon on March 4th at the Woodlands race.

Fake News



Photo credit: Joe Lengfellner

The Woodlands Marathon bills itself as a great race for runners looking to qualify for Boston. And generally it is (a great BQ)—provided the race goes as expected. Unfortunately, it did not. And all those runners that have been training for months, may have run a great race, but their efforts were all for naught due to the course being well short of 26.2 miles.

I was one of the lucky ones. I was a pacer, along with fellow BCRR member, **Stephen Kallus**. We were there to pace the 4:15 hopefuls, not trying to BQ. And when our GPS watches chimed "mile 1" and we saw no flag marking the distance, we thought the flag must have fallen down. No biggie, but a couple minutes later when we came upon the "mile 2" flag, and our GPS watches were showing we're barely past the first mile, we thought, "That's weird! They put the flag in the wrong spot." We went on thinking the flags were posted wrong until mile 5. By then it was "Holy cow, this is JUST NOT RIGHT! Somebody messed up!"



It wasn't until we finished that we learned what went wrong. I was bummed, but not like the Boston hopefuls. Many of them ran very hard and deserved success, but were met with disqualification and heartbreak. It was like they were sucker punched. Except they had to first run 25 miles, and then get sucker punched. The organizers offered them a reduced entry fee for next year. Would you go back?

50 States

(Continued from page 6)

looking for other alternative marathons in Massachusetts. Do they exist?

On my first marathon that was specifically without BQ intentions, I PR'd and BQ's with a healthy 7 minute margin. I was amazed about this and realized that I was putting too much pressure on the idea of Boston, and not just enjoying the ability to run and enjoy the outdoors. From there on, I ran without expectations or "hope" of doing any better than what my body was willing to do. I just ran, which is often why today, I don't have my GPS watch with me. It's just not me.

Deep down inside, I became a winner after I quit smoking and started running. I refused to let smoking tarnish my image and destroy my opportunities. The picture included is Detroit Michigan Marathon which is one of my favorite marathon experiences, and the cowboy hat says it all. I didn't care about how well I did. I ran the entire race high-fiving as many small kids and spectators as I possibly could find on the course. I deliberately took the longest arch around every turn to interact with the crowds.

The marathon quest came to a bittersweet end in Fargo, North Dakota in May of this year. My next quest is to be best father I can possibly be for our daughter we're expecting on Labor Day this year. Thank god I don't have to travel anymore for marathons!



Runner turned Cyclist



Lynn McGrew

Runner turned cyclist and a tale of two loves – what's a gal to Du?

Typical recreational runner's story - I started running casually on a treadmill for 20-30 mins back in high school, just to get some exercise and continued through college. The thought of running outside for enjoyment never occurred to me. That idea didn't come until my late 20's when I figured joining a running group would be a way of meeting people outside of work. Fast forward to today where I pretty much only run for the pure enjoyment of being outside and socializing with great friends. Alas, sometimes that love of running has not loved me back, or at least hasn't loved my feet back, as I've been plagued by numerous injuries over the years. Ask most cyclists how they got into biking and the answer is usually "I got injured running and needed another means of exercise." Hence, was my foray onto the seat of a road bike just five years ago (beach cruiser and ten-speed growing up notwithstanding). Partly due to the enthusiasm of my husband, **Chris McGrew**, and my stubbornness to remain active and stoke my competitive spirit, I found myself quickly becoming quite the "roadie" and soon knocked off several century (100 miles) rides and even won a few races! One would think my transformation into pure cyclist would be complete, but I get bored easily and crave cross-training. I could never give up running, either, despite the injury cycle. So, when I discovered there's a sport that combines my two loves, what's a "bikerious" gal to do? The answer: Do a (Du)athlon.

Duathlon seems at times the forgotten (or at least under-the-radar) multisport. It is not 2/3 of a triathlon, rather, it's really a triathlon with a run replacing the swim. That's right – in duathlon one runs twice in a single race. Typically, a sprint duathlon is about a 2-3 mile run, plus a 12-15 mile bike, and another 2-3 mile run. A long-course duathlon is even more varied – it can be a Standard (which isn't very standard!) distance of 10K run/60K bike/10K run or something else slightly longer or shorter. Long course duathlon can even be as long as an Ironman distance. Most of the duathlons here in Texas are of the sprint variety and there are only about 2-3 of these events here in Houston every year. To me, duathlon seemed the perfect answer to wanting to both run and bike, but not have to add swimming to the mix in being a full-on triathlete.

I tried out a few sprint duathlons locally and found that I had success in those with being a reasonably fast cyclist, even though I am a very middle-of-pack average runner. I was looking for a new challenge and heard about an awesome opportunity a friend recently had going to the World Long Course Duathlon Championships in Switzerland this past year. She had competed in Long Course Duathlon Nationals (which is open to all, no qualification needed) and placed high enough in Age Group to qualify for Worlds, where she then placed 2nd AG. World Long Course Duathlon is a 10K run, 150K bike (90 miles) and 30K (18 mile) run, wow! With that, a new motivation and goal had seeded itself into my head (and my legs!).

At the start of 2017 I set my sights on

(Continued on page 9)

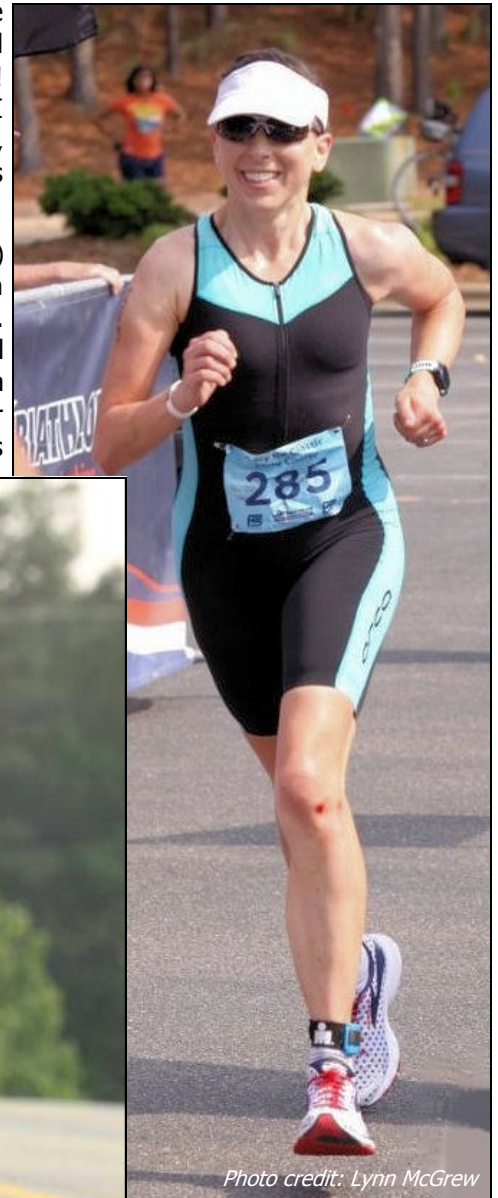


Photo credit: Lynn McGrew



Photo credit: Lynn McGrew



With duathlons, runner turned cyclist, Lynn McGrew, feeds her competitive streak with less injuries than traditional running events.

Runner turned Cyclist

(Continued from page 8)

Long Course Duathlon Nationals on April 29 in Cary, North Carolina. This particular race would be a 5 mile run, 32 mile bike, and another 5 mile run. As a cruel joke in the triathlon world, one competes in the age group at the age they turn in that calendar year, which for me means I "age up." I don't like having to wear an age on my calf that I officially will not be until the end of December, but so be it. Since my run is my weak-link, I focused my training on trying to knock some time off it, while still maintaining cycling strength. The months leading to April indeed saw me getting faster, though having any sort of real speed will forever elude me. I envy those for whom my stride (or sprint) speed is their marathon pace! But I really enjoyed the training process, and the experience of adding some "brick" workouts. The brick is how a multisport athlete gets a feel for "jelly legs" by doing a bike ride and then immediately changing into running shoes for a short run. Believe me, that run after getting off the bike does not feel good. I can't tell the difference between 7:00 min/mi pace or 11:00 min/mi pace, as it just feels like legs slogging through peanut butter (Mmmmmm...peanut butter!) I even worked on the "4th sport" of du/tri-athlon – the Transition, or the time (that counts towards the total!) it takes to change gear from one sport to the next.



Photo credit: Lynn McGrue

By the end of April, I was ready to see what I could do at Nationals. As if I had room for it, I accidentally packed Houston weather in my suitcase – race day ended up being unseasonably hot and humid in North Carolina. I had a really good first run and was slightly under my new (and now slightly faster) 10K pace. I thoroughly enjoyed the green and rolling hills bike course and had a big smile the whole way, just soaking in the breeze and scenery (and elation in passing many guys!). With 2 miles left to ride, just as I was starting to contemplate the hot run ahead, a casual cyclist decided to get on her bike and cross the road! This was not a closed course to traffic, either, which was picking up a bit in both directions. I was pedaling down a bit of a slope at the moment and gathering speed. I shouted out, but the cyclist didn't hear or see me coming. I had nowhere to go but down...and down we went as I T-boned her front wheel. I skidded one direction and my bike skidded another. Incredibly, luckily, and gratefully, I quickly assessed that I was unbroken, the other cyclist was unbroken, and my bike was unbroken. About 3 or so minutes went by and I was back on the course. I got my running shoes back on and slogged, and I mean SLOGGED through that second 5 mile run. Not only was it miserably hot and humid by this late morning, the road rash and bruises I suffered in the bike crash were starting to sink in. While it was not the race I'd trained for, nor the last run I'd hoped to have, I just kept pleading with myself "just finish, just finish!" That 5 mile run was longer than any 16 miler I've done on a Sunday morning, that's for sure. I gave it one last oomph for the 100m or so to the finish and flashed a thumbs-up for the cameras. Despite all that drama, I somehow managed to place 2nd age-group! Above that, however, I was proud of the training and the tenacious, positive mindset I kept throughout. Now to lick my wounds (ewww!), rest/recover, and gear up for a trip to Switzerland and World Duathlon in September 2018!

BCRR Shirts



NOW AVAILABLE! The club has BCRR branded singlets, T-shirts, and long sleeve BCRR tech shirts available for sale. These groovy grape shirts will keep you looking good and feeling cool, while you show that you're part of the best running team in town! Prices are just \$10 for singlets and T-shirts, and the long sleeve version (shown here) is just \$15. See any board member for details.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
7/5	Houston, Rice Village	Wednesday Night Run & Valhalla Social
8/12	Houston	Mixology Class
9/3	Portland, OR	Oregon Wine Country Half Marathon
9/TBD	Houston, Spotts Park	Cross Country Relay*
10/8	Clear Lake, U of Houston	Space city 10-Miler*
10/29	Houston, Sam Houston Park	Houston Half Marathon*
11/4	Houston, MacGregor Park	Alex 5K Fun Run**
11/26	Houston, Jones Plaza	HMSA Classical 25K*

*Official HARRA race series event.

**BCRR seeking volunteers



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