



# WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

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## Field Day Fun



Christina Jones

BCRR's Family Field Day was held at our President **Andrew Young's** new home, conveniently adjacent to the grassy lot - an ideal location for multiple activities, engaging kids and adults alike! The picnic aspect featured the grill master skills of **Andrew Young** and **Tom Wille**, supported by the cooking talents of members contributing baked beans, guacamole, and baked goods! The kiddos entertained themselves with horseshoes, Bocce Ball, and three legged races. **Sarah Periman** introduced the club to a unique game - Spikeball. Several of our newest members entered into a highly competitive game! By far, the highlight of the party was the water balloon wars, spear headed by **Daan Veeningen's daughter**. Not a member was safe - and many found themselves doused by water balloons. We look forward to BCRR's next competition themed picnic - water balloons included!!



Photo credit: Mirka Jalovcová



Photo credit: Mirka Jalovcová

*About 30 BCRR members attended the Family Field Day on October 8. The kids snacked on frozen treats, while the parents enjoyed adult beverages, and everyone played outdoor games and enjoyed the beautiful weather.*

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**Word from the Bird**

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Has your contact info changed? Send  
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# From the President

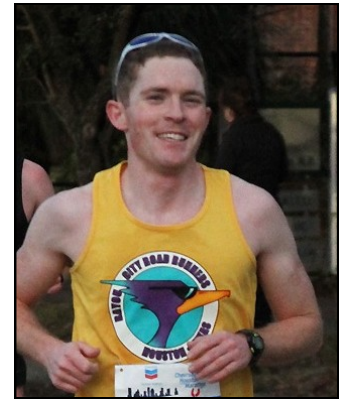


Photo credit: Milan Jamrich

**Hey BCRR!**

I hope you're enjoying our 6th month of summer, I sure am! When the weather finally cools down, and they tell me it will eventually, we have some great running opportunities coming up:

By the time you read this letter *Alex's 5K* will be less than a week away, November 5. I don't care if you run it, walk it, or somersault it, find a way to get yourself out there and around that course! The race committee has been working diligently to bring you the best edition of *Alex's 5K* yet, with a fast course, fun kids' activities, and a great post race party.



Photo credit: Neeraj Rohilla

A week later we have the *HMSA Classical 25K*, the fourth race of the HARRA Fall Series. We owned the *XC Relay* and had a good showing at the *10 Miler*, so if we turn out for the remainder of the series we will be in contention for a second straight win in the inter-club competition.

**Sarah Periman and Jackie Tobin** half of the open women's winning team at the *XC Relay*.

The following week, November 19-20, BCRR is taking a road trip to

(Continued on page 3)

**REPORT YOUR RACE RESULTS**

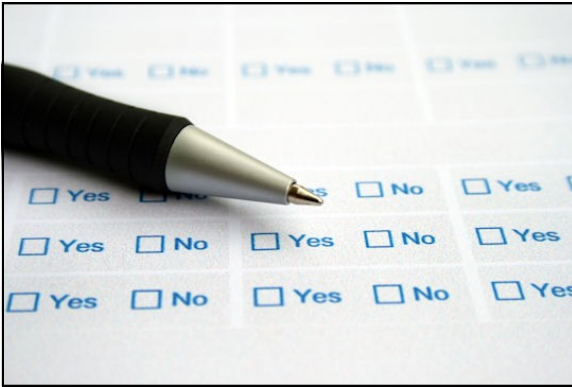
We want to know what our members are doing on the roads and/or trails. Send all your results to us at [thatsjoesmail@yahoo.com](mailto:thatsjoesmail@yahoo.com) and we'll make sure they hit the next newsletter!

**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).



## Poll Plumbs Parking Preferences



For several years we have parked at the *First Christian Church* (FCC) near Rice for our Wednesday evening run. However, we have recently had to make repeated changes to our schedule due to parking issues at the church. To explore whether there was an alternative plan that our members preferred, we polled our runners to gauge different options. We got 32 responses, and based on your answers I don't think we will make any changes at this point.



Andrew Young

We preferred 6:30 PM to 6:00 PM start time, 53% to 47%. For parking location we voted FCC over Hermann Park and Rice, 57%, 25%, and 18% respectively. 69% of respondents run at least once a

month, so we got good response from current participants. And yes, someone does even read the comments.

We will continue to evaluate our options in case any new possibilities come up.

## Friday Night Fun

If you have not yet joined us for one of our Friday night Happy Hour rendezvous, or have not joined us lately, you don't know what you're missing! Come out and join us at one of Houston's funky nightclubs. Dates and locations (and website links for each bar) are provided on our club website. Look under the "Events" tab for our "Social affairs." You'll find our upcoming get-togethers are as follows:

- November 4—**Raven Tower** at 310 North St
- November 11—**La Grange** at 2517 Ralph St

Learn more at [www.bcurr.org/social-affairs.html](http://www.bcurr.org/social-affairs.html)

*The bar back scene at Poison Girl—an occasional selection for the BCRR Friday night Happy Hour.*



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

Austin to run with the *Ship of Fools* running club and party with **Susan** and **Steve Davis**. Book your hotel now and join us for a fun time in my favorite weekend destination city. Let me know if you're interested, so I can include you in communications.

I also want to take a minute to thank everyone for some of the non-running community activities we've been up to. With your generous contributions we raised over \$170 for the Baton Rouge flood relief efforts with the *First Christian Church*. We had an amazing family picnic, with lots of people bringing their non-running family members to enjoy swimming, games and a cookout. And lastly thanks to our party hosts extraordinaire, **Ron Morgan** and **Theresa Pearsall** (10 Miler), **Lisa Thompson** (Prom, Halloween, Christmas Lights), **Paul and Sue Schulz** (25K), me (Houston Half) and **Sue Leone** and **Alan Svoboda** (John's Looong Run).



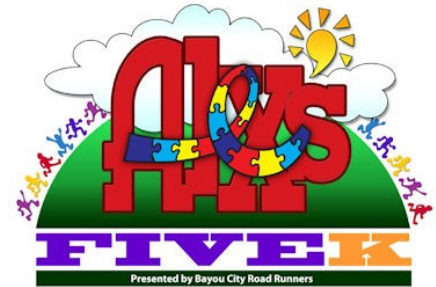
Happy running everyone!

Andrew

## Alex's 5K Runs Saturday Nov 5



Photo Credit: Kate Philbrick 2015



Many BCRR members participate in the Alex's 5K race. Familiar faces can be seen here (in yellow) at the start of last year's event. Some run, some volunteer, and support Power In Motion (PIM) participants just getting into distance running.

### The 6th Annual Alex's 5K Run/Walk and Kids' K Saturday, November 5, MacGregor Park, Houston

This Saturday (11/5) the *Bayou City Road Runners* host a run that's near and dear to all our hearts—Alex's 5K. This perennial favorite honors the life of **Alex Jamrich**. Alex, the 17 year old son of **Milan Jamrich** and **Kathi Mahon** (both long term members of BCRR) passed away shortly before his 18th birthday. His death was likely due to complications associated with autism. Now we recognize Alex's life by running this race to promote autism awareness and raise money for research and services.

100% of the proceeds from the event go toward Autism-related charities. **Autism Speaks** ([www.autismspeaks.org](http://www.autismspeaks.org)) is the nation's largest organization dedicated to funding research into the causes, prevention, and treatments for autism.

**About 1 in 68 children has  
been identified with autism  
spectrum disorder**

*according to the CDC*

**Avondale House** ([www.avondalehouse.org](http://www.avondalehouse.org)) is a Houston non-profit that provides educational services to local children with autism.

**The Westview School** ([www.westviewschool.org](http://www.westviewschool.org)) is non-profit Houston school for high-functioning children with autism spectrum disorder.

According to the Center for Disease Control and Prevention (CDC) since 2010, about one in 68 children has been identified with autism spectrum disorder. On average, a child is diagnosed with autism every 20 minutes in the United States alone. So we want to do something about it. Please join us Saturday (11/5) at MacGregor Park for the run! For complete details check out [www.Alex5K.com](http://www.Alex5K.com).

## Prom Night Proves Popular



Joe Lengfellner

October 1<sup>st</sup> was no ordinary Saturday night. That's because BCRR threw a party like none before—a prom themed party. The dance-fest featured music from generations old to generations new, and everything in between. And that could also describe the attire the guests wore. "Dress your decade" was the suggestion, and the couples and "stag" attendees took that suggestion to heart. Some donned tuxedos and gowns (complete with corsage) and some wore go-go eighties flair, while others showed off more modern prom chic. Everyone looked great, and everyone had a great time! At the end of the evening, a King and Queen were selected, and it had to be the impeccably dressed **Ron Morgan** and **Theresa Pearsall** (shown at right). For more fun pics from the prom party, turn to page 7. And the next time BCRR throws a party, be there, don't just settle for seeing the pictures!

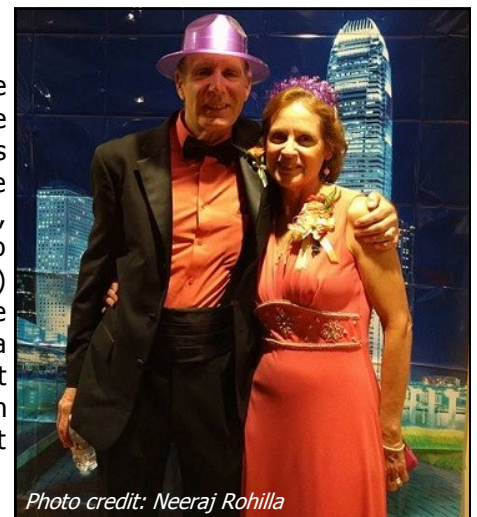


Photo credit: Neeraj Rohilla



## Get to Know Sian Evans

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 new member on the BCRR team.

Name: **Sian Evans**

- Age: 48
- Hometown: Birmingham (UK not Alabama)
- Years in Houston less than 1
- Occupation: Marketing Manager (currently resting in between jobs)
- Years Running Lots - 26ish
- How many miles per week do you run? Aspirationally about 30 -35 miles per week.
- How did you come to join BCRR? Moved to Houston and was looking for a friendly local group to run with.
- My proudest running accomplishment is qualifying for the inter counties cross country championships.
- My favorite training run is - the run around the lake at Llyn Mair from my cottage in Wales.
- My favorite race is - Lake Vyrnwy half marathon.
- My best distance is probably half marathon.
- I run because it keeps me fit, healthy and sane (mostly).
- My life philosophy is, "This is not a rehearsal, go for it (whatever 'it' might be)."
- My next goal is to stop getting injured so I can actually do a race!
- My favorite training food is... I don't get the question, I just like food!
- When I'm running I think about everything and nothing, it's both meditation and problem solving time for me.
- The best running advice I could give would be, "Mix it up, train consistently and don't be afraid to push yourself."
- People would be surprised if they knew - I can actually run more than 10 miles a week without getting injured.
- The top thing on my dream list is - at the moment it's to get a dog.
- Other hobbies beside running: Travelling and learning languages (Spanish currently).
- I would love to spend the day with the lovely Kern of course, and Iggy Pop, as he has a great voice, lots of stories and could show me a thing or two about how to party.
- The most embarrassing thing that has happened to me is falling over at a posh wedding and not realizing (for quite some time) I was gushing blood from my knees.
- The most profound thing that has happened in my life: Mmmm, the power and beauty of nature are the closest I get to profound experiences!



*Photo credit: Sian Evans*

*Sian Evans in Peru at Machu Picchu .*

**NOTE: Runner profiles are always welcome. We encourage you to send in a profile to [ThatsJoesMail@Yahoo.com](mailto:ThatsJoesMail@Yahoo.com), and maybe YOU will be the next person featured in our newsletter!**



## Fall is for Runners!



Joe Lengfeller

With its' blessed return of cooler temperatures, fall heralds the start of the long distance running season in Houston. Or at least it's the start of the REAL running season in Houston. Sure, if you're hell bent on it, it is technically possible to run long distances during the summer months in Houston. I get that. Then again, you can also eat a handful of ghost peppers if you're hell bent on it, but it's not for amateurs. That's not too different

than running Houston's concrete streets baking under a punishing sun. Not a good place for amateurs. Even for seasoned runners, sometimes an August run is more pain than pleasure. In short, summer is for torture. Fall is for fun. Fall is for runners!

If you suffered through the horrible heat and humidity of Houston's summer, NOW is time for your big reward—the joy of running. From last week's *Houston Half Marathon*, to this week's *Alex's 5K*, great opportunities to test your legs are everywhere! For shorter runs, you may not even need to carry ten gallons of water—which is mandatory for summer running. (State law!) So in honor of the season, I'd like to remind everyone of the fun coming your way.

We're deep into the HARRA Fall Series, and started the Houston Marathon Warm-Up Series. That means runners have lots of chances to test themselves, AND to do it with great road support. Nothing like water breaks every mile, and smiling volunteers there to cheer you on! The last page of this newsletter list the full complement of events, but here are the runs first on the docket: our own *Alex's 5K*, *HMSA 25K*, the informal *BCRR Holiday Lights Run*, and *Sugarland 30K*. All designed to take advantage of the cooler temperatures, and to help you get ready for the *Chevron Houston Marathon* coming up in January. See you on the road!



## Faces and Places



Photo credit: June Harris



Photo credit: Christina Jones



Photo credit: Andrew Young



Photo credit: Neeraj Rohilla

TOP ROW: At the Space City 10-Miler race, BCRR members of all ages delivered stand out performances.

LEFT: Wednesdays at Rice University's Valhalla pub is great socializing for runners AND non-runners.



## Faces and Places



TOP LEFT: Prom Night party outfits defined the generations.  
 TOP RIGHT: HARRA Race Series latest event, the Houston Half Marathon featured pumpkin medals. BOTTOM ROW: HARRA's most technical course, the Cross County Relay proved BCRR could run hills.





## CALENDAR OF EVENTS

<b><u>DATE</u></b>	<b><u>LOCATION</u></b>	<b><u>ACTIVITY</u></b>
<b>11/5</b>	Houston, TX (MacGregor Park)	Alex 5K**
<b>11/6</b>	Houston, TX (Biskit Junkie 403 Westheimer)	Breakfast socializing after the Sunday long run
<b>11/13</b>	Houston, TX (Jones Plaza)	HMSA Classical 25K*
<b>11/19-20</b>	Austin, TX	BCRR trip to Austin
<b>12/9</b>	River Oaks Rose Garden & Modern B&B	Holiday Lights Run & BCRR Party
<b>12/11</b>	Sugar Land, TX	FLS 30K*
<b>12/18</b>	Houston, TX (326 Terrace Dr)	John's Loooooong Run
<b>1/15</b>	Houston, GRB Convention Center	Chevron Houston Marathon*

\*Official HARRA race series event.

\*\*BCRR club race



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