



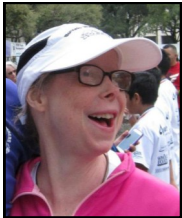
WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 51 - May 2015

Texas Independence Relay Mayhem



Lisa Thompson

At this year's Texas Independence Relay (TIR), the *Masters of Mayhem*, placed 6th overall. We were the top masters beaters—beating all of the other masters men and women's teams. We were a mixed masters team, which means you get three marvelous women and the rest are stinky guys. Like most typical TIR teams, we rented two 12 person vans. Six people in one van and six people in the other, except I bribed my way into one of the vans to keep an eye on "my son" Avi. We had a very focused copacetic group. **Andrew Kenworthy, Joe Conway, Avi Moss** (and his "mother"), **Alonso Vargas**, and **Grant Genman** were the first van. The second van featured pilot **Will Henderson**, with co-pilot **David Piper, Alan McCain, Leslie Russell**, and **Kathy Roland**, and **Peter Griffiths**. With Peter in there no one else could get a word in edgewise. Van #2 was the wild and crazy van. Just like in Vegas, what happened in Van #2 stays in Van #2!

Alonso Vargas was our fearless leader and put together these awesome notebooks with everyone's leg assignments. He was the best team captain ever (and no, he did not promise each of us \$20 to say that). When one of our runners got a little lost, he ran the route



Photo credit: Will Henderson

Texas Independence Relay "Masters of Mayhem" team.

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Word from the Bird

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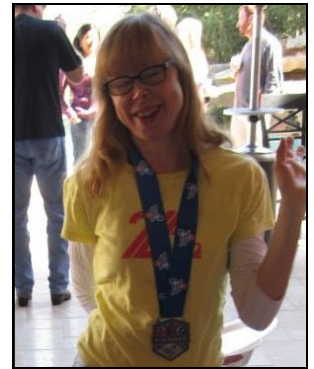
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Member Database

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

From the President

**Goals!**

Hello BCRR buddies. One of the best things I have ever done for myself is join BCRR eight years ago. I have been honored to be your president this year, and have enjoyed working with a most amazing and productive board. We had one big goal for BCRR 2014/2015.

RECRUIT. RECRUIT. RECRUIT.

This is a 2-prong goal.

The first prong, encourage every member of BCRR to help us stay strong by recruiting new members. And WOW have you guys ever recruited. Not a Wednesday, or Sunday, goes by that we do not see a new face wanting to run with us. **Romuald Budiman** recruited **Pepa**, who runs every "Mellow Monday" with us. **Heidi Zimmerman** recruited **Stephanie Bonk**, who along with other first year members **Jean Cassandra Hawney** and **Marie Thompson**, took 1st in Open Female division of the *Bayou Bash Relay* (5/9). WOW, WOW, WOW!!! We also fielded two Open Men's teams. Having new people to run, and chat with, keeps BCRR strong and competitive.



Mellow Monday helps reach out to new runners. Hosted by Christina Jones and Lauren Hammang (above left).

As a 2nd recruiting vehicle we created a short distance weekly run to feed new runners into BCRR. "Mellow Monday" (named by **Joe Lengfellner**) was

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REPORT YOUR RACE RESULTS

We want to know what our members are doing on the roads and/or trails. Send all your results to us at bcrr.results@gmail.com and we'll make sure they hit the next newsletter!

ADVERTISING INFO

How would you like to see your own ad in the Bayou City Road Runners Newsletter? For all personal or business advertising inquiries, please send an email to the Treasurer at susancita.bcrr@gmail.com.

Boston Bound Newbies!



Lisa Thompson



Photo credit: Lisa Thompson

In February, at the Austin Marathon, Catie Cohen rocked it at 3:28:47.

This year's Houston Marathon (1/18/15) was **Christina Jones's** FIRST marathon, but that did not stop her from running like a seasoned vet. She crossed the finish line with an amazing 3:29:28. And yes, that means **Christina** qualified for Boston in her very first attempt. She's been with BCRR less than a year, and she is already making us look good! Another new member to the BCRR family, **Catie Cohen**, also ran in her very first marathon this year. **Catie** ran the Austin

marathon (2/15/15); and she too qualified for Boston! In her very first marathon she clocked in at an envy-worthy 3:28:47. And considering how hilly the Austin course is, I can only imagine what she could do on a nice flat course. Watch for these two BCRR ladies to be charging up those Newton hills in Boston next year for the 120th running of the Boston Marathon. In fact, there are quite a few BCRR runners planning the trip to Boston in 2016. So if you want to join in the fun, all you have to do is run a "BQ" (Boston Qualifier) marathon before September. Good luck!



Photo credit: Avi moss

Christina Jones (left) can still smile even after John Phillips' Looooong Run last December. Heidi Zimmerman shares a smile.

EDITOR'S NOTE: The 2016 Boston Marathon will be held on Monday, April 18, 2016, Patriots' Day in the Commonwealth of Massachusetts. For qualifying times visit <http://www.baa.org/races/boston-marathon/participant-information/qualifying/qualifying-standards.aspx>

Word from the Prez

(Continued from page 2)

born. With the always faithful attendance of **Christina Jones**, **Lauren Hammang** and **Aaron Imlah** "Mellow Monday" took off. We run three miles, then afterwards meet at a location to socialize. You can find us every Monday at 7:00 P.M. starting at the picnic loop (near the softball fields) in Memorial Park.

In addition to our recruitment efforts the board decided to try some different ways to generate funds for BCRR. Race management is an excellent vehicle for generating club funds, but can take up to 60 volunteers and a huge time commitment from **Joe Sellers** and **Hope Sellers**, **John Phillips**, and a myriad of other BCRR volunteers. So we decided to have a BCRR garage sale. It was a huge success thanks to contributions of many BCRR members. We manned a 2-day garage sale, and were able to pay for

17 teams at the *Bayou Bash Relay*. Woohoo!!!

Our end of year banquet is scheduled for Wednesday May 27; and I hope to see you all there. RSVP to **Susan Cita** at susancita.bcurr@gmail.com. We will be electing our new board at the banquet; and I am confident that we will accomplish even more awesome things this year. If you have suggestions please let me know.

Keep running!

Lisa

Get to Know Heather

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 valued BCRR team.

Name: **Heather Hofstetter**



- Age: I admit to 29. :)
- Hometown: I am a construction brat, so I don't really have one. I've lived in Houston longer than I've lived anywhere else, so I guess it must be 'home' now.
- Years in Houston: 13
- Occupation: Financial planner
- Years Running: Off and on since High School; started in earnest after my son was born in 2009.
- How many miles per week do you run? In a "good" week, 25-30. In a "normal" week, probably closer to 12 or 15. There are only so many hours in a day, and the longer I'm 29 the more sleep I need to function!
- How did you come to join BCRR? When I was looking for a club after Lance was born, I needed one whose long run was on Sunday, because Warren does his long run on Saturday. BCRR was the only club in Houston proper that fit my criteria. :)
- My proudest running accomplishment is finishing the San Francisco half (WITH the Golden Gate Bridge!), 8 months after having a baby (and an emergency C-section!).
- My favorite training run is one that ends with coffee or beer.
- My favorite race is the one I just finished.
- My best distance is half marathon -- long enough to test you, but not long

enough to reach the "pure suck and misery" stage.

- I run because I'm too vain to buy bigger pants.
- My life philosophy is... Life is too short to drink cheap wine or read bad books.
- My next goal is to finish a coherent thought without someone shouting "Mommy!" from another room.
- Favorite training food? Whatever Warren has cooked for dinner -- he's an amazing cook, and I love to eat. :)
- When I'm running I think about my "to do" list; the song/audiobook/podcast I'm listening to; whatever weird dream I just had; or (VERY rarely!) just the quiet around me.
- The best running advice I could give would be...? Even the pros have to work at it.
- People would be surprised if they knew I'm actually quite shy.
- The top thing on my dream list is more time with my godmother.
- Other hobbies beside running: Baking, reading, dancing, spending time with friends and family.
- I would love to spend the day with Sarah Weddington (youngest person to ever successfully argue a case before SCOTUS).
- The most embarrassing thing that has happened to me is? I don't embarrass easily, so I really don't have an answer.
- The most profound thing that has happened in my life is Motherhood. Absolutely the cheesiest answer possible, but completely true.

BCRR On the Move

(Continued from page 9)

3. The proximity to other places. Amsterdam (45 minutes), Antwerp (1 hour 30 minutes), and Paris (3 hours, 15 minutes, by high-speed train) are all close by and it is feasible to "do" Paris in a day trip, which is what I did, on a visit to Holland to secure a new assignment back in November 2013.
4. Cycle friendliness. The Hague is a lot friendlier towards cyclists than Houston, and it is safe to bike to work, even though the city is clogged with traffic as it lacks a freeway system. This is in complete contrast to Houston, freeways everywhere and limited opportunity for cyclists apart from the bayous.
5. Great jazz venues. The Netherlands is a country full of jazz lovers – there are several jazz venues in The Hague within easy reach of where I live. One of the best is a bar and café right in the city center that hosts local jazz luminaries on Sundays from 4:00 – 6:00 pm, with no cover charge.

IN CONCLUSION, or "tot slot" in Dutch, I do miss Houston but am enjoying my new life in The Hague.

Get to Know Susan

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 long time member on the BCRR team.

Name: **Susan Cita**

- Age: 51
- Hometown: Des Plaines, IL
- Years in Houston: 15
- Occupation: Making the world a more memorable place.
- Years Running: 9-ish. I started with Sprint Tri's, then somehow got sucked into running full marathons very quickly.
- How many miles per week do you run? I really run/walk about 0-10 miles a week, unless training for a specific race. Longer distance, more miles. Shorter distance, sleep in.
- How did you come to join BCRR? Lara Allen asked me to come to Valhalla one Wednesday, and the rest is history.
- My proudest running accomplishment is finishing 5 marathons in a 12 month period.
- My favorite training run is anything along the new Allen Parkway Bayou Trails.
- My favorite race is the Rome (Italy) Marathon. You start and finish at the Coliseum and wind your way through Rome and Vatican City, passing historic sites while the spectators cheer and tourists look bewildered.
- My best distance is—I don't know if I have a "best" distance, but my favorite distance is a half marathon.
- I run because it's a challenge and a great way to make life-long friends.
- My life philosophy is: Make the world a better place. Care about others. Work smart and hard. Do the best you can everyday.
- My next goal is: Not to adopt any more cats.
- Favorite training food: An apple with a smoked mozzarella cheese stick.
- When I'm running I think about: The environment around me, including who I'm running with and where I'm at, both mentally and physically.
- The best running advice I could give would be: Whether you finish 1st or last, everybody's medal is just as shiny. Run your own race.
- People would be surprised if they knew I still plan to run a marathon.
- The top thing on my dream list is: Run the Antarctic Marathon
- Other hobbies beside running: Cat herding, travel, and volunteering.
- I would love to spend the day with my mother again.
- The most embarrassing thing that has happened to me is topping off a Scope bottle with water after spilling the contents when I was about 6 or 7, and thinking nobody would notice.
- The most profound thing that has happened in my life was being publicly recognized for my volunteer efforts throughout the City and having a "Day" named for me by the Mayor and City Council.



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!



Anything for the Club

FACTOID: A complete list of all the BCRR club races and events **Susan Cita** has NOT volunteered for:

1)

TIR

(Continued from page 1)

backwards looking for them. He also drove the van a good bit of the time.

I was *supposed* to run, but a hip injury prevented me from running. So I rode along for fun, and to irritate, err I mean *cheer* on my teammates.

The teams (there were over 150) were seeded according to their predicted times. There was much sandbagging and the *Masters of Mayhem* were seeded third, which meant we were the third to last team to start at 1:00 PM on Saturday afternoon. The first teams started before 6:00 o'clock in the morning, which meant for much of Saturday we were running by ourselves. This was not so bad during the day, but was a little eerie at night. After sun down, we were running down country roads accompanied by nothing more than moonlight and critters in the night. We all wore lights and reflective vests and hoped the oncoming drivers had not had more than a sip, or two, of Shiner.

The other teams' vans were, for the most part, very festively decorated. Early on, van #2 was neck-and-neck with the *Austin Front Runners*, who sported "Eat Our Fairy Dust" and "We Come from Behind" on their rear windows. A very fun group of guys. For most of the rest of the relay van #2 traded spots with the *Turbo Tatas*. After the *Turbo Tatas* tagged van #2, Will made it his personal mission to tag both of their vans at every opportunity. Will is nothing if not persistent.

At some point, I rode in van #1. I think **Andrew** or **Joe Conway** lamented that a shower would be wonderful. We were just coming into Houston and had passed the baton to van #2. We knew we had a 2-to-3 hour break. Since I have an 18 room bed and breakfast with a chef in the middle of Houston, I suggested that we all go and take showers and have breakfast. It was so nice to be clean, fed and out of that 12-person van for little while.

We had fun things happen along the way. On one of the legs, we drove through Schulenburg Texas, where they



Photo credit: Will Henderson

Will Henderson's Masters of Mayhem crushed the "Mixed Masters" competition, and finished sixth overall, by completing the 200-mile relay in 24:21:11.

were having their annual sausage festival. The exchange point was right past a group of polka dancers.

Of course, in a 200 mile relay someone will miss their turn on occasion. We felt that in parts of the race, particularly on the night runs, the cones could have had a light stick or some sort of light on them; that would've made the turns more visually obvious. One of our runners missed an unlit cone in the dark in Tom Bass Park and ended up running an extra 3 miles. Amazingly, he ran the 9 miles in 53 minutes. On that same leg, while we were waiting for our runner, hoping that he was just lost, and not injured, we saw another runner come in and start yelling. "Where's the person I'm supposed to exchange with?" We also saw someone flying a drone.

The relay ended at San Jacinto Monument. We all ran into the finish in a last short leg together, had some pizza and beer under the shade of some beautiful oak trees, and headed home for hot showers and cool sheets. ZZZZZZ.

Ice Capades



Andrew Young

One of my favorite things about BCRR has nothing to do with running: this club connects you to an incredibly diverse group of people with a wide range of interests.

For example, I recently convinced 10 other club members to join me to learn to curl with the *Curling Club of Houston*. Though our group boasted a cumulative total of one previous curling experience (**Rosie Schmandt**, the lone Canadian), everyone took the challenge with enthusiasm.

We were guided by our excellent instructor, **Angela**, a Scot with the patience of a saint. She walked us through the basics of curling: the push-off from the starting block or "hack," the balance and body position for delivery of the stone, the sweeping of the ice, and the strategy and rules of the game. We progressed quickly and in almost no time everyone was, in the vernacular of the sport, "throwing rocks at houses" with gusto.



The BCRR curling team included: (Clockwise from top center) Rosie Schmandt, Bill Lindsey, Sorrell Warren, Marie Thompson, Jeremy Goodreau, June Harris, Lisa Thompson, David Piper, Gail Sabanosh, Andrew Young, and Avi Moss.



Our class culminated with games, or "ends," pitting Team Red against Team Yellow. The competition was tight, with one end resolved by the tiniest of margins in favor of Team Yellow (no doubt the result of some foul play or double dealing). No one walked away an expert curler, but I was amazed by how much progress we made and I think the universal consensus was that curling is a lot of fun. In a familiar touch, *Curling Club of Houston* ends their evening with cheap beers and snacks in the ice rink lounge--a club after my own heart! I would recommend curling to anyone, it is a fun, accessible and unique sport.

At left, Dave Piper works his 40-pound stone at a February alternative Happy Hour.

BCRR On the Move

Members of BCRR are on the move in many ways, whether it is sprinting around Memorial Park or relocating across state and international boundaries. Here below, we bring you accounts from four BCRR members who have recently moved (either leaving Houston, or returning to Houston). No matter where in the world you end up, you'll always be a Bayou City Road Runner.

Leyu Cui — Leyu moved to Pau, France last year on a research assignment for Total that he expects to last 18 months.

—5 Things I Miss about Houston—

1. Of course, the No. 1 is the Valhalla party and beer after 10K every Wednesday.
2. The Chinese food in China town. I can barely find a good Chinese restaurant in small villages in Europe.
3. The golf in Houston. You can find any golf you like in Houston, 9-holes, 18-holes, driving range, mini-golf, top golf....
1. To be honest, I'm kind of missing the 'warm' weather in Houston. Winter here is too long and cold.
2. BBQ. BBQ doesn't only mean the food, also mean drink, fun and relationship.

—For France, 5 things you guys definitely like also—

1. Wine from Bordeaux...
2. ...and wine from Champagne...
3. ...and wine from Bourgogne...
4. ...and all these wines with hundreds of cheeses in a...
5. ...winery which is only 10K from your home!



Photo credit: Leyu Cui



Photo credit: Tuam

Romuald Budiman — “Romu” recently returned to Houston after two years in Charlotte, NC, bringing with him his new wife, Eliza, and daughter Bella.

—5 Things I Miss about Charlotte—

1. The four pronounced seasons: Charlotte by Vivaldi
2. The hills: good for training
3. The close Appalachians and Atlantic beaches: oyster po'boy on the Appalachians Trail
4. The micro-breweries: ask for the beer-muda triangle...
5. The raw milk from South Carolina: smuggled through the state border

—5 Things I Love about Houston—

1. The oak trees: essential to the survival of our species
2. The international scene: who's from Houston?
3. The Montrose/Rice University/Medical Center area: History of Houston
4. The easy access to the Hill Country: Enchanted Rock, flowering cactus and pristine rivers
5. The tropical gardens: if I could only grow some passion fruits...

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Do you have your own list of "5 Things I Miss/5 Things I Love"? Send it to the editor, thatsjoesmail@yahoo.com, and we'll publish it in a future edition of the newsletter!

BCRR On the Move*(Continued from page 8)*

Joel and Sharon DuBois — Joel and Sharon returned to Houston this summer after several years in Dubai where Joel worked in the energy industry.

—5 Things I Miss About Dubai—

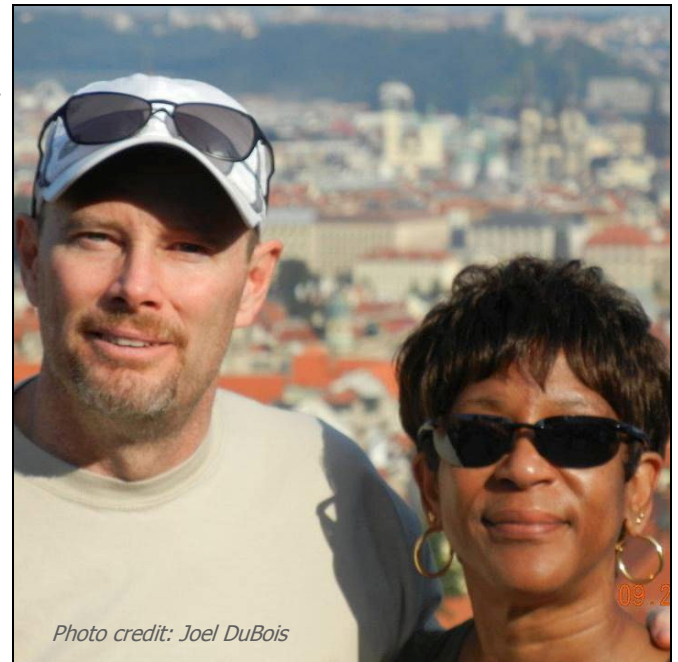
1. Driving roundabouts
2. Friday Brunches
3. Some people I worked with (most, not all)
4. Running and living on Palm Jumeirah and the Marina, along the water and boats
5. Beautiful views from 47th floor office, especially on foggy mornings

—5 Things I Love About Being Back in Houston—

1. Shiner Bock
2. Cooler running temps
3. Microbreweries
4. Family and friends are MUCH closer
5. Better selection of restaurants (Especially BBQ & Mexican)

—5 Things I Do NOT (or Will Not) Miss About Dubai—

1. Up to a half hour wait to get on an elevator to get to my office on the 47th floor
2. Temps of 120F and higher
3. Early morning temps (running time) of 95-101F
4. Crazy @\$\$ drivers and people parking in driving lanes
5. Struggling to find routes to places right across the road

*Photo credit: Joel DuBois*

Chris Harris — Chris moved to The Hague, Netherlands in June of 2014 for his job with Shell. Chris had been a Houston resident and BCRR member since 2001, with a brief stint in Calgary intervening.

*Photo credit: Chris Harris*

—5 Things I Miss about Houston—

1. The Wednesday run and social. There's nothing quite like the Bayou Run and the Valhalla watering hole afterwards.
2. Mixers & Elixirs at HMNS. I used to enjoy these Friday evening soirees at the museum, sometimes wondering how people would react if a dinosaur rib dropped off because of the vibration caused by the band.
3. The longer days around midwinter. It was dismally dark and depressing here for the couple of months around the Winter Solstice. As the Dutch say, "We can't possibly live here because the sky's too low"...
4. The awesome museums and exhibitions. I was privileged enough to live in the Museum District and was a member of HMNS, MFAH and The Menil Collection.
5. Cosmopolitan eating out opportunities. I had my best steak ever

in Houston, at Damian's on Smith. There's an excellent Mexican restaurant, Teotihuacan, on West Bellfort. And there's one "Ta Hua", on Memorial, where I went with three Chinese colleagues. While they were presented with chopsticks and a menu in Chinese, I got silverware and the English menu. What they ordered for all of us wasn't on the English menu - highly recommended.

—5 Things I Love about The Hague—

1. Living less than a mile from the beach. The Hague is really the only major city in The Netherlands with a true beach.
2. Great parks and trails for running. The Hague is truly a city of parks and also has an adjoining dune landscape with plenty of trails.

(Continued on page 4)

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
5/27	Houston, TX (St Arnold's Brewery)	BCRR Annual Banquet
6/28	Houston, TX	HARRA Annual Banquet
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*

*Official HARRA race series event.



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