



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 36 - NOVEMBER 2012

The 2012 Chicago Marathon A Marathon Debutant Runs for a Reason



By Kelli Stilley

I woke up at 4 AM and shot out of bed with excitement! It was here, the 2012 Chicago Marathon, 26.2 miles of new roads, new sights, new sounds, and a new race for me. This was my first big marathon. I had run the distance before as I had covered mile after mile during my 4 AM Memorial Park runs and longer runs on Sunday with BCRR. However, this was going to be different.

I got ready and was walking to the start line at 5:45 AM. I checked my bag and made my way over to corral E. All around me runners were beaming with excitement. Some were yelling, some doing the wave, some jumping up and down, and some singing, but I just stood there taking it all in, trying to get mentally prepared for the 26.2 miles that lay in front of me. The temperature was a crisp 32 degrees.

We started to move forward, my stop and go walk became a fast walk and before I knew it I was starting my Garmin and running over the start line. This was it. There were going to be no excuses or turning back at this point.

I ran for a multitude of reasons. The main reason was my grandfather who was diagnosed with acute myeloid leukemia (AML) in February 2012. I decided to team up with the Leukemia & Lymphoma Foundation and raised over \$5200 for the cause. He was so excited I would be running this race for him. Unfortunately he passed in April and wouldn't be a phone call away when I crossed the finish line. However, I was going to finish this for him.

At mile 1, to my astonishment, people began running over to the side to pee! I couldn't believe it. I thought that my porta-potty break before the start was the smartest decision I could have made! I was running at a nice and easy 9:15 pace. I just wanted to sustain this comfortable and conversational pace for the entire race.



COURTESY: KELLI STILLEY

The Sweet Taste of Victory. Kelli Stilley proudly displays her finisher's medal after the 2012 Chicago Marathon. She completed her training while raising \$5200 for cancer research.

Before I knew it I was at mile 6 and the crowd was amazing. I was high fiving all the kids standing on the sidelines. People were screaming my name, calling me 'rock star' and 'Speedy Gonzalez'. It was great. At mile eight I noticed the crowd was still very congested but not as active, so I turned a corner and decided to get them going.

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Word from the Bird

November 2012

Issue 36

FREE

Bayou City Road Runners

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Has your contact info changed recently? Send any updates to bayou_city_road_runners@tabourne.com.

From the President



COURTESY: ROSIE SCHMANDT

Happy Halloween Bayou City! BCRR is off to a great start in the HARRA Fall Series. We had a super turnout for the Tornados Cross Country Relay. It was a soggy day, and the course was muddy, hilly and slick, but BCRR teams managed to trophy in a number of divisions (see Mike Mangan's article in this issue for the dirty details).

BCRR also had an impressive showing at the USA 10-miler under hot and humid conditions, and our members took home a lot of hardware! For those who left early, we had an impromptu head-stand/yoga competition in the BCRR tent for which no medals were awarded. Thanks to everyone, especially John Phillips, who showed up early and stayed late to put up and tear down the BCRR tent. That purple monster is a real landmark at HARRA races and it attracts a lot of attention and new members! And finally, by the time you read this column, we will have run the Houston Half Marathon! Thanks in advance to the weather gods for lovely weather and great race turnout, and to Nancy Greig for hosting a super post-race party again this year. Congratulations to all of our participants in these HARRA events! Way to represent our club! It's hard to believe the marathon is mere 2 months away.

Some of our members have expressed an interest in organizing a satellite group that runs River Oaks a little later on Sunday mornings (7:00 or 7:30 AM). This would be a great alternative for those of you who like to sleep in a bit. I don't usually pick up the cooler in the rose garden until after 9 AM, so there should be Gatorade left for you at that location if you run the regular River Oaks route. You might even lap me! What we really need to make this happen is a contact person for this second wave group who will show up every Sunday and who will field emails and phone calls from new members and visiting runners who want to start at this time. John Phillips does this for the 6:30 am group. We really don't want visitors and new members to show up only to have no one to run with, so it's good if we can provide them with the name of a point person. If you have any interest in heading up this group, send me your name and we can start promoting the second wave.

This is one last newsletter reminder about the Rockets Run 5K, which is being held this year on Saturday, November 10. Our big fundraising events for the club include the Rockets Run, the Jingle Bell Run and Alex's 5K. The money we earn for the course management of these races helps to subsidize club events like our Christmas party, marathon pasta party, annual awards banquet and fall series post-race parties and various smaller get-togethers. It's rare that these volunteer commitments interfere with people's marathon training runs, but because the Rockets Run is being held in on a Saturday in November, this year is different. We really encourage our Saturday runners to swap their long run day to Sunday, November 11 for Rockets Run weekend and represent BCRR as a volunteer on race day. Sam McMurtrey (Sammack1967@gmail.com) and Susan Davis (susandavisbcrr@gmail.com) are our volunteer organizers for the Rockets Run. If you haven't done so already, please RSVP for this race. Thanks for your support!

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 jiwiedemer@aol.com.

Out of Office Auto Reply



By Joel DuBois, Foreign Correspondent
Dubai, UAE (Houston +9 hours)

This month's article may be shorter than most because it's been a busy month trying to get all my work done before heading off for a 2 week vacation in the Tuscany region of Italy. We fly into Florence, spend three days there, then train to Venice for another three days, then another train to Rome for three days before heading back to Florence and checking into a rehab facility, oops, forgot that our story is that we're checking into a villa for a week-long cooking school. Yeah, that's it, a cooking school. That sounds much better. Sharon needs to learn to cook Italian food, so I can carbo-load properly.

Running hasn't got much easier yet, but I have had some luck extending my distances slightly, much by the urging of my Dubai running partner. She's running the Dublin Marathon at the end of October, so has definitely extended her runs, even if much has been indoors on her treadmill. Lows for the most part have reached down to the mid-80s. We have had a couple of cooler mornings, but not by much. Humidity comes and goes, but seems to mostly be here on running days. Just my luck!

I signed up for the Two Oceans Marathon (a 56k race, not your typical marathon) in Cape Town, South Africa in March. Feel free to join me as it's supposed to be a beautiful course. Once I return from vacation, Two Oceans, along with the Dubai Marathon, will give me the extra push I need to extend my runs even further and become an endurance runner again. It's amazing how a full summer of 90-100 temps will suck the word endurance right out of you.

I hope to see many of you while in Houston the latter part of December, but unfortunately I arrive shortly after the Holiday Party. I better get back to packing, we have just a few hours before we head to the airport. I hope your running is going well, whether you are a real runner (a marathoner) or not. Okay, that last comment was directed only at Chris. You know who you are!

The 2012 Chicago Marathon

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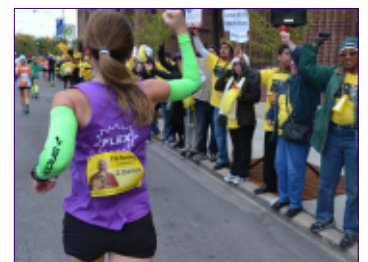
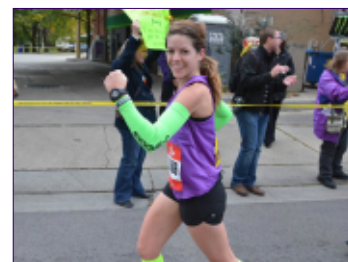
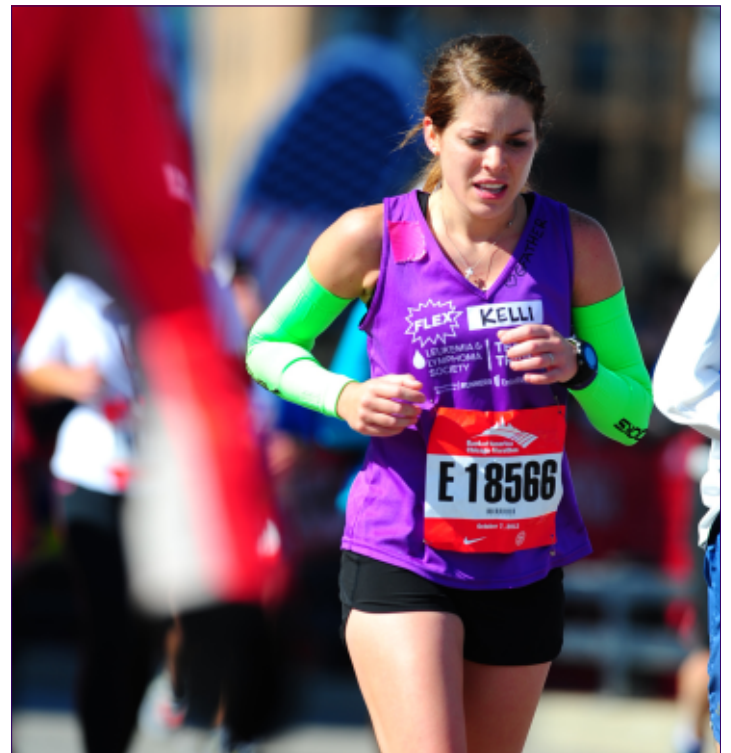
I screamed, "Why are you all so quiet?" Needless to say the crowd got very rowdy. Just what we (the runners) needed! I had the biggest smile on my face. This felt incredible. The weather was perfect and the sun was shining down on me. My body felt strong and I couldn't have asked for more.

At mile 7, the crowds had some pretty hysterical signs that read things like, 'hurry up, holding this sign is exhausting', 'smile if you pooped your pants', 'worst parade ever', and 'Kenyans are lazy, they only run for 2 hours'. The music was blaring and the crowd was packed and wild. I saw a ton of cute dogs (some howling), which I thought was hysterical. I saw Elvis, who made me laugh. I saw some really overweight guys in tiny little outfits dancing in Boy's Town which, again, put a giant smile on my face. At

mile 9 one of the LLS coaches jumped in and ran with me. He asked how I was and I just said cruising and feeling very strong. He said, "Man you are just at a steady pace. You look great. You must have a few of these under your belt." I laughed and said, "Nope - this is my first real race." He looked at me absolutely in shock and said, "Well, keep at it Kel. You're killing it." When I looked down at my Garmin I was at an 8:58 pace so I decided to slow it down and conserve some energy. I wasn't worried about the first half of the race. I knew my body would start to feel the pavement around mile twenty so I knew it was crucial to take it easy.

At mile 12 I was still cruising between a 9:30 and 9:40 pace when I heard someone say, "Stilley!" It took me by surprise since only my first name was written on my singlet. My boyfriend Chris was jumping up and down with a giant smile plastered on his face! I kept running and screamed, "I love you!" He asked if I was ok and I said, "Couldn't be better!" I wanted to tell him that my lips were so chapped it was all that I could think about. Fortunately, there was a kind lady with a giant paddle. This paddle had globs of Vaseline on it. I ended up running over to her and grabbing some (way more than I needed) and trying to rub it on my

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COURTESY: KELLI STILLEY

Digging Deep. Calf cramps and curling toes couldn't keep Kelli from meeting her marathon goals.

Member Profile: Hana Shoup

Name: Hana Shoup

Birthday: August 23

Years running: 5

Occupation: I am an artist. I paint portraits and self-portraits. I work in oil, watercolor, and charcoal. I am particularly interested in historical fashion and the presentation of identity in Old Master portraits. Often I reenact art history by putting myself or my friends and family into the painting.

How many miles a week do you run? 25-ish

How did you come to join Bayou City? I signed up for the Houston Marathon in January and I wanted a group to train with. My neighbor recommended BCRR.

My proudest running accomplishment is: I ran the Woodlands Half Marathon last March in 1:50, which automatically qualified me for the Houston Marathon. I wasn't expecting that!

My favorite training run is: So far, I like all the BCRR runs I go to: Sunday run, Wednesday speed, and Mount Bacon.

My favorite race is: The Blue Bell Fun Run. It takes place in Brenham, my hometown. It's a beautiful course and afterwards there is free ice cream!

My best distance is: I did the San Antonio Rock and Roll Marathon in 2009. That is the farthest I've ever run in one day. However, it was very painful. I learned my lesson and started to train better and to do strengthening and core exercises.

I run because: I run for many reasons. I started running in order to sleep better and to relieve stress. Now I do it to feel happy and energized all day. But mostly, I run to support my eating and drinking habit!

My life philosophy is: My life is a work in progress.

My next goal is: To run the Houston Marathon in less than 4 hours.



COURTESY: HANA SHOUP

Artful Run, Artful Fun. Hana's running advice is to find the fun in running by sticking with it and incorporating strength training.

Favorite training food: Pre run: Steel-cut oats. Post run: homemade smoothie or breakfast taco.

When I'm running I think about: Whatever I'm preoccupied with at the time. Sometimes I think about my next painting, or problems I need to resolve.

The best running advice I could give would be: Start slow and don't get discouraged because it gets easier and more fun the more you do it. Also, don't just run. Strengthen your core so your whole body can support you.

People would be surprised if they knew: I lived in Ghana, West Africa for two years with my family when I was a teenager.

The top thing on my dream list is: To be successful as an artist.

If I could have been anything besides my current occupation it would be: I love my profession, but I also would like to be a fashion consultant.

Other hobbies besides running: Fashion, art history, reading biographies of artists and royalty, cooking, craft beer, trying new restaurants, traveling to new cities and countries (London and Australia are high on my list).

I would love to spend the day with: John Singer Sargent. From what I read about him, he was quite charming, and I want some portrait-painting tips!

The most embarrassing thing that has happened to me is: There are too many embarrassing incidents in my life to count. It usually involved me putting my foot in my mouth.

The most profound thing that has happened in my life: Living in Ghana as a kid, then discovering my love of art as a freshman at Baylor, and then marrying my high school sweetheart, Randy.

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The 2012 Chicago Marathon

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lips. I actually think I had Vaseline on the lower half of my face and possibly globs of it on my chin. I didn't care – my lips thanked me!

I was close to halfway and when I crossed the 13.1 mark I felt a little discouraged because I didn't break my two hour goal (which I had done before). But, I was around 2:02. I kept thinking to myself, "Halfway there! You've got this in the bag!" I remember I looked down at my feet at one point and they were just steadily hitting the ground. I was so proud of myself. I remember before I ever did a race a few years ago, I could barely run down the block

with my asthma and my lack of endurance. Now look at those little feet. Just moving right along!

At mile 15 I had a slight wave of nausea, but I figured it was because we were entering Chinatown or nearing it and the smell of food at this point was the last thing I wanted. My stomach had a bit of a rumble and I remember thinking, "No way, don't even think about it." I figured I would grab extra water and skip the Gatorade at the upcoming stop, hoping that would settle whatever was rumbling around. By mile 19 I knew I would need to find a bathroom. There was no way I could finish this race without losing my stomach. Not only would I be humiliated but also I wouldn't finish with poo on me! The course was a bit tricky because the porta-potties weren't at every water stop. By the time I could barely hold it anymore (slowed my pace to about a 10:30), I saw a giant red sign that read 'toilets'. Thank god, because holding it while running is NOT easy! I ran off course while looking at my watch which said 21.65 miles - so dang close! I stopped and did my business as quickly as I could. When I ran back to the course I ran harder than I was before to try and make up for lost time. This might have been the start of the body shutdown!

I ran a bit harder but I started to feel my ankles and feet. I could slowly start to feel my hamstrings twitch. This absolutely terrified me because at this point some people were walking, some stretching on the side, and countless people were stiffening up mid stride. I started to pray for strength - I was so close. I tried to remember things from my childhood. I think I was trying to distract myself. At this distance, it was just like a few morning loops at Memorial. I did this every day. This was the easy part. I had already done the distance today. Keep going. Keep moving. I owned this run.

By mile 23 my pace had slowed to a pace I hadn't run since I started running. I was pushing an 11 minute per mile pace. I was pissed. I was telling myself, "Keep moving Kelli, faster. It's a loop at Memorial. Come on! If you slow anymore you'll be upset with yourself at the finish!"

At mile 24 I know it's in the bag. The crowd is wild, music is everywhere. I noticed the ground was wet. I couldn't figure out why. I guess my mind started to wander to try and forget about the pain in my feet. My legs felt fine, it was my feet. At the end of mile 24 my hands and arms started to tingle. I had felt this before when running at max exertion. When I've felt this tingly sensation in my arms at other races, I've vomited. But at this

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COURTESY: KELLI STILLEY

Fast Train to Chinatown. Kelli stays focused and cruises through Chinatown. Focusing on positive memories helped pull her through the tough stretches.



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Word from the Bird Dog: Besito

Name: Beso 'Besito' Gonzalez

Age: 4

Breed: Havanese

Owner: Brenda Gonzalez 'mom'

Years running: 3

How many miles a week do you run? My legs are 6 inches long! I run around until my tongue hits the floor, usually about 10.

How did you come to join Bayou City? My mom starting bringing me as a pup to Valhalla so I started taking licks out of John Phillips vodka and Neeraj's beer and I've been hooked ever since.

My proudest running accomplishment is: Catching sneaky bugs that have snuck into our home.

My favorite training run is: Chasing my mom around the condo while she has my squeaky toy.

My best distance is: Condo to the first tree (about 10 yards).

I run because: I like chasing things.

My life philosophy is: Smile and you'll get your belly scratched too.

My next goal is: Jump from couch to couch.

Favorite training food: Boiled eggs.

When I'm running I think about: Cheese and squirrels.

When I'm not running I think about: Cheese and squirrels.

The best running advice I could give would be: Sprints rock, but your tongue hits the floor too early. Slow down.

People would be surprised if they knew: I help my mom with her sit ups by jumping on her tummy every morning.

The top thing on my dream list is: A big boiled egg with cheese on top.

If I could have been any other breed it would be: None. I have no limits.

Other hobbies besides running: Lounging.

I would love to spend the day with: My family.

The most embarrassing thing that has happened to me is: Being caught with my mom's ex-boyfriend's belt (I didn't like that one).

The most profound thing that has happened in my life: Coming home every time my mom comes home from a trip.



COURTESY: BRENDA GONZALEZ

Wagging Tail, Wagging Tongue. Besito is fond of cheese, eggs, belts, and random beverages from inattentive Birds.

BCRR Rave Run



COURTESY: STEVE HASSON

Rocky Mountain High. Neeraj Rohilla (left) and Steve Hasson (right) enjoy a run in Denver, Colorado.

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The 2012 Chicago Marathon

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point I was determined not to give in to my body. My mind was stronger! At mile 25 I went to grab a Gatorade (I think I've mastered the run and drink). It was almost instantaneous. I took a gulp of the Gatorade and mid stride my left calf (upper calf, near the back of my knee) cramped into a giant knot and my toes curled under my feet. I must have screamed loudly when I folded forward because a guy ran out of the crowd. He asked me what was wrong and I said my toes are curled under my feet and I can't pull them out! I had never had a muscle cramp before. He said to rub it out so I started pushing on my calf muscle trying to do something to loosen it (it was rock solid). He grabbed the front of my shoe and pulled up which surprisingly pulled my toes up. It was the most excruciating pain I had felt during a run. He told me to lean on him and we started to trot towards the finish. He looked at me and said, "You know you're super pretty when you sweat? You got this." I thanked him and started to hobble on my own. What a kind man. Thank you Mister! You helped me more than you'd know.

I wasn't running fast at all at this point. I looked at my watch and it was 11:30. Screw it, I'm so close and I hit my goal of finishing in the 4th hour (hopefully before 4:30). I had suspected I would finish right at 4:30. We ran and approached a sign, near a giant American flag. I heard someone in the crowd say, "the finish is right after the flag. You got this Kelli." I realized as I got closer the sign said 800 M. My calf was twitching and I was so worried it would cramp again. I tried to take my mind off of it. We turned a

corner and there was a giant big screen. A guy on a loud speaker was screaming at runners saying, "You are almost there!" My arms started to tingle again. I couldn't tell if it was goose bumps because I knew I was about to cross a finish line that so many people wouldn't even attempt, or if it was because some nutrient in my body was depleted.

I turned the corner and saw what looked like a giant hill and cursed under my breath. This was a completely flat course and literally at the end they want me to run up this hill? I started the climb and my calf began to cramp, I actually started limping trying to keep moving, trying to get to the finish. People were zipping by me but I didn't care. I was going as fast as my calf muscle would allow. A few times on the hill my toes began to curl under again, but I consciously forced them straight. After the hill of defeat, I turned my last left corner. I saw the big red FINISH. I ran as hard as my body would allow. Everyone said I would cry like a baby. But I had this giant smile on my face. Crossing the finish line was one of the coolest experiences. I felt this wave of accomplishment, relief, muscle pain and excitement.

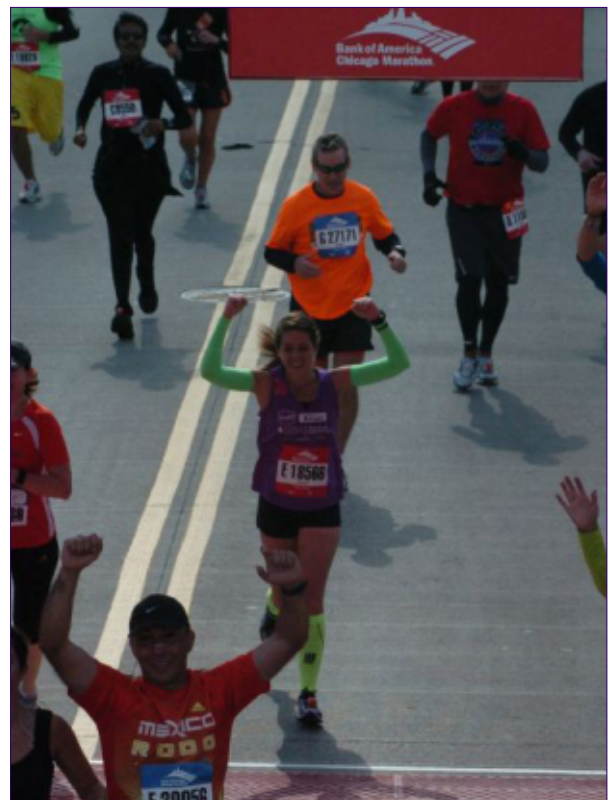
I finished. I did it. I did it for my grandfather. I did it for me. All my 4 AM runs with Robin, Suzy, Lilia and John (aka me chasing them) had paid off. All my talks with Catherine about my diet, race preparation and fears, all my long runs with the fabulous BCRR group, all my long talks, tears, laughs, and accomplishments with my boyfriend Chris Calderwood – it all paid off. I did it. I am an official marathoner with an amazing first marathon time of 4:32:17. Go me (yes, I was a little behind on what I wanted to finish, but despite my calf and bathroom break I still did fantastic) AND to top it off I made out like a bandit. Not one blister or missing toenail!

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Since 1982



COURTESY: KELLI STILLEY

Mission Accomplished. Kelli Stilley celebrates a hard-earned finish as she crosses the finish line at the 2012 Chicago Marathon.

BCRR Results from the Road



By Roger Redding

Santa Rosa Marathon, August 26
Suzy Seeley 3:28:23 (2nd AG)

Cross Country Relay, September 29
Nuts and Bolts 1:20:56 (1st Grand Master Male) Don Brenner, Larry Lindeen, Rich Siemens, Fred Steves; We Concede - We Are Last 1:50:07

(3rd Grand Master Male) Doug Carlisle, John Fredrickson, Larry Jensen, Mike Mangan; BCRR Ryan Time 1:03:57 (1st Master Female) Lisa Thompson, Anna Sumrall Helm, Carolyn Muirhead, Lilian Vasquez; Hot X Buns 1:26:49 (4th Master Female) Bridget Kaminski, Cathy McGlohn, Samantha McMurtrey, Lara Allen; Purple Fury 1:10:05 Tom Wille, Lynn McGrew, Molly Regan, Chris McGrew; BCRR She-llackers 1:00:28 (1st Open Female) Nicole Richardson, Sarah Schaft, Lauren Wilder, Heidi Zimmerman; BCRR Babes 1:10:32 (4th Open Female) Alli Brayton, Jen McKay, Elizabeth Frost, Margaret Leiby; Bayou Storm 57:00 (4th Open Male) Simon Brabo, Alonso Vargas, Pablo Rivero, Romuald Budiman; Flying Eagles 1:11:40 Jeffrey Tabourne, Steve Flatter, Trey Beeman, Joe Lengfellner; Silver Streakers 1:11:46 (2nd Senior Male) Scott Bounds, Wim Burgers, Scott Johnson, Gary Wood; Lightning Bugs 1:19:12 (3rd Veteran Female) Susan Davis, Nancy Greig, Rhonda Emerson, Gloria Mahoney (award for most creative uniforms); Shooting Stars 1:34:32 Jill DeVay, Gail Webster, June Harris, Ellen Pannell; Vermen 1:08:36 (3rd Veteran Male) Paul Schulz, Tom Radosevich, Bob Brown, Richard Verm; Team 1 1:11:33 Dewey Guthrie, Avi Moss, Bob Thompson, Dave Piper (award for most creative name); WE Run in the Mud 1:20:45 Larry Cullen, Terry Fanning, Steve Davis, Eric Faria

Wineglass Marathon, Corning, NY, September 30

Marathon: Eric Pace 4:51:56, Half Marathon: Shelley Grahmann 1:51:04, Sam Pace 2:08:17

Houston Triathlon, Cypress, September 30

Olympic Distance (1.5k swim, 10k run, bike cancelled due to weather): Robin Lowenkron 1:50:04, Edward Aviles 1:06:40, Jill DeVay 1:49:56 (1st AG), Jody Berry 1:16:25 (1st Masters), Eric Braate 1:30:17, Sonja Longbotham 1:22:21 (3rd AG), Carlye Graydon 1:18:07 (2nd AG), Sprint Distance (400m swim, 5k run): Adam Johnson 41:48, Allison Dempsey 46:49

Goblin Gallop 5K, Deer Park, October 6

Lauren Wilder 18:55 (1st Overall, PR), Jesman Devia 19:12 (3rd AG), Leno Rios 19:56 (4th AG), Paul Cooley 21:42 (1st AG), Larry Lindeen 24:51 (1st AG), Isa Devia 35:08, Nico Devia 27:40

Houston Komen Race for the Cure 5K, October 6

Jill DeVay 36:11, Jen McKay 52:01, Chris Harris 30:58, Sarah Schaft 24:11, Suzanne Crumley 24:04, Joe Conway 17:40 (4th AG), Valerie Jones 34:40, June Harris 52:00, Jennifer Davis 34:26

Du the Bear Duathlon, October 7

Lauren Wilder 1:00:59 (2nd AG), Sandy Parker 1:10:02 (1st AG), Jesman Devia 55:03 (2nd AG), Jill DeVay 1:11:38 (2nd AG), Trey Stone 57:52, Vivian Dunlop 1:05:06 (2nd AG)

Oktoberfest Triathlon, Fulshear, October 7

Carolyn Muirhead 1:14:13 (1st Masters), David Schultz 1:41:24

Chicago Marathon, October 7

David Nemoto 3:04:40, Alonso Vargas 3:14:23 (PR), Steve Davis 3:14:42, Lisa Thompson 3:24:49 (PR), Loris Fusi Goldberg 3:26:15 (PR), Susan Davis 3:48:58 (PR), Kelli Stilley 4:32:17, Deborah Touchy 4:46:17, JP Fredrickson 5:48:39

Steamtown Marathon, Scranton, PA, October 7

Beverly Handy 4:06:50

The Tyler Rose Marathon, Tyler, TX, October 13

Suzy Seeley 3:37:25 (3rd OA)

Ten for Texas, The Woodlands, October 13

Stan McLeod 1:19:03, Robin Lowenkron 1:39:42, Rey Buznego 1:51:15, Carrie Arnett 1:41:44, Tom Stilwell 1:09:33, Joe Oviedo 58:34 (1st AG), Bob Entwistle 1:29:44, Lauren Wilder 1:09:04 (2nd AG), Jesman Devia 1:08:09 (4th AG), Nancy Reuter 2:00:55

Space City 10 Miler, October 14

Sharon Prentice 1:51:35, Robert Kaping 1:19:10, Vicki Jones 1:31:27 (2nd AG), Sam Pace 1:35:25, Jose Pablo Rivero Moreno 57:03 (1st AG), Kathleen Mahon 1:56:33, Loris Fusi Goldberg 1:18:14 (4th AG), Nicole Richardson 1:09:23 (1st AG), Mike Mangan 1:44:47, David Piper 1:13:58, Suzy Seeley 1:15:17 (1st AG), Chris McGrew 1:21:31, Heidi Zimmerman 1:06:26 (1st AG), Freddy Queen 1:31:08, David Nemoto 1:07:22, Eric Pace 1:37:57, Gloria Mahoney 1:46:42, Leno Rios 1:09:30, Romuald Budiman 1:05:44 (4th AG), Robert Thompson 1:24:41, Tina Reynolds 1:25:33, Alix Waugh 1:18:55, Don Brenner 1:50:07, Alfonso Torres 1:26:12, Vivian Dunlop 1:23:52, Adam Johnson 1:26:25, Kelli Stilley 1:38:07, Dave Shaw 1:12:14, Katty Furitsch 2:17:25, Scott Bounds 1:11:48 (3rd AG), Peter Griffiths 1:31:13, Tom Wille 1:12:20, Steve Davis 1:28:01, Bridget Kaminski 1:34:27, Shelly Grahmann 1:29:51, John Fredrickson 2:03:18, Eric Faria 1:27:53, Peggy Louie 1:45:22, Trey Beeman 1:54:44, Ryan Smith 55:38 (1st AG), Gary Wood 1:30:28 (4th AG), Rob Arnoldy 1:27:16, James Reed 1:07:13, Victor Aguirre 1:15:20 (4th AG), Anna Sumrall Helm 1:16:57 (3rd AG), Chintan Desai 1:12:39, Christoph Eick 1:28:31, Lara Allen 1:34:47, Blanca Avery 1:30:11, Rhonda Emerson 1:26:00 (3rd AG), Robert Walters 1:06:12 (4th AG), Lisa Thompson 1:17:59 (3rd AG), Joseph Schweiterman 1:04:45 (4th AG), Fred Steves 1:31:41, Jeffrey Tabourne 1:36:08, Simon Brabo 1:17:34, Jody Berry 1:12:46 (1st AG), Scott Johnson 1:28:30

(continued on page 9)

A Wonderful Day for a Race?



By Mike Mangan

I have always enjoyed the HARRA Cross-country Relay. It is run in the afternoon and we seldom have races that time of day. You only have to run two miles, a nice short distance for each individual. You get a great opportunity for camaraderie and beer at the end.

This is the life!

This year's race added a couple of dimensions to the event. First, we were running in a new venue – Spotts Park. The new race course was great and we could follow each runner almost all over the course without leaving the pavilion. That was the good dimension. We also had loads of rain throughout the day. Not so good!

Surprisingly, just about everyone showed up as they had committed. Perhaps the beer had something to do with that. We at BCRR never miss an opportunity for a free beer or two! Maybe this also caused many of our runners to do really well. We didn't want to get there too late after the beer was gone. In the process we didn't seem to mind slipping and falling. Many a runner arrived at the finish line with mud from ankle to shoulder. But, they got there quickly.

We had a lot of teams end up in the money (if there had been money). These teams came in first in their respective age groups: BCRR She-llackers (Heidi Zimmerman, Sarah Schaft, Nicole Richardson, Lauren Wilder), BCRR Ryan Time (Anna Helm, Carolyn Muirhead, Lilia Vasquez, Lisa Thompson), Nuts and Bolts (Don Brenner, Larry Lindeen, Rich Siemens, Fred Steves). One team finished second: Silver Streakers (Scott Bounds, Wim Burgers, Scott Johnson, Gary Wood). And the following finish third: Lightning Bugs (Susan Davis, Rhonda Emerson, Nancy Greig, Gloria Mahoney), Vermen (Rich Verm, Bob Brown, Paul Schultz, Tom Radesovich), We Concede, We're Last (Doug Carlisle, John Fredrickson, Larry Jensen, Mike Mangan). The final team, We Concede, We're Last, lived up to their name. They finished dead last among all the competitors. They did win first place in longevity though!

Results from the Road

(continued from page 8)

Try Andy's Tri, Sugar Land, October 14
Trey Stone 56:16

Miles for the Mainland, Texas City, October 20
Suzy Seeley 44:54 (1st AG)

Toughest 10K, Galveston, October 20
Kelli Stilley 1:00:12, Vicki Jones 55:05 (1st AG), Alfonso Torres 48:30, Blanca Avery 58:41, Kathleen Mahon 1:01:09, Jesman Devia 40:35 (4th AG), June Harris 1:03:42, Lauren Wilder 41:09 (3rd OA)

Southwyck Olympic Triathlon, Pearland, October 21
Adam Johnson 2:55:22 (4th AG)



COURTESY: ROSIE SCHMANDT

Rain or Shine. (clockwise from top) Lana Moody (left) and Cathy McGlohn (right) pose at the post-race party, Romu Budiman doing some sort of special European stretching, Mike Mangan (left) and John Phillips (right) keeping an eye out for troublemakers during the race, and Roger Redding enjoying the spoils of victory.

CALENDAR OF EVENTS

DATE	TIME	LOCATION	ACTIVITY
11/9	6 PM	The Ginger Man	BCRR Happy Hour
11/10	TBD	Houston	Rockets Run
11/18	7 AM	Houston	HMSA Classical 25K & 5K
11/23	8 AM	La Porte	La Porte By the Bay Half Marathon
12/2	6 PM	The Ginger Man	BCRR Happy Hour
12/9	7 AM	Sugar Land	Finish Line Sports 30K
12/15	TBD	Houston	John's Loooooong Run
12/16	5:30 PM	Cadillac Bar	BCRR Holiday Party
12/20	6:30 PM	Houston	BCRR Holiday Lights Run
1/13	6:30 AM	Houston	Chevron Houston Marathon



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