



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 68 - June 2018

Spring Banquet Salutes Strong Runners, Volunteers and Bakers



Christina Jones

BCRR's Annual Banquet was a lively celebration of this year's running and club accomplishments. St Arnold's Brewery was the perfect location to celebrate a great year of equal volumes running and beer drinking. The awards show highlighted new running faces to the club - **Oguzhan "Ozzy" Guven** and **Jacqueline Flaherty** - both achieving Boston qualifying marathon times. Our most improved runners of the year: **Natalie Lankford** made an impressive recovery from injury, and **Harsh Bhasin** transformed from casual to routine club runner. The competition was fierce, and HARRA membership technicalities was sometimes the deciding factor when awarding our top age group winners. However, **Paul Schulz** ran



Photo credit: Joe Lengfellner

ahead for the men in his first overall Runner of the Year award. **Gloria Mahoney** returned for her third consecutive year (and fifth year overall) as the overall female Runner of the Year. While many of our runners achieved impressive times in HARRA races, the Top Gun awards went to **Peter Mullin** for the *Bellaire Trolley Run* and **Allyson Serrao** for her success at the *HMSA 25K*.

The awards banquet also highlighted several of our members who provide numerous hours of volunteer time to keep the club running. **Mike Mangan** and **Lisa Thompson**, were among those honored. Feel

At the BCRR spring banquet, the board members for the club's 2018-2019 season were elected: (L-R): Mike Mangan, Neeraj Rohilla, Christina Jones, David Piper, Peter Griffiths, Sarah Diez, David Gaskin, and Mirka Jalovcova.

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Word from the Bird

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Send any updates to
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From the President



Photo credit: Milan Jamrich

Hey BCRR!

This is my last president's message to you. Serving as the president for the last two years has been a lot of work but it was a rewarding experience.

The club has grown and evolved over this time. I'm excited by all the new members who weren't on the roster two years ago; we have a healthy, vibrant and stable membership. We've done some great club activities over this time. We took a trip to Oregon, we had a BCRR prom party, and we organized work crews to respond to Hurricane Harvey. We've had great running success too, putting together a multi-year winning streak in the HARRA club competition. Most recently we organized the *Joe Conway Memorial Track Meet*. This club has always been more of a community than just a training group, and I am consistently heartened to see how we come together for each other in the face of adversity.



Photo credit: Christina Jones

Andrew Young appreciates BCRR President elect Christina Jones' club plans to keep it classy!

I am happy to say that I'm leaving the club in good hands. **Christina Jones** will be a great president, I couldn't ask for a more organized and conscientious candidate to take over. **Peter Griffiths, Dave Piper** and **Sarah Diez** round out the executive committee and each one of them has years of experience and

(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.

Banquet*(Continued from page 1)*

free to view [the awards PowerPoint](#) to see all those honored for their club achievements.

As the banquet drew to a close, two additional prestigious honors were determined. First, the 2018-2019 BCRR Board was elected: President **Christina Jones**, Vice President **David Piper**, Secretary **Sarah Diez**, Treasurer **Peter Griffiths**, Members At Large include **Neeraj Rohilla**, **Mike Mangan**, **David Gaskin**, and **Mirka Jalovcova**. The new board will officially begin their term in July.

The second voter driven decision of the night was for the best Cookie Table Dessert. Third place went to **Catie Cohen** for her Vegan Cheesecake - rumored to be destined for third place due to limited availability. Second place went to **Lisa Thompson** for her historically themed cookies. First place was awarded for the Salted Chocolate Chip

cookies skillfully baked by **June Harris**. Thank you to all of our members who ran, supported, and drank beer with us this running season!!



Photo credit: Milan Jamrich

Gloria Mahoney, has won Female Runner of the Year, three years in a row!



Photo credit: Hardeep Thind

Paul Schulz, Male Runner of the Year, employs a spirit that's hard to beat.

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

dedication to the club. In addition to returning at large member **Neeraj Rohilla** I'm excited to welcome three new board members. **Mirka Jalovcova** and **David Gaskin** come to us via the Mellow Monday run and will have a unique perspective on the club. **Mike Mangan**, the self-described representative of the "old guys" has been a tireless volunteer already and will doubtless continue as a board member. As always, we welcome input and involvement from the rest of the club's membership, too! If you'd like to volunteer or if you have an idea you want to see realized, talk to a board member and we can set things in motion.

Gotta run!
Andrew

Word from the incoming Prez

Christina Jones

Thank you for the many votes of confidence to lead this club as president in the upcoming year. I look forward to working with the new board in keeping BCRR "running" smoothly! Stay tuned for an upcoming Scrabble Run during a Mellow Monday in July as an opportunity to meet and greet the new board members!

Get to Know Jamila

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.



Photo credit: Jamila Spencer

Name: **Jamila Spencer**

- Age: 31
- Hometown: Pearland, TX
- Years in Houston: I'm a Native Houstonian (27ish years, I moved for college and I lived abroad.)
- Occupation: I'm Speech Language Pathologist Assistant with a small home healthcare company called "Small Talk." I'm also in a part-time online graduate program through Bay Path University it's a private liberal arts college located in Longmeadow Massachusetts. I'm working on my master's in Analytical Behavior Analysis. I'm currently finishing up my second semester of grad school. I will be a behavior analyst when I graduate in February of 2020.
- Years Running: I've been running on and off since I was 13 years old. I first started running when I was in the 8th grade, but I took a break during college.
- How many miles per week do you run? Around 15.
- How did you come to join BCRR? When I was looking for a running club, I googled several clubs in the Houston area. When I came to be BCRR's page the runners look super friendly, had tons of social events and love to drink beer. So that was the selling point for me. It also took me two years to gain enough courage to

actually come to a Wednesday work out, because I didn't believe I was in good enough shape to run coming from a running background. (When I was on the cross country team in high school I was able to run a 7-minute mile in my sleep, now I can barely do a 9:30-minute mile.)

- My proudest running accomplishment occurred at a high school cross country meet—my PR time was a 6:18 mile.
- My favorite training run is for a 10k. I'm also training for my first half marathon in November.
- My favorite race is The Women's Quarter Marathon. This year will be my second year to participate in it.
- My best distance is the 10K.
- I run because it makes me very happy (runner's high) and it's a huge stress reliever. I honestly just love running.
- My life philosophy is "*Life is about the journey, not the destination, so enjoy each chapter of your life for what it is.*"
- My next goal: To lower my mile time from 9:30 to 8:30. The ultimate goal is a 7:30 mile.
- Favorite training food: Baked Ziti.
- When I'm running I think about: I really don't think about much, I'm usually just focused on my breathing and sometimes I think about the food I'll eat after I finish my run (and beer if it's an evening run).
- The best running advice I could give would be to never give up, and take it one mile at a time.
- People would be surprised if they knew I was in Girl Scouts from ages 5-18. I also earned the *Gold Award* which is the highest award you can receive as a Girl Scout.
- The top thing on my dream list is to retire in Perth, Western Australia, and buy a house close to the beach.
- Other hobbies besides running: I love traveling, rock climbing, reading books and learning German.
- I would love to spend the day with Ellen DeGeneres
- The most embarrassing thing that has happened to me is I can't think of anything embarrassing, but I once had a lady in a full burka come up to me at a grocery store and ask me to help her find some hair removal cream, that was pretty cool. I must have a really friendly face because random stuff like this happens to me all the time.
- The most profound thing that has happened to me: Three years ago I moved to Perth, Western Australia, where I lived for about a year. It was one of the best decisions I've ever made in my life. I absolutely love living over there. Perth is a very diverse city and the people are super friendly. I would go to the beach every weekend because it was only a 20-minute bus ride from my house and gorgeous. I only moved back to the states because of family.

Get to Know Stephen

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.

Name: **Stephen Kallus**

- Age: 44
- Hometown: Houston, TX
- Years in Houston: 44
- Occupation: RVP, Business Development for SagePoint Financial
- Years Running: 17, I think.
- How many miles per week do you run? 25 to 30.
- How did you come to join BCRR? I got to know BCRR member, **Bob Thompson** while pacing the Woodlands Marathon and he kept suggesting I should join the club. I always trained on my own, but one Sunday I just showed up and have been running with the group almost every Sunday since.
- My proudest running accomplishment is when I completed my first marathon – of course Chevron Houston Marathon.
- My favorite training run is the Sunday long run, especially when we get to do *John's Loooooong Run*.
- My favorite race is the Houston Marathon.
- My best distance is: Ha! I don't think I have one.
- I run because there is no better feeling when you finished your long run in the morning and you know most people haven't even gotten out of bed yet.
- My next goal is hopefully doing an ultra marathon.
- Favorite training food: spaghetti and pizza.
- When I'm running I think about anything and everything, from work, to baseball, and my kids.
- The best running advice I could give would be Band-Aids on your nipples – for my fellow male runners.
- People would be surprised if they knew I have run 29 marathons.
- Other hobbies beside running: I enjoy coaching my son's baseball team and golf.
- I would love to spend the day with the Astros, the 2017 World Series Champion!!!
- The most embarrassing thing that has happened to me is tripping while running twice in the same week.



Photo credit: Stephen Kallus

Stephen Kallus displays his Chevron Houston Marathon medal from last year. He has 11 finisher's medals from Houston.

NOTE: Runner profiles are always welcome. We encourage you to send in a profile (to ThatsJoesMail@yahoo.com) and YOU too can be featured in our newsletter!



Interview with an IRONMAN

Ask anyone, and they'll tell you entering a marathon is "crazy." That means entering a triathlon is INSANE!! The classic full-length triathlon tortures, I mean tests, athletes with a 2.4 mile swim, followed by a 112 miles on bike, and then a complete 26.2 mile marathon. It's a full day of punishment, I mean pageantry, that spans 140.6 miles. Some people call this insane endeavor "sport," and one of them is **Brad Godwin**. Brad is officially an IRONMAN. In fact, he's successfully completed three full length triathlons. I've got questions for you Mr. Godwin.

Question 1: A race that literally takes ALL DAY LONG sounds horrible to me, but I guess you see it differently. So what is good about it? What's the best part of the Woodlands triathlon, the IRONMAN Texas?

Brad: "Best part of IRONMAN Texas is the run. The crowds are so supportive and when every muscle in your body is already exhausted and you could use all the help you can find, The Woodlands crowd really helps you get through the Marathon!!"

Question 2) How was The Woodlands event different from your prior triathlons?

Brad: "IRONMAN Texas 2018 was my best IRONMAN to date. I earned a new Personal Best – finished the 140.6 miles in 13:30:31; and this is the third IRONMAN to have completed!!"

Question 3) 140.6 miles is a very long distance. What was your training regimen like?

Brad: "The training for a full IRONMAN is very time consuming, and can be very challenging with the time required to be ready to attempt a full IRONMAN. The bike rides are long. And the long pool swims get very



Photo credit: Sharon Edwards

Brad Godwin feels the love from the crowd gathered at the homestretch of the IRONMAN Texas North American Championship held in The Woodlands on April 28.



Photo credit: Sharon Edwards

Brad Godwin with his buddies getting ready for the swim—the start of the whole triathlon.

boring!! If you have a Spouse or significant other, that person must be willing to support your training regime (or at least tolerate it). The normal training for a full IRONMAN is a six day a week program!! And training for a full IRONMAN usually starts about six months out if you are starting from scratch. If you are a seasoned Triathlete and keep up some of your training year round, you are still going to want to start ramping up your training about four months before the IRONMAN event."

Question 4) When the contest is as grueling as a triathlon, is your only goal to survive? To Finish?

Brad: "Taking on a full IRONMAN is a very big challenge, true. My goal is always to give it my best, but the basic goal is always to finish strong and try and make it a very memorable day!!"

Question 5) What got you from the "I'd kinda like to do a triathlon one day" status to "I'm gonna do it damn it! I'm signing up for a triathlon!" status?

Brad: "I was inspired by some other Triathletes after having completed some Sprint Triathlons (which are a much shorter distance). Then I completed two 70.3 IRONMAN events (which are half the distance of a full IRONMAN). Then I was challenged to take on the full IRONMAN!!"

"I spent two years going out to IRONMAN Texas and supporting my

(Continued on page 7)

Events

BCRR Family Picnic



Christina Jones

The family picnic has continued to be a semi-annual gathering featuring grilled meats, creative desserts, and yard games for even BCRR's youngest members. The children created impressive art work while utilizing mediums of chalk and concrete - rumored to be awaiting commissioning from the Menil. The memorable dessert of the spring picnic was a unicorn themed layer cake, skillfully constructed by

Jacqueline Flaherty in honor of those members venturing to

Boston. Thanks to our fearless grill master, **Andrew Young**, the burgers and brats were never in short supply. Check out the picnic pictures on our [Facebook](#) page taken by Andrew for more highlights!



Photo credit: Andrew Young



Photo credit: Andrew Young



Photo credit: Sharon Edwards

IRONMAN

(Continued from page 6)

Niece's husband, **David Martin**. After having been out there watching the event for two years, I think I got "bit by the IRONMAN bug" and finally signed up for the big challenge.

"I had a friend send me a message after having successfully completed IRONMAN Austin 70.3/ He wrote "I will see you at the swim start next May for IRONMAN Texas." I think that was the final thing that got me to sign up and take on the big challenge!! I can honestly say it is "Life Changing" when you cross that finish line and hear your name called out by **Mike Riley** "You are an IRONMAN" and it will bring you to tears!!"

Interview by Joe Lengfeller

Brad Godwin races through the transition area moving from his 2.4 mile swim to his 112 mile long bike trek at IRONMAN Texas

Events



Photo: Brendon Gilroy

Joe Conway Memorial Track Meet

Joe Conway Memorial Track Meet Proves Successful

Last December our club lost one of its veteran members, Joe Conway. Joe passed away suddenly at the age of 50, leaving behind his wife Kelly and their sons Colin and Cassidy. Joe was an avid middle distance track athlete, so this spring BCRR hosted a track meet in his honor. The meet was held at the Rice University track. Competitors raced the 400, 800, mile, and 4x400. There was also a kids' 100. Donations were collected in lieu of an entry fee, with all proceeds going to the college savings of Joe's sons. The race was a success, with several dozen competitors turning out. In addition to BCRR several other clubs were represented including BARC, Striders, Tornados and the Harriers. The highlight race may have been the masters 800, in which **Ricky Kramer** outgunned **David Blackman** with a time of 2:07 to 2:08. After expenses, we raised more than \$4,700 for **Colin** and **Cassidy Conway**. Several attendees voiced a similar thought: that Joe himself would have been right in the thick of things.

Report by, Andrew Young



Photo credit: Milan Jamrich



Photo credit: Milan Jamrich

BCRR Shirts

STILL 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.



Singlets! T-Shirts! Sleeves!

*Events cont.***LP Run**

Neeraj Rohilla

LP Run is one of the more unusual races around, this race is all about speed, stamina and pacing strategy. LP run is also one of the oldest races held in Houston. This year marked the 51st annual of the LP run. The run is held on the track at Rice University. Run as many laps as you can in 33 minutes and 20 seconds. Your laps must be recorded by a lap counter (usually a friend or a stranger) so it makes for great camaraderie and friendly banter from the stands as runner pass at every lap.

Unlike other runs, this race is held in the evening. All men (open/master/senior) start at 5:30 pm followed by women's race at 6:30 pm. Terlingua Track club do a great job in hosting this race and post-race food is the best which includes ice cream sandwiches.

A friendly bantering started on social media by Striders and repeat reminders from **Lisa Thompson** ensured that BCRR showed up at the race in full force. **Brook McClain** placed 2nd in the Clydesdale category. **Neeraj Rohilla** placed 3rd in Males 35-39 category by strategically pacing off of **Tom Wille** for 80% of the race. Despite passionate complaints by Tom, it was found that no rules except Tom's heart was broken in the process. ;)

Oguzhan Guven placed 2nd in Males 40-44 category, while **Tom Stilwell** won his 45-49 age group. It was also great to see **Scott Wonderly** out at track and joining us for LP Run. **Avi Moss** and **Paul Schulz** placed 2nd and 3rd respectively in Males 55-59 age group. **Joe Melanson** won his 60-64 age group with a blistering pace for 6:49 min/mile. **Scott Bounds** and **Larry Lindeen** won their respective age groups as well.

Among women, **Lisa Thompson** (F50-54) and **Gloria Mahoney** (F65-69) won their age groups, while **June Harris** (F60-64) placed 3rd in her age group. Congratulations to all of the runners! BCRR also won men's cumulative miles club competition by running a total of 51.21 miles, while the second placed Striders ran a total of 35.26 miles. BCRR women placed third in the ladies cumulative miles club competition. This demonstrates the value of participation and team spirit which makes BCRR a unique club that we all cherish.



Photo credit: Milan Jamrich



Photo credit: Milan Jamrich

Click for
LP Run results

Events



Joe Lengfellner

Bayou Bash Relay Really Great Bash

In the middle of May, in the middle of the afternoon, when summer is just starting to demonstrate how crazy-hot it gets in Houston, HARRA gathers all the major running clubs together at TC Jester Park for the annual tradition known as the *Bayou Bash Relay*. This hotly contested event is followed by the HARRA Family Picnic. And it was great!

BCRR produced a whopping 18 teams to represent the club, and many of them did quite well. Some teams earning top honors! BCRR’s “Glow Girls” **June Harris, Kathleen Mahon, Gloria Mahoney, and Kathryn Vidal**, won first place among the veteran females. And senior females was won by BCRR’s “Soul Train” team of **Claire Greenburg, Anna Helm, Caryn Honig, and Allyson Serrao**. Several other BCRR teams ran strong. For a complete look at the results, visit the website www.bcurr.org/bayou-bash-relay.html. BCRR showed up in force (see picture below) and came ready to run!

Each competitor ran about 2.2 miles in the sweltering heat, but the community spirit and camaraderie of the run clubs made it all worthwhile. As a bonus, BCRR members ran for free! Entry fees for BCRR teams were paid by the club’s garage sale proceeds. Shout out to garage sale queen and king, **Lisa Thompson** and **Avi Moss**! BCRR volunteers, team captains, and numerous other good sports, all pitch in to ensure the *Bayou Bash Relay* really is a great bash!



Photo credit: Milan Jamrich

LEFT: Anna Helm and Bill Lindsey helped their respective teams win medals at the Bayou Bash Relay at TC Jester Park on May 12.

RIGHT: A fun run for the kids was one of the highlights of the HARRA family picnic.

BELOW: BCRR showed up in mass, smiled through the heat, and enjoyed hotdogs, hamburgers, watermelon, beer, and more, at this annual team competition.

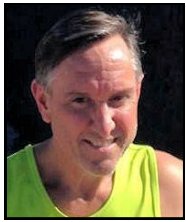


Photo credit: Milan Jamrich



Photo credit: Milan Jamrich

Bayou Bash Relay

Events cont.

David Piper

Bellaire Trolley Run

The weather forecast for the *23rd Annual Bellaire Trolley Run* was favorable. Storms were supposed to blow through in the morning and be gone before the 8 AM start. Oh well, things didn't work out quite that way. Rain, thunder and lightning belied the forecast and runners huddled in the old Bellaire City Hall (now temporarily the jail facilities) and hobnobbed during a short 15 minute delay. Then the fastest 5K in Houston was squeezed in under reasonably favorable conditions before the rains came back again and made for one of the quickest awards ceremonies in memory. A number of BCRR runners persevered through the adverse conditions to claim the best hardware in the Houston racing scene – the coveted trolleys. Award winners included: **June Harris** (3rd AG), **Gloria Mahoney** (1st AG), **Frank Dougherty** (1st AG and 5th overall!), **Pablo Rivero** (3rd AG), **Matt Nicol** (2nd AG), **Peter Mullin** (1st AG), and **Larry Lindeen** (2nd AG). Despite the weather the race was great fun and a good time was had by all.



Allyson Serrao and David Piper shelter under the BCRR canopy and keep a careful eye on the threatening skies at the Bellaire Trolley Run on April 14.



Christina Jones

Happy Hour

It's Friday night. It's been a rough week of work and Peter's Speedwork kicked your butt at 5:30 AM. What should you do? Join BCRR at Happy Hour of course! Friday night Happy Hour has become a lively weekly event featuring a rotating attendance of running regulars and members who are looking to check out the next great place to grab a drink. **Susan Cita** was spotted holding down the fort at Truck Yard - a familiar BCRR face, but a new addition to the Friday night crew! **Lisa Thompson** is a staple for Friday night fun - often instigating the "2nd Happy Hour Location." Petrol Station was a particularly well attended evening. Although it requires leaving The Loop (yikes - I know) - several members of the old (er) guard showed up and mingled with the youngsters. If you have a suggestion for a Happy Hour location, just reply to your weekly email to be submitted to the Board. Cheers!



Happy Hour on Friday nights brings out a fun crowd: Susan Cita, Jacqueline Flaherty, Lisa Thompson and Kathleen Mahon. Back row: Avi Moss, Brendon Flaherty and Bill Lindsey.

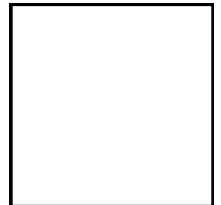
CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Mondays	Memorial Park	Every Monday evening a jog followed by a social gathering
Wednesdays	Rice University	Every Wednesday evening a jog then a social gathering
Fridays	Various Happy Hour haunts	Every Friday evening a happy hour. Info at www.bcurr.org
7/TBD	Memorial Park	Scrabble Run (in July in place of a Mellow Monday run)
8/4	Estes Park, Colorado	Rocky Mountain Half Marathon (summer escape trip)
9/29	Stude Park	Tornados Cross Country Relay*
10/7	Clear Lake, TX	Space City 10 Miler*
10/28	Sam Houston Park	Houston Half Marathon*

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
P O BOX 66196



THE BIRD IS THE WORD!
June 2018



Looking for an extra Reason2Race in 2018? Every mile you run or walk can get us a step closer to a world free from hunger and poverty when you run for Heifer International! Whether you are a triathlete, you want to get your whole family out on the course for fun, or you just want to make the world a better place, we NEED you! We have never been closer to finishing hunger for good than we are right now and you can help us reach the end. Join the team right here in Houston: <https://my.reason2race.com/cause/heiferinternational> or anywhere in the world at www.teamheifer.org