



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

May 2021

## Valentine's Couple Relay



Christina Jones

In February, BCRR hosted a Valentine's Couple Relay, challenging couples to complete a 2x800 meter relay! There were nine teams that participated with finishing times ranging from 6 minutes and 8 seconds to 12 minutes and 35 seconds. The randomly selected winners were **Jacqueline** and **Brendon Flaherty** and **Sarah Austin** and **Kyle Crop**.

The most EXCITING part of the event was a baby announcement by the **Flaherty's!**

The costume contest was won by the Presidential Couple boasting an obscene amount of fur and pink. Happy Valentine's BCRR!!



**Disqualified:**  
running with 3

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**Word from the Bird**

May 2021  
FREE

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Has your contact info changed?  
Send any updates to  
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# From the President

**Dear BCRR,**

I wanted to share how excited I am about the future of BCRR and the return of club events! Starting May 1st, BCRR will now officially host happy hour, picnics, and breakfast after the Sunday morning runs.

The return to the old BCRR routine has been long awaited by all! I look forward to catching up with members that I haven't seen in over a year.

One of the greatest things about BCRR is the number and variety of members that all end up together at the same happy hour location. I would have never met half the people I call close friends (or my husband) if it weren't for BCRR. Not many clubs can make that claim.

As we rekindle friendships with long lost members, let's also remember to rekindle our commitment to BCRR and HARRA by renewing memberships and playing an active role in supporting these clubs. These clubs keep the Houston, TX running community... running, for lack of a better word.

The *BCRR Bayou Bash Relay* will be the first official event to celebrate the return to competition. Join the club on Sunday, May 16th at 9 AM in Brays Bayou Park (6532 Alameda Rd) for a 4-person relay and picnic to follow! **Mirka Jalovcova**

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**REPORT YOUR RACE RESULTS**

We want to know what our members are doing on the roads and/or trails. Send all your results to us at [thatsjoesmail@yahoo.com](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).



## Get to Know Christina Young



Mike Mangan

**Mike Mangan (MM):** Hello Christina, it's great that you are able to meet with me today. We want the club members to learn a little more about you after having you as president during these trying times.

**Christina Young (CY):** I'm happy to be here Mike.

**MM:** Let's start with you coming to Houston.

Where are you from originally and what brought you to Houston?

**CY:** I grew up in North Louisiana (Ruston) for most of my life, moved to Denver in high school, and went to college at Mississippi State. I came to Houston to work at Texas Children's Hospital - one of the top pediatric hospitals in the country!

**MM:** What do you do there?

**CY:** I'm an Occupational Therapist.

**MM:** That must be very rewarding; helping children become fully functional after having some major trauma.

**MM:** How did you get into running?

**CY:** I started running for fun and exercise in college, and I ran my first half marathon in grad school. Joining BCRR really turned me into a runner and made me think about things like - running Boston!

**MM:** Tell me about Boston. How many times have you run Boston and how did you do?

**CY:** I've run Boston twice, 2016 and 2019. In 2016, I ran my slowest marathon thanks to a torn hip labrum, but enjoyed all the sights along the way. In 2019, I attempted to guide **Lisa Thompson** for the first half of the marathon - but she was too speedy! I finished that marathon happy and healthy - with a reminder that Boston is no joke!

**MM:** How did you find BCRR?

**CY:** **Lauren Hannigan** found the club on the internet and wanted a buddy to try it out with her - and here we are!

**MM:** What drew you to join the club?

**CY:** I loved the variety of people, paces, and the focus of beer at nearly every club event.

**MM:** Beer, the ultimate magnet!! What is your favorite race and why?



*Christina Young visits with Tom Wille and Sheila Ramamurthy's son Neal.*

*(Continued on page 4)*

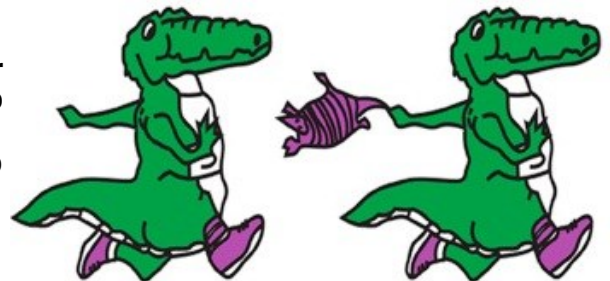
### Prez letter (Continued from page 2)

(Jalovcova.mirka@gmail.com) and **Joe Lengfellner** (thatsjoesmail@yahoo.com) will be organizing the teams. So please reach out to them soon if you would like to participate.

Thank you to all who have hung tight, waiting for the club reopening. The end is near!



Happy Running!  
Christina



## Bayou Bash Relay

**Christina Young**

(Continued from page 3)

**CY:** My favorite race is the *Bayou Bash Relay*! Although organizing teams feels like trying to herd cats... I love seeing everyone squished together under the BCRR tent - talking strategies, rekindling friendships, and reminiscing about the past year of club events. No other race draws out the number of club members as the BBR does.

**MM:** You have gone on several club trips. Which was the most fun and why?

**CY:** My favorite club trip would be to Willamette Valley Oregon in September of 2017. Hurricane Harvey had just wrecked Houston, and I had spent five days living at the hospital as the ride out crew along with **Caitlin Powers**. We managed to escape Houston by car, bus, and plane and make it to Oregon where we spent a weekend in a magnificent house, drinking wine, eating good food, and of course running 13.1 miles. Fun fact - that was my half marathon PR to date. The trip also was the start of my rekindled relationship with **Andrew Young**... so you can say this trip was the best for many reasons!

**MM:** Here's a very important question: why were you crazy enough to decide to be club president?

**CY:** BCRR has brought so much to my life here in Houston. Some of my best friends, best memories, and SO many miles of running. I was excited to have the opportunity to lead this talented and fun-loving group of runners. I knew the rest of the members of the board would be right beside me as I took on the challenge and support any wild ideas that I cooked up. Little did they know - most of them would happen amidst a pandemic.

**MM:** How does it feel to be the longest serving club president of the 21st century?

**CY:** Well, I didn't see that one coming! Ha-ha, but seriously, the bonus year of being president has forced my creativity in revamping the weekly club routine to fit the new "normal!"

**MM:** What has been the crowning achievement of your tenure?

**CY:** While maybe not a crowning achievement, the biggest challenge I have had to tackle was how to keep a running club, centered around in-person activities, engaged amidst a pandemic - where solo running was the only kosher thing to do. Between virtual events, Zoom Happy Hours, and video board meetings, the club has kept moving forward and now we are finally sprinting to the light at the end of the tunnel!

**MM:** Thank goodness! How do you like that new word in the English dictionary: COVID?

**CY:** COVID has taken on a different meaning for everyone. It has impacted my work life at the hospital, my running life with the club, and Andrew and my wedding. I think COVID will always equate to a year (plus) of challenges, change, and creativity to make good things happen in these trying times!

**MM:** What advice do you have for the next club president?

**CY:** The greatest part of BCRR has always been the community of gathering together at running AND social events. My advice - make THAT this next year's focus - and the club will rebound!

**MM:** I'll bet you're looking forward to waking up Monday mornings and not having to send a message to the club members!

**CY:** My Monday mornings got easier when Andrew told me about the "Schedule Email" function on Gmail! Don't worry - even when I'm no longer President, I'll still be arriving every Monday morning to your inbox with the latest BCRR updates!

**MM:** Thanks Christina.





## Dan Haworth Tribute



Tom Helm

Tom Helm: I first met **Dan Haworth** in 2015 when he showed up at our first and only BCRR canoe trip. He submitted his form and wrote on there "20+ years canoe guiding experience." Holy shit this guy is a runner and canoer, only five years younger than me, exactly the friend I need. We're talking TX Water Safari teammate possibilities. It's a funny thing, when you meet somebody who has so much in common with

you, and you wonder, why didn't we meet 20 years ago? Luck of the draw, kids.

Anyway. **Lisa Thompson** already wrote what needed to be said: This story begins like all good runner and their run club stories begin: **Dan Haworth** did not find *Bayou City Road Runners*. BCRR found Dan - during a happy hour at *Poison Girl*.

As **Lisa Thompson** said: "He was carrying a bunch of drinks and I asked if one was for me? We told him we were runners and of course encouraged him to join BCRR."

Dan ran BCRR's infamous Mellow Mondays and joined for the happy hour runs on Wednesdays.

On April 9, Dan passed away after a long battle with ALS. Outside of running, he was an Associate professor with the University of Houston - Clear Lake and worked to establish a minor in Latin and Latin American Studies at the university after extensive trips to Mexico.

His memorial service will be outside on May 13. The HARRA board send their deepest condolences to **Sheila Katz**, Dan's wife. Please dedicate your next mile, or run, in honor of **Dan Haworth**.

So, you've got a friend who races and then all of a sudden, they are sidelined by ALS. Then, oh shit they can't walk without a walker. And then they are in a wheelchair, and then they are dying in front of you. But yet their brilliant mind is 100% fully functional.



Dan dealt with this horrific life poker hand as a champion. And his wife Sheila helped him through his journey, as a hero caretaker for the ages.

Don't be sad for him. Celebrate his life. Remember the fun, the smiles, the times when maybe we should have cut it off three drinks ago.

Safe passage Dan. I'll see you on the river.

IN HONOR OF DAN, AND HIS LOVE OF RUNNING AND BCRR, WE CELEBRATE HIS WORDS FROM 2017 AFTER FINISHING HIS FIRST MARATHON:

*"The conditions were tough; but the people made my first marathon great! The spectators with their signs, cheering, and caloric treats, ensured an enjoyable experience. That goes double for the BCRR support crews at the mile-13 and mile-20 hoopla stations! And, a real treat awaited me at the end: finishing the race with fellow BCRR member **Steve Hasson**. My partner **Sheila Katz** cheered me on at not one, but THREE spots on the course! She gave me wings!"*



## Faces & Places

**FAMILY PICNIC** — BCRR's March *Family Picnic* was postponed due to inclement weather, but on it's re-scheduled date (Sunday, March 14) was a great success. The Menil Greenspace provided plenty of space to socially distance while hanging out under the shade of an oak tree. We really enjoyed spending time and catching up with everyone who was able to attend, plus there was a delicious blueberry pie to share courtesy of **Dui** (You had to arrive early). Can't wait until the next one!

**SEABROOK MARATHON** — BCRR had strong representation at the Seabrook Lucky Trails Marathon. The highlight of the three-day event was the marathon on Saturday, March 20. **Stephen Kallus, Lee Morris, and Suzy Seeley** all won first place in their respective age groups, and **Joe Lengfellner** earned second in his age group (despite getting lost and running 27 miles) at the marathon.

On the same day **Larry Lindeen** won first place in the half marathon. And on the following day, **Larry** and **Suzy** ran another half marathon at the Seabrook races and again won first place AG honors.



**VINTAGE PARK HALF MARATHON** — On a hot May 2 in Tomball, TX, **Joe Lengfellner** earned second in his age group at the Vintage Park Half Marathon.



## CRAW – Circumpolar Race Around the World—Part II



Joel DuBois

As a brief follow-up to my article in the February 2021 newsletter, I thought I would provide an update on our team's progress. As a reminder, this is a virtual run around the world and my 10-person team, *Bayou City Voyagers*, consists of six BCRR members (**Sam Pace Webster, Andrew Webster, Robin Holm, Lee Holm and Ragan Crowell**) and four runners we are still trying to recruit into the club (**Tracey Driver, Vince Attannucci, Amy Tan and Gentine Meagher**).

The 30,000 mile race is divided into 12 regions and as of the end of January, we were midway through Region 5 (Australia). Pictures below (at bottom of page) show the medals received through Region 6, *The Islands*.

Since I wrote the first article, we had a bit of a slow February with the freeze you may have read about in Houston and my appendectomy that kept me sidelined for two weeks. We still managed to complete Regions 5-8, running and walking a little over 20,000 miles since it began last year on Sept. 1.

After finishing *Australia*, we ran *The Islands*, *SE Asia* and just finished the *Indian Subcontinent*. We are very early in *The Stans*. Upon completion of *The Stans*, we will be 75% of the way through the race.



There is a Facebook page for CRAW members and I see several posts every week where teams are looking for new team members, or looking to join with other teams due to attrition. We are very proud that we have made it eight months with the same 10 members.

There have been some minor injuries in addition to my surgery, but the team has stayed together, been very supportive and, most importantly, endured. We continue to perform better than expected when this team was put together.

We are currently on pace to complete this journey in August, which would far exceed the original plan to finish by the end of 2021.

CRAW medals awarded for the regions completed so far.

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## Can BCRR Survive Without Volunteers?



Joe Lengfellner

Have you ever thought about what would happen if no one stepped up to serve on the BCRR Board? We are a club managed by volunteers and cannot exist without volunteers. In general, that's how clubs die.

If no one is interested in volunteering to support the club, our club could fade away. Don't let a good thing die. Join the BCRR Board (the roles are easier than you may think) and help ensure the future of the *Bayou City Road Runners*! To learn more about the board, or the various roles of board members, contact any of the [current board members](#).



**CRAW** (Continued from page 7)

We need to stay injury free and continue to put the miles in as the Houston temps heat up. One last article on this event will be written after we finish this event. So be looking for it this fall.

## Circumpolar Race Around the World

starting September 1st 2020

Region	Countries	#	KM	Miles
1 Latin America	Mexico, Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica, Panama	7	4,043	2,512
2 Andes	Colombia, Ecuador, Peru	3	4,979	3,094
3 Pampas	Chile, Argentina	2	5,106	3,173
4 Antarctica	—	0	5,305	3,296
5 Down Under	Australia	1	4,246	2,638
6 The Islands	Indonesia	1	3,360	2,088
7 Southeast Asia	Malaysia, Thailand, Myanmar	3	3,201	1,989
8 Indian Subcontinent	India, Bangladesh	2	2,673	1,661
9 The Stans	Pakistan, Afghanistan, Tajikistan, Uzbekistan, Turkmenistan, Kazakhstan	6	3,731	2,319
10 Europe	Russia, Ukraine, Belarus, Latvia, Estonia, Finland, Sweden, Norway	8	4,338	2,696
11 Great White North	United States (Alaska), Canada	2	4,321	2,685
12 Lower 48	United States	—	3,311	2,057
<b>Total</b>		<b>Countries: 35</b>	<b>48,615</b>	<b>30,208</b>



## How to Conquer a 100 Miler?

The story of pacing a friend during Rocky Raccoon 100



Justyna and Piotr  
Paczkowski

Once upon a time, my husband wanted to try to run a 100 miler. A week before the race, he asked a BCRR friend, who had done it before, for some final advice (you know who you are). The answer was: "Don't do it." After a failed attempt, I asked Piotr what he thought about the final words of wisdom that he received before the run. His answer was: "The best advice I never listened to. I don't want to try it again."

Anyways, our dear friend asked Piotr and I to be her pacers for the final 40 miles of the *Rocky Raccoon* in Huntsville, Texas on February 6. She is an experienced runner with several ultras under her belt, but mostly 50K's and 50 milers. We welcomed the invitation with excitement because this opportunity would give us a chance to be part of somebody's attempt to accomplish a lifelong dream; and we would also have the opportunity to re-evaluate if we would ever want to attempt it (again).

The three of us decided that we needed to do a reconnaissance training run about a week before the event, so we went. We covered about 8 miles of a 20 mile loop (the course this year was adjusted due to COVID -19 restrictions) and quickly realized that it is not going to be like the *Brazos Bend 100* with its flat, non-technical course. Beware of the words: "Gently rolling hills..." Over and over again, we saw those words in the descriptions of the trail courses, especially in East Texas, and for somebody from Houston - "We have a problem." *Rocky Raccoon's* course is beautiful, but those who ran it in the past know that the combination of little hills and roots which stick out of the ground is



challenging for somebody that is trying to complete the longest run of their life. It is hard to find a good rhythm, or run-walk ratio, and for most of the mortals - it is necessary to incorporate walking breaks early on. Our friend realized, during the second half of the race, that even though she put in a tremendous mileage in training (peaking at 90 miles a week), she did not spend enough time on her walking breaks, ratios, and technique. This was a lesson for all of us.

Logistically, we had everything well prepared. Nothing was a major surprise, except maybe that once you have been on your feet for 20 hours you become very particular about what you can stomach. The best advice for the runner is for them to prepare their own food, especially anything homemade like chicken soup, etc. An

extra vegetable or spice may ruin the runner's attempt to have a successful refueling stop. Let the crew do the warming-up - not preparing or choosing the food.

You definitely need a crew. Every runner had a support group at the start/finish line (5 loops of 20 miles).





### 100 Miler Training (Continued from page 9)

The simple task at changing your socks or shoes may end up with a muscle cramp. Sometimes bending over to find a replacement garment in your bin presents a challenge, not even mentioning the attempt of changing your clothes, which is definitely a 2-person operation after mile 50.

Our friend was extremely determined and made it to mile 93 (the last aid station) in 29 hours. She was the last person on the course with a chance to make the time limit. At mile 90, she was still 30 minutes ahead of the cut-off time - but then everything unraveled. And yes, hallucinations are definitely part of the game during the last 20 miles: a man sitting on a bench where no bench exists or little imaginary turtles crossing the road are benign, but that’s why you need pacers. I think it is also especially important to seek the advice of people who have completed the task on the same course, but also with the pace you are attempting to accomplish. Advice from someone who would finish the course 10 hours faster than you may not be as useful because the challenges are different at different paces. One last piece of advice is that if you think of your very first attempt at an ultra race (especially a 100 miler), the easier the course - the bigger your chance of success. I think Brazos Bend Park is the easiest ultra trail available, locally, or, if you want to attempt a trail marathon, the *Lucky Trail Marathon* in Seabrook is an easy and fast course.

So, “How to Conquer a 100 Miler?” It remains an unanswered question to me. But, with each attempt of the people close to me, I am getting closer to, hopefully, finding a resolution - one day.



P.S. We were asked to pace our friend again in December for the *Brazos Bend 100* miler.





## CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
<b>Current</b>	All public areas	For health and safety many events canceled or virtual.
<b>Mondays</b>	Memorial Park	Mello Monday casual run
<b>Wednesdays</b>	Rice University/First Christian Church	Wednesday night run
<b>Fridays</b>	Houston, TX	Watch for Happy Hour details in email and on Facebook
<b>Sundays</b>	Memorial Park Tennis Center	Sunday morning long run through River Oaks
<b>May 16</b>	Brays Bayou Park (6532 Almeda Rd)	Bayou Bash Relay
<b>Fall</b>	Rice University	LP Run*
<b>Nov</b>	Sam Houston Park	Houston Half Marathon*
<b>Nov</b>	Wortham Center	HMSA Classical 25K*

\*Official HARRA race series event.



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