



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 62 - May 2017

## Family Picnic and Service Project



Andrew Young

Our biannual family picnic has quickly become a favorite BCRR tradition. This spring, to add a new twist to the fun, we added a community service project to our plan. My neighbor, **Dianne Maurice**, lives alone and needs a little help with her house.

The ivy climbing the walls of her house had gradually transformed from tidy covering to unruly jungle, covering windows and pulling down gutters. On a recent Saturday morning, a crew of about 10 BCRR members assembled to tackle the task of cutting back the vines. We went right to work with hedge trimmers and extension ladders, but things really kicked into high gear when **John Philbrick** showed up with his bucket truck. The work we accomplished in just a couple hours was truly transformative, and I personally found it quite satisfying. You don't have to take my word for it, however. This note (on page 3) is Dianne's reaction to our efforts.

*(Continued on page 3)*

*Joining other volunteers (not pictured) **Andrew Young** and **Kern Hankins** trim overgrown vines while **Sian Evans** holds the ladder steady.*



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**Word from the Bird**

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# From the President

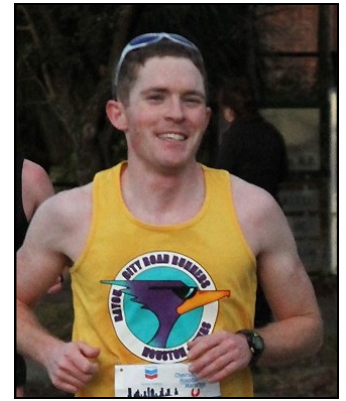


Photo credit: Milan Jamrich

**Greetings BCRR!**

The Spring Series is wrapping up and Houston's subtropical climate is starting to reassert itself. But we're not done yet, let's close out the season with style at the *Bayou Bash Relay* on May 13, I hope to see you all there! After that, let's celebrate another year of running (and a HARRA Fall Series championship, and hopefully a matching Spring Series one) with a St. Arnold's banquet, May 24 at 6:30pm.

During the banquet, we'll elect the board for next year. I'd like to thank my current board for their service this year: **Christina Jones, Peter Griffiths, Jason Burris, Ron Morgan, Dave Piper, Katie Decker, Bill Lindsey, Dan Bucci.** I'd also like to thank **Joe Lengfellner** and **Lisa Thompson**, who are de facto board members. If you're interested in helping make BCRR an even better club than it already is, I hope you'll consider volunteering for the board this year. It's a great



Photo credit: Joe Lengfellner

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

(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](mailto: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](mailto:p_griffiths@bellsouth.net).



Dear Running Club,

Very early Sunday morning, a toddler and her father lingered in front of the house. The child was entranced by live oak leaves scattered on the ground. I watched, marveling at her sense of wonder over items I considered litter and decided the ability to be awed by life was an experience relegated to my past. Then, all of you arrived at 11 AM and the universe proved that one is never too old to be awestruck!

Countless waving arms of fig ivy hit the ground and were swept into bags as ladders and shears and saws, and runners, appeared, doing yeoman's work at an amazing pace. John and his giant machine took down more greenery in minutes than I could have done in a month of weekends. Andrew and a couple of teams with ladders made short work of the east wall, overcoming the thorny citrus to do so. Two of you were still working on the front of the house after the agreed finish time. You'll have to come back by and see the view from the upstairs windows! They haven't seen that much sunlight in 2 years!

We can joke that your efforts have certainly raised the property value of Andrew's home, but on a more serious note, please know I am immensely grateful, and humbled, to be the beneficiary of such generosity. Your kindness to a stranger is astonishing. May you all be as richly blessed in the months ahead as you have blessed me.

With sincerest thanks,

Dianne Maurice



Photo credit: Ron Morgan

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

way to give back to our community and it doesn't have to take up lots of your time. You might even have fun!

Hopefully you've heard by now that we're planning a trip to Oregon this September to run a half marathon and escape Houston's endless summer. If you're on the fence over whether to join, just go for it! We don't do half measures in BCRR, this is going to be a memorable trip. We'll organize lodging and race registration, all you need to do is get yourself to Portland!



See you on the road!

Andrew

## Mind Games



Neeraj Rohilla

### What keeps me busy on my solo runs?

Everyone has his/her own way to passing time while running solo. Some people dream about winning the lottery. Some think about their ex's. Some imagine going on that special date. Some think about how to beat that competition in the next HARRA race. And, some think about numbers.

It happened to me during one of my runs around Rice one day. Now, granted that I like to perform simple arithmetic of converting marathon race times into min/mile pace. For example, 7:15 pace is 3:10 marathon and 8:00 pace is 3:30. So, every 45 seconds per mile is 20 minutes in marathon time. And, so on. I can also recite similar numbers for 10K, 5K and so on. But, I digress. That particular day I thought wouldn't it be COOL (it was quite hot when I was running) if I would be able to compute exact meters in a mile but starting from very basic. For example:

**1 meter** = 100 cm

2.54 cm = 1 inch (I am an engineer)

12 inch = 1 foot

3 feet = 1 yard

4\*440 yards (memory at track) = **1 mile**

Now, that's doesn't seem like an easy task to travel from a mile towards meters. Let's see if I can put my engineer hat and simplify.

440 is 10% extra of 400. I love 10% extras. I use it all the time at work to convert "Kg" into pounds. Any number in "Kg" is roughly double that number + 10%. For example 8 Kg is "16 lb + 10% extra" so 17.6 lbs. I can manage that. We will keep track of that later. What else can we simplify?

1 feet = 30.48 cm (I use this at work a lot). Let's approximate 1 foot as 30.5 cm and we will account for 0.02 later.

1 yard = 3 feet =  $3*30.5 - .06 = 91.5 - .06 = 91.44$  cm

Commit this to memory. "91.44". I guess two fours help. "91.44". "91.44"

Option 1:  $91.44*4*440$ : That's not going to happen.

Option 2:  $91.44*1600$  and add 10 %. That's probably doable but still very hard.

Option 3:  $(91.44 + 10\%) * 1600$ ; Multiplication with 1600 seems manageable because of even numbers and two zeros. We may get lucky here. Let us figure out the first part of that.

$(91.44 + 10\%)$  is same as  $1.1*9144$ . I can add 9144 to 9144 by shifting a place. That's going to take some mental concentration. Good thing is that most numbers are less than 5 so carrying over shouldn't be hard. Let us go digit-by-digit: 4, 8, 5, 0, 0 and 1. Okay, so it is 100584. Or, 100.584 cm when I put the decimal at correct place. Or, 1.00584 meters. So, 10% extra of 1 yard is 1.00584 meters. Who knew, huh...

This kind of makes sense as a mile is slightly more than 1600 meters and I need to multiply that number by 1600. Wait, what was that number again. Darn it,  $9144 + 10\%$  or adding again. 4, 8, 5, 0, 0 and 1. It is 1.00584. Okay, Okay...Neeraj...Simplify. You are an engineer, not a Math nerd.

How about 1.006 and accounting for change later. Now, 1 mile is slightly less than  $1.006*1600$ . I don't need to keep track of 1600 meters as it's a given. All I need to do is  $0.006*1600$ . Hmm, that's not bad.  $16*6$  is 96. So, it's 9.6 meters.

So, a mile is slightly less than 1609.6 meters. Hmm? Can I get more accurate? Let's see. What was that messy number again? Aah, I hate it. 9144. So, adding again means 4, 8, 5, 0, 0 and 1 or 1.00584.

I assumed 584 as 600, meaning that I need to multiply the extra .00016 by 1600 to get the difference. Well, I will be darned. Today is my lucky day. I love squared numbers. I can do it in my sleep.  $11*11 = 121$ ,  $12*12 = 144$ ,  $13*13 = 169$ ,  $14*14 = 196$ ,  $15*15 = 225$ ,  $16*16 = 256$ .

Okay, let's account for decimals.  $0.00016*1600$  or  $.016*16 = .256$ .

So, 1 mile becomes =  $1609.6 - .256$  meters. Okay, focus now. What is  $600 - 256$ ? It is 344.

So, 1 mile is 1609.344 meters. Hurray. Well, that was FUN. But, let's keep it simple for next time. Deal !!!



Photo Credit: Hardeep Thind

*On long solo runs, Neeraj Rohilla likes to keep his mind entertained with math. (Don't judge him!)*



## Alex's 5K Fun Run

Funds raised from *Alex's 5K Fun Run* go to support autism related charities. This spring checks were delivered to *Avondale House* from Alex's 5K race last fall. At the check presentation were: **Lara Allen**, **Steve Vetrano** (Avondale house director), **Milan Jamrich**, **Kathleen Mahon** and **Mike Mangan**. Additional checks were donated to AutismSpeaks and Westview school. Learn more at [www.Alex5k.com](http://www.Alex5k.com).

Alex's 5K's reputation has grown over the years. Nowadays you can bump into fans all over the world! Share YOUR pics of your travels (near or far) with Alex 5K at **#WhereInTheWorldIsAlex5K?**



Photo credit: Milan Jamrich



Photo credit: Christina Jones



Photo credit: Bob Chandler

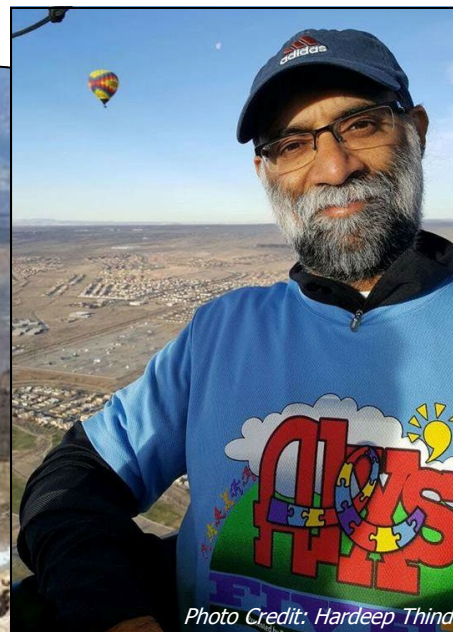


Photo Credit: Hardeep Thind



Photo credit: Joe Lengfellner

COUNTER-CLOCKWISE FROM ABOVE: **Hardeep Thind** rises high over Albuquerque NM in a hot air balloon. **Bob Chandler** and **Gwen Weddington** challenge the heights at Volcano El Tiede, in the Canary Islands. **Christina Jones** and her hiking buddy Nala, checking the view in Rocky Mountain National Park.

**Joe Lengfellner** greets the day on Angel's Landing in Zion National Park.



## BCRR Scoreboard

BCRR is always curious to hear what our members are doing when they are not running with the club. The following notes offer a peek at some of your activities. Keep it up!

- **Barry Tobias** was in Hawaii last fall for the grueling *Kona Ironman World Championship*, and completed the event with a time of 16:33:02. To prepare for this test Barry ran several marathons last year: Charleston 4:38:04, Phoenix 5:00:02, and the Jerusalem Marathon 5:24:45.



Photo credit: Barry Tobias

More info about the legendary Ironman World Championship is

available at: [www.racethread.com/race/ironman-world-championship-3117.html](http://www.racethread.com/race/ironman-world-championship-3117.html)



Photo credit: Barry Tobias

ABOVE: Barry Tobias in training for the Ironman World Championship.  
LEFT: Barry trying not to let his wife's support get to his head.

- **Peter Mullin** was in Virginia Beach, VA in March for the *USA Track & Field Masters 8K Championships* where he placed 2nd in his age group (Men 65-69) with a time of 30:57. Days later Peter earned 4th place honors for his age group in the *World Masters Athletics Indoor Championships* in Daegu, South Korea, running the 3000 meters race in 11:05. Then he turned around and won the WMA gold medal at the half marathon for running an amazing 1:26:37. To learn more about the USA Track & Field and America's other top talent at the World Masters Indoor Championship visit:

<http://www.usatf.org/News/USA-Brings-Home-108-Medals,-42-Gold-At-World-Maste.aspx>



## 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.



## BCRR Scoreboard, cont.



**Everyone** looked good at the law week fun run—officially the *John Eikenburg Fun Run 8K*—on March 11. The race marked the return of the HARRA Spring Series, and BCRR club members crushed it. Over a dozen members placed in the top tiers. Many of the prize winners are shown here below. Learn more at the site: <http://www.lawweekfunrun.com>.

- Alan McClain 2nd AG
- Alex Padden-Jones 1st AG
- Allyson Serrao 1st AG
- David Piper was 2nd AG
- Gloria Mahoney 4th AG
- Frank Dougherty 1st AG (and 6th overall)
- Larry Lindeen 1st AG
- Lisa Thompson 3rd AG
- Peter Mullin 1st AG
- Richard Verm 4th,
- Scott Bounds 1st AG
- Sian Evans 4th AG
- Sherry Scott 1st AG
- Stephanie Bonk 1st AG

**50th Annual LP Run**, the oldest race in Texas, was held Saturday evening (4/29) at Rice University. This unusual event features participants running around-and-around as many laps (RPMs) as they can before the 33 1/3 minutes time limit expires. As usual, BCRR members proved tough competition and many members won recognition. Special thanks go out to all the volunteers that donated their evening to count laps for the runners and cheer them on. Learn more about the *LP Run* here: <http://www.terlinguatrackclub.org/Terlinguawordpress/lp-run>



ABOVE: The LP Run held on April 29 saw a familiar face at the head of the pack. TOP: **Ally Serrao** and **David Piper** both proved tough runners at the Law Week Run on March 11. They won 1st and 2nd age group honors respectively.



## BCRR Scoreboard, cont.

- **Lisa Thompson** proved outstanding at America's most prestigious marathon, Boston. Taking on the heat, and persevering through bad muscle cramps, Lisa earned first place in the visually impaired women's division at the 121st running of the Boston Marathon. Her time was 3:51:10. Not her best marathon, but given the bad conditions of Boston this year (ask anyone!) her time proved the best of any challenger, and she's got the cider cup to prove it!



Photo Credit: Melissa Weiland

- **Joe Lengfellner** won his age group at the *Zion Half Marathon* in Utah last month. The race scheduled on April 1st, seemed well-timed for

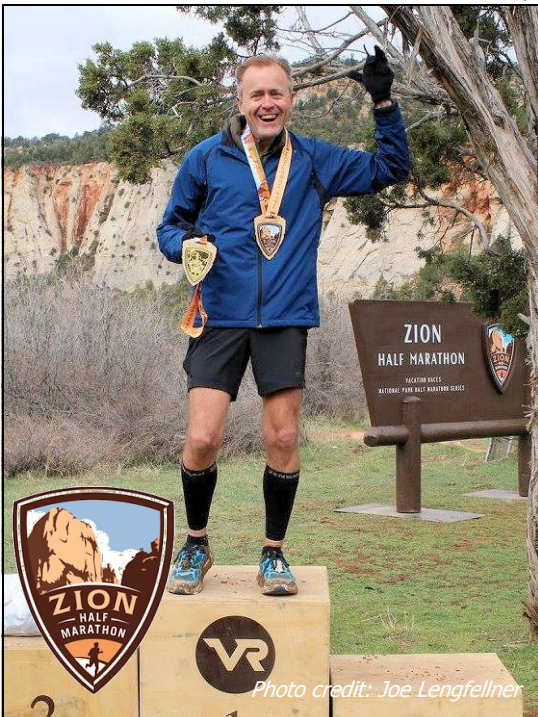


Photo credit: Joe Lengfellner

"April Fool's Day" because bad weather conditions caused the operators to move to an alternate course; and the new course featured incredible amounts of deep mud. Mother Nature's joke meant no one would have a fast time, but Joe hung in there for a 1:56:50 result. About being first in his age group, he reports "Total surprise! Can't believe I did well enough to win. It was hell out there!" Despite not thinking he did well enough to win, he says, "I'm keeping the medal."



## BCRR Elections

A good club with as many activities as the *Bayou City Road Runners* club has, is only possible by the invaluable support of our volunteers. And that support can take many different forms. One option is to join our board of directors. Ever thought about helping support the club as an active member of the board? Or perhaps you know someone who could help keep the club growing and making an impact in the running community. Great! Please nominate yourself, or someone you recommend, to run for a position on the BCRR board. The election takes place at our spring banquet (May 24) and each term runs for a period of one year. Positions include:

- President
- Vice-President
- Secretary
- Treasurer
- Members at Large

**WE**  **VOLUNTEERS**

BCRR welcomes all interest! For more info please email [cmjones927@gmail.com](mailto:cmjones927@gmail.com), or contact any member of the board.





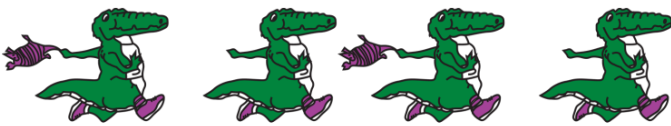
Christina Jones

**Summer Garage Sale:** This weekend May 5 and 6 BCRR is hosting a Summer Garage sale at the *Modern B&B* (4003 Hazard St). The exact times are Friday morning 8AM to 2PM, and Friday evening 5PM to 7PM. Then Saturday from 7AM to 2PM. The team is seeking

volunteers to help with the event, but if you can't volunteer you can participate by donating some of your treasures to sell. Garage sale proceeds will be used to pay for entries to the *Bayou Bash Relay* for all our BCRR/HARRA active members.



The next Big thing!



## Bayou Bash Relay

**Bayou Bash:** The final race of the HARRA Spring Series is here! The *Bayou Bash Relay* will be Saturday May 13, at TC Jester Park. Your age group captains (listed below) will be emailing you to coordinate teams. BCRR will be covering the cost for race entries! Get ready to wrap up the Spring Series and bring BCRR to the #1 spot in the club competitions!

Currently, the HARRA club competition is extremely close. So BCRR needs a big turnout at this race to capture the top spot! Again, the club is covering the cost (for all members who are current with BCRR and HARRA). Group Captains:

OPEN: **Christina Jones** – christinabcrr@gmail.com & **Andrew Young** –young.andrew.joseph@gmail.com

MASTERS: **Lisa Thompson** - lisa@modernbb.com & **Peter Griffiths** - p\_griffiths@bellsouth.net

VETERANS: **Christina Jones** - christinabcrr@gmail.com & **Alan Tillotson** - alan.tillotson@hines.com

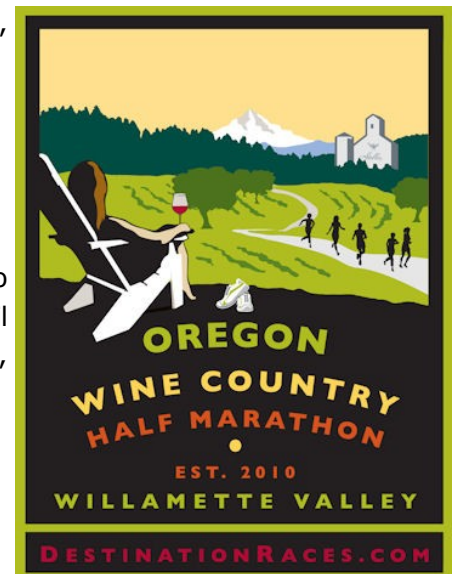
ULTRA: **Mike Mangan** - mikemangan41@yahoo.com

NOTE: If you are unable to run, please contact **Rosie Schmandt** to volunteer! - rschmandt@yahoo.com



**Spring Banquet:** BCRR will be hosting the Spring Banquet at St. Arnold's Brewery on Wednesday, May 24 at 6:30 PM. Tickets will be sold at the door for \$15 for a night of draft beer and a delicious pasta dinner. During the banquet we will look back and recognize the top runners of the season, as well as, the club's key volunteers!

**Oregon Destination Race:** BCRR is taking over Oregon as we journey to Portland, Oregon for a *Wine Country Half Marathon* on Sunday, September 3. Email christinabcrr@gmail.com to be added to the list for future planning! Runners, cheerleaders, and travel buffs welcome!



## CALENDAR OF EVENTS

<b><u>DATE</u></b>	<b><u>LOCATION</u></b>	<b><u>ACTIVITY</u></b>
<b>5/5-6</b>	Houston, Modern B&B	BCRR Garage Sale**
<b>5/13</b>	Houston, TC Jester Park	Bayou Bash Relay* and HARRA Family Picnic**
<b>5/24</b>	Houston, St Arnold's Brewery	BCRR Spring Banquet
<b>9/3</b>	Portland, OR	Oregon Wine Country Half Marathon
<b>9/TBD</b>	Houston, Spotts Park	Cross Country Relay*
<b>10/8</b>	Clear Lake, U of Houston	Space city 10-Miler*
<b>10/29</b>	Houston, Sam Houston Park	Houston Half Marathon*
<b>11/4</b>	Houston, MacGregor Park	Alex 5K Fun Run**

\*Official HARRA race series event.

\*\*BCRR seeking volunteers



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