



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

November 2021



Joe Lengfellner

Houston Half is Full Fun

It was 735 days since the last live *Houston Half Marathon* back in 2019, but on Sunday, Oct. 31, the event returned to Sam Houston Park and enjoyed live racing once again. More than 3,500 participants came out to take advantage of the sunny, yet cool, conditions, and many runners achieved personal records or bested their expectations.

At the end of the event several BCRR members stood out with especially strong performances. **Gloria Mahoney**, **Ally Serrao** and **Lisa Thompson** all won first place in their respective categories. **Valentino Julien** and **Ben Harvie** ran away with second place finishes in their age groups, and

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Photo credit: Joe Lengfellner

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Word from the Bird

November 2021
FREE

Bayou City Road Runners
P. O. Box 66196
Houston, TX 77266

Editor
Joe Lengfeller
The Dream Garden LLC
ThatsJoesMail@Gmail.com

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BCRR Board of Directors

President
Lisa Thompson
HoustonBCRR@gmail.com

Vice President
Katherine Culbert
ksculbert@gmail.com

Secretary
Steve Hasson
shasson@earthlink.net

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- Christina Young

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Has your contact info changed?
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From the President



Lisa Thomas

It's October 2021. We've been working our way through this crazy pandemic for over a year now, and I can't help but marvel at the tenacity of our BCRR members. All through 2020 and now 2021 BCRR members have kept on running. Sometimes solo, sometimes in groups, but always hanging in there and finding a way to keep on keeping on. Kudos to you!

The whole BCRR board is impressed by the determination of our members that stuck with us as we muddle through the various challenges. For me personally, earlier this month I saw friends far from home joining me at the Boston Marathon, then just last weekend running downtown at the Houston Half Marathon, and no doubt many others will be there this weekend for Alex's 5K. It's a testament to toughness and dedication to the club.

The board and I have been thinking about that dedication—all the members that stuck with us over the last year and a half—and we're trying to find a way to recognize your efforts. Stay tuned! We'll think of something.

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Alex's 5K runs is this Saturday, Nov. 6, at MacGregor Park. This annual event returns to LIVE racing this year, and BCRR members will be there in force to support our favorite 5K.

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 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 sarah.austin@utexas.edu.



Photo credit: Milan Jamrich

Houston Half

(Continued from page 1)

Theresa Pearsall's effort earned her third place honors in her category.

In total, the fun and games was enjoyed by nearly three dozen BCRR members running the 13.1 miles, entering the shorter races, or cheering on the runners to give them energy.



Photo credit: June Harris



Photo credit: Milan Jamrich

Smiling faces at the Houston Half Marathon included (clockwise from top left): **Avi Moss**, **Ally Serrao**, **Jordan Hasay** (Lisa's guide), **Lisa Thompson**, **June Harris**, **April Murphy**, **Theresa Bueno** (friend), **Lara Allan**, and **Kathleen Mahon**

Prez letter (Continued from page 2)

In the meantime, I hope to see everyone at Alex's 5K this weekend. This is one of the club's featured events and supports a great cause (autism-related charities). There's still plenty of time to register to run or volunteer at this family-friendly event. Learn more at Alex5k.com.

Bottomline, this is the season to be thankful, and I'm thankful for my BCRR family. I'm thankful that we're all still able to do what we love. So, let's all keep on running! Keep on meeting up with the other members. Keep on looking for ways to safely support the sport and the club and each other.



See you on the road!
Lisa



Joe Lengfellner

Showing Support for Houston Food Bank

With Thanksgiving just around the corner, BCRR members and friends joined team captain **Steve Hasson** for the *Harvest Marathon Relay* to support the Houston Food Bank. The event featured both competitive and non-competitive just-for-fun teams (like the BCRR group). BCRR team members each ran eight laps around the Rice track to accumulatively cover the full 26.2 miles on Sunday, Oct. 24.

The Houston Food Bank works to support nearly 1 million people spread across their 18-county service area that struggle with inconsistent access to enough nutritious food. To learn more about the day's event and cause, visit HoustonFoodBank.org/upcomingevent/harvest-marathon-relay.

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harvest
marathon
relay Benefiting houstonfoodbank

The Harvest Marathon Relay team, named MarathonTRXsters, was made of 13 smiling faces including: (front row) **Barry Tobias, Clo Thirouin, and Joe Lengfellner**, (back row) **Brian Bergeron, Steve Hasson, Joel DuBois, Paul Shultz, Tim McGuirk, Lara Allen, Stephen Kallus, Lee Morris, Alan Tillotson, and Robert Swanson** (not shown).

Space City 10 Miler



Steve Hasson

On Sunday, Oct. 3, 2021, BCRR runners joined the hundreds of others at the University of Houston Clear Lake Campus for the *Space City 10 Miler*. The 10 mile certified course winds through the Clear Lake area, passing NASA, then finishing back at UH Clear Lake Campus. As expected in Houston, it was a warm, humid day. While no veteran runners made the local Elite time standard, to be categorized as "Local Elite" for the Houston Marathon, all had a great time. Congratulations to all BCRR participants!

One BCRR runner was heard to say, "We have run this race when it was hotter than this before..."

Let's hope Fall will cool things off soon!



Photo credit: Steve Hasson

Harvest Relay (Continued from page 4)



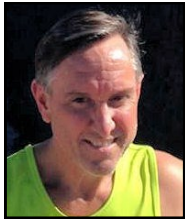
Photo credit: Steve Hasson



ABOVE: Team members **Steve Hasson** and **Clo Thirouin** exchange the baton between laps during the Harvest Marathon Relay on Sunday, Oct. 24.

LEFT: **Robert Swanson** takes a turn running for the team to help support the Houston Food Bank.

Running at 7,400 Feet



David Piper

As many of you know, **Ally Serrao** and I bought a home on Lookout Mountain just west of Golden, Colorado in 2019. We are not moving; we are not retired; we are not on vacation; we are just working from Colorado and avoiding the hellhole that is Houston in the summertime.

Running in Colorado couldn't be more different than running on the *Seymour Lieberman Trail* at Memorial Park. The first thing you notice is NO HUMIDITY! And while it does get hot in the afternoon and the sun can be so intense as to melt your face

off, in the mornings

the temperatures are joyfully cool. No need to get up at 5:30 AM to run.

There are very few flat places to run. There are many hills. Uphills. Downhills. More uphill and downhill. If you don't like to run hills don't go to the mountains to run. And while you can run the roads, most folks run trails. Just be prepared to share the trails with mountain bikers who can blast downhill at scary speeds and surprise you around the next corner of the trail. And you also share the trails with abundant wildlife – deer, foxes, turkeys, snakes (!), and even the occasional elk. There are also plenty of bears and mountain lions (which are quite large) but typically you never see them. Just make sure you are not the slowest runner in the group!

Lastly there is the altitude. Not much oxygen at 7,400 feet elevation. There has been much debate in the running community about the relative difficulties of running at altitude vs. running in high heat and humidity like Houston. Just

my \$.02, but running at altitude is harder, but ultimately more enjoyable than running in a sauna.

Another difference ... throw running pace and distance out the window ... at altitude you gauge your runs based on time on feet and level of exertion. Otherwise you will become very discouraged.

If you are in our neck of the woods next summer look us up, and we can enjoy a mountain run together! Bring trail shoes!



Photo credit: David Piper

A Day at the Beach



Christina Young

BCRR Beach Day was full of sun, fun, and SAND! Two dozen BCRR members and their families ventured down to Surfside for a day at the beach! We grilled hot dogs, constructed sand castles, and several people attempted surfing in the strong current. Everyone went home with sand in their shoes and a little sunburn on their shoulders!

All photos: Christina Young



CRAW (Circumpolar Race Around the World)

Part 3: The Finish



Joel DuBois

To provide a finish to my previous articles in the February 2021 and May 2021 newsletters (please refer to them as needed to make more sense of this article), I thought I would provide an update on our team's race and finish. As a reminder, this was a virtual run around the world and my 10-person team, *Bayou City Voyagers*, consisted of six BCRR members (**Sam Pace Webster, Andrew Webster, Robin Holm, Lee Holm, Ragan Crowell** and me) and four runners we are still trying to recruit into the club (**Tracey Driver, Vince Attannucci, Amy Tan** [recently joined BCRR] and **Gentine Meagher**). The race was divided into 12 regions, and we completed it on August 19, running/walking over 30,000 miles in 350 days. Pictures below show the medals received on the wooden map of the world that was provided by the race director.



There was a 2-year time limit provided by the team of race directors, but there were two incentives to finish quickly for the run/walk teams: Gold belt buckles for teams that finish in under 12 months, silver belt buckles to those that finish in under 16 months. When the team was formed, it was agreed to aim for the silver buckle (an under 16-month finish).

As of my last article, we had completed the first eight regions (**Latin America, Andes, Pampas, Antarctica, Down Under, The Islands, Southeast Asia** and the **Indian Subcontinent**) and had just started region 9 (**The Stans**). As of the end of Region 8, we were 10 days ahead of gold buckle pace, so we hoped that we would all stay relatively healthy and be able to accomplish this feat in under a year. Regions 9-11 (**The Stans, Eastern Europe** & the **Great White North**) remained fairly cool here in Houston for May, June and July. However, the rains that helped keep the temperatures down also made it a bit wet getting good miles in every day. Everyone on the team did just that!! By the last region, **Lower 48**, we were all SOOO ready to be done, we all dug deep and put in extra time and had one of our best regions, even though hot, muggy temps finally arrived!

WORD FROM THE BIRD

CRAW

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The charts below show the Target Miles by region for both the gold and silver buckles:

| TARGETS | | | | | | ACTUAL | | | | | | | | | |
|------------------|--------|--------|--------|-----------|-------|------------------|--------|--------|------|--------------------|-----|-------------|----------|---------------------|---------|
| RUNNING - GOLD | | | | | | RUNNING - GOLD | | | | | | DAYS AHEAD | | END OF | END OF |
| | | | | | | | | | | | | DAYS BEHIND | | REGION | REGION |
| DISTANCE | START | FINISH | DAYS | AVG MILES | | DISTANCE | START | FINISH | DAYS | AVG MILES | | REGION DAYS | CUM DAYS | CUM MILES | % COMPL |
| R1 | 2,512 | 1-Sep | 1-Oct | 31 | 81.03 | 2,512 | 1-Sep | 1-Oct | 31 | 81.03 | 0 | 0 | R1 | 2,512 | 8.3% |
| R2 | 3,094 | 2-Oct | 7-Nov | 37 | 83.62 | 3,094 | 2-Oct | 5-Nov | 35 | 88.40 | 2 | 2 | R2 | 5,606 | 18.6% |
| R3 | 3,173 | 8-Nov | 15-Dec | 38 | 83.50 | 3,173 | 6-Nov | 10-Dec | 35 | 90.66 | 3 | 5 | R3 | 8,779 | 29.1% |
| R4 | 3,296 | 16-Dec | 24-Jan | 40 | 82.40 | 3,296 | 11-Dec | 16-Jan | 37 | 89.08 | 3 | 8 | R4 | 12,075 | 40.0% |
| R5 | 2,638 | 25-Jan | 25-Feb | 32 | 82.44 | 2,638 | 17-Jan | 16-Feb | 31 | 85.10 | 1 | 9 | R5 | 14,713 | 48.7% |
| R6 | 2,088 | 26-Feb | 22-Mar | 25 | 83.52 | 2,088 | 20-Feb | 17-Mar | 26 | 80.31 | (1) | 8 | R6 | 16,801 | 55.6% |
| R7 | 1,989 | 23-Mar | 15-Apr | 24 | 82.88 | 1,989 | 18-Mar | 9-Apr | 23 | 86.48 | 1 | 9 | R7 | 18,790 | 62.2% |
| R8 | 1,661 | 16-Apr | 5-May | 20 | 83.05 | 1,661 | 10-Apr | 28-Apr | 19 | 87.42 | 1 | 10 | R8 | 20,451 | 67.7% |
| R9 | 2,319 | 6-May | 2-Jun | 28 | 82.82 | 2,319 | 29-Apr | 26-May | 28 | 82.82 | 0 | 10 | R9 | 22,770 | 75.4% |
| R10 | 2,696 | 3-Jun | 5-Jul | 33 | 81.70 | 2,696 | 27-May | 25-Jun | 30 | 89.87 | 3 | 13 | R10 | 25,466 | 84.3% |
| R11 | 2,685 | 6-Jul | 6-Aug | 32 | 83.91 | 2,685 | 26-Jun | 27-Jul | 32 | 83.91 | 0 | 13 | R11 | 28,151 | 93.2% |
| R12 | 2,057 | 7-Aug | 31-Aug | 25 | 82.28 | 2,057 | 28-Jul | 19-Aug | 23 | 89.43 | 2 | 15 | R12 | 30,208 | 100.0% |
| | 30,208 | | 365 | | | 30,208 | | | 350 | | | | | | |
| | | | | | | | | | 15 | Under Gold Limit | | | | | |
| RUNNING - SILVER | | | | | | RUNNING - SILVER | | | | | | | | | |
| DISTANCE | START | FINISH | DAYS | | | DISTANCE | START | FINISH | DAYS | AVG MILES | | REGION DAYS | CUM DAYS | | |
| R1 | 2,512 | 1-Sep | 11-Oct | 41 | 61.27 | 2,512 | 1-Sep | 1-Oct | 31 | 81.03 | 10 | 10 | R1 | Latin America | |
| R2 | 3,094 | 12-Oct | 30-Nov | 50 | 61.88 | 3,094 | 2-Oct | 5-Nov | 35 | 88.40 | 15 | 25 | R2 | Andes | |
| R3 | 3,173 | 1-Dec | 20-Jan | 51 | 62.22 | 3,173 | 6-Nov | 10-Dec | 35 | 90.66 | 16 | 41 | R3 | Pampas | |
| R4 | 3,296 | 21-Jan | 14-Mar | 53 | 62.19 | 3,296 | 11-Dec | 16-Jan | 37 | 89.08 | 16 | 57 | R4 | Antarctica | |
| R5 | 2,638 | 15-Mar | 26-Apr | 43 | 61.35 | 2,638 | 17-Jan | 16-Feb | 31 | 85.10 | 12 | 69 | R5 | Down Under | |
| R6 | 2,088 | 27-Apr | 30-May | 34 | 61.41 | 2,088 | 20-Feb | 17-Mar | 26 | 80.31 | 8 | 77 | R6 | The Islands | |
| R7 | 1,989 | 31-May | 1-Jul | 32 | 62.16 | 1,989 | 18-Mar | 9-Apr | 23 | 86.48 | 9 | 86 | R7 | South East Asia | |
| R8 | 1,661 | 2-Jul | 28-Jul | 27 | 61.52 | 1,661 | 10-Apr | 28-Apr | 19 | 87.42 | 8 | 94 | R8 | Indian Subcontinent | |
| R9 | 2,319 | 29-Jul | 3-Sep | 37 | 62.68 | 2,319 | 29-Apr | 26-May | 28 | 82.82 | 9 | 103 | R9 | The Stans | |
| R10 | 2,696 | 4-Sep | 16-Oct | 43 | 62.70 | 2,696 | 27-May | 25-Jun | 30 | 89.87 | 13 | 116 | R10 | Eastern Europe | |
| R11 | 2,685 | 17-Oct | 28-Nov | 43 | 62.44 | 2,685 | 26-Jun | 27-Jul | 32 | 83.91 | 11 | 127 | R11 | Great White North | |
| R12 | 2,057 | 29-Nov | 31-Dec | 33 | 62.33 | 2,057 | 28-Jul | 19-Aug | 23 | 89.43 | 10 | 137 | R12 | Lower 48 | |
| | 30,208 | | 487 | | | 30,208 | | | 350 | | | | | | |
| | | | | | | | | | 137 | Under Silver Limit | | | | | |

As a team, we were impressed by how consistent we were, averaging between 80 and 90 miles per day (8-9 miles per day for each team member). Not bad for a team that agreed to run/walk 45 miles per week!! We only lost days to the target in one region and gained days in 8 regions, ending up with 15 days to spare and officially qualifying for the GOLD BELT BUCKLE!! We were the 17th run/walk team to finish, out of over 200 that started in September 2020.



Lee Holm, Ragan Crowell, Joel DuBois, Robin Holm, Sam Pace Webster and Andrew Webster enjoying some celebratory bubbly the afternoon we finished the race.

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CRAW (Continued from page 9)

As I mentioned in my last article, 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 made the entire journey 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.

These last two charts below show the miles logged for each team member by region along with the daily averages. Every member logged more than 2,000 miles in under a year!!

| BAYOU CITY VOYAGERS - MILES LOGGED | | | | | | | | | | | | Finish | |
|------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|--------|--------|
| Reg. | Vince | Joel | Sam | Lee | Andrew | Robin | Amy | Ragan | Gentine | Tracey | Total | Days | Date |
| 1 | 401.60 | 283.50 | 288.35 | 242.85 | 275.55 | 231.00 | 213.70 | 192.68 | 202.08 | 180.72 | 2,512.03 | 31 | 1-Oct |
| 2 | 451.00 | 355.40 | 332.45 | 313.70 | 302.00 | 300.00 | 268.20 | 291.16 | 247.59 | 233.34 | 3,094.84 | 35 | 5-Nov |
| 3 | 460.80 | 400.00 | 356.20 | 340.00 | 322.00 | 300.30 | 257.50 | 264.37 | 244.78 | 227.47 | 3,173.42 | 35 | 10-Dec |
| 4 | 509.80 | 373.50 | 348.25 | 398.20 | 335.00 | 325.15 | 282.10 | 261.90 | 202.01 | 260.51 | 3,296.42 | 37 | 16-Jan |
| 5 | 444.40 | 309.10 | 248.10 | 222.30 | 245.75 | 230.55 | 238.50 | 290.64 | 239.16 | 169.50 | 2,638.00 | 31 | 16-Feb |
| 6 | 323.60 | 108.90 | 219.50 | 284.80 | 214.30 | 202.65 | 201.70 | 233.06 | 154.42 | 145.18 | 2,088.11 | 26 | 17-Mar |
| 7 | 293.60 | 221.50 | 207.30 | 240.25 | 202.10 | 178.20 | 170.70 | 207.25 | 127.07 | 141.14 | 1,989.11 | 23 | 9-Apr |
| 8 | 231.00 | 206.10 | 162.10 | 173.40 | 159.10 | 155.75 | 141.10 | 183.00 | 114.56 | 135.10 | 1,661.21 | 19 | 28-Apr |
| 9 | 362.60 | 312.80 | 211.60 | 239.25 | 210.40 | 214.90 | 218.80 | 226.80 | 153.68 | 168.23 | 2,319.06 | 28 | 26-May |
| 10 | 421.40 | 362.40 | 268.55 | 282.30 | 222.30 | 255.45 | 254.40 | 265.78 | 175.39 | 188.06 | 2,696.03 | 30 | 25-Jun |
| 11 | 413.80 | 335.30 | 260.55 | 294.90 | 192.40 | 262.00 | 273.50 | 268.01 | 179.97 | 204.58 | 2,685.01 | 32 | 27-Jul |
| 12 | 352.00 | 272.60 | 223.60 | 217.35 | 181.10 | 197.65 | 199.80 | 184.14 | 134.10 | 153.67 | 2,116.01 | 23 | 19-Aug |
| | 4,665.60 | 3,541.10 | 3,126.55 | 3,249.30 | 2,862.00 | 2,853.60 | 2,720.00 | 2,868.79 | 2,174.81 | 2,207.50 | 30,269.25 | 350 | |
| DAILY AVERAGES FOR CRAW | | | | | | | | | | | | | |
| Reg. | Vince | Joel | Sam | Lee | Andrew | Robin | Amy | Ragan | Gentine | Tracey | Total | | |
| 1 | 12.95 | 9.15 | 9.30 | 7.83 | 8.89 | 7.45 | 6.89 | 6.22 | 6.52 | 5.83 | 81.03 | | |
| 2 | 12.89 | 10.15 | 9.50 | 8.96 | 8.63 | 8.57 | 7.66 | 8.32 | 7.07 | 6.67 | 88.42 | | |
| 3 | 13.17 | 11.43 | 10.18 | 9.71 | 9.20 | 8.58 | 7.36 | 7.55 | 6.99 | 6.50 | 90.67 | | |
| 4 | 13.78 | 10.09 | 9.41 | 10.76 | 9.05 | 8.79 | 7.62 | 7.08 | 5.46 | 7.04 | 89.09 | | |
| 5 | 14.34 | 9.97 | 8.00 | 7.17 | 7.93 | 7.44 | 7.69 | 9.38 | 7.71 | 5.47 | 85.10 | | |
| 6 | 12.45 | 4.19 | 8.44 | 10.95 | 8.24 | 7.79 | 7.76 | 8.96 | 5.94 | 5.58 | 80.31 | | |
| 7 | 12.77 | 9.63 | 9.01 | 10.45 | 8.79 | 7.75 | 7.42 | 9.01 | 5.52 | 6.14 | 86.48 | | |
| 8 | 12.16 | 10.85 | 8.53 | 9.13 | 8.37 | 8.20 | 7.43 | 9.63 | 6.03 | 7.11 | 87.43 | | |
| 9 | 12.95 | 11.17 | 7.56 | 8.54 | 7.51 | 7.68 | 7.81 | 8.10 | 5.49 | 6.01 | 82.82 | | |
| 10 | 14.05 | 12.08 | 8.95 | 9.41 | 7.41 | 8.52 | 8.48 | 8.86 | 5.85 | 6.27 | 89.87 | | |
| 11 | 12.93 | 10.48 | 8.14 | 9.22 | 6.01 | 8.19 | 8.55 | 8.38 | 5.62 | 6.39 | 83.91 | | |
| 12 | 15.30 | 11.85 | 9.72 | 9.45 | 7.87 | 8.59 | 8.69 | 8.01 | 5.83 | 6.68 | 92.00 | | |
| | 13.33 | 10.12 | 8.93 | 9.28 | 8.18 | 8.15 | 7.77 | 8.20 | 6.21 | 6.31 | 86.48 | | |

This journey was fun, motivating and exhausting... I met some great people both on my team and from other teams via the Facebook page. I am so glad I was asked to participate, and so glad that it is over. I had some time to rest & recharge and am now in training for the 50th Houston Marathon next January! Hopefully, it will be in person!!

CALENDAR OF EVENTS

| <u>DATE</u> | <u>LOCATION</u> | <u>ACTIVITY</u> |
|-------------------|--|--|
| Current | All public areas | For health and safety many events canceled or virtual. |
| Mondays | Memorial Park Tennis Center | Mellow Monday casual run |
| Wednesdays | Rice University/First Christian Church | Wednesday night run |
| Fridays | Houston, TX | Watch for Happy Hour details in email and on Facebook |
| Sundays | Memorial Park Tennis Center | Sunday morning long run through River Oaks |
| Nov 6 | Alex's 5K | MacGregor Park |
| Nov 21 | Wortham Center | HMSA Classical 25K* |
| Dec TBD | 30K | TBD* |
| Jan 16 | Houston Marathon | GRB Convention Center* |

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
P O BOX 66196
HOUSTON TX 77266

