



W O R D f r o m = t h e B I R D

BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 34 - SEPTEMBER 2012

North Olympic Discovery Marathon

BCRR Summer Runaway Enjoys the Boutique Experience



By Keesha Erickson

In early 2012, when the Bayou City Road Runners were beginning to plan the Summer Runaway, the North Olympic Discovery Marathon (NODM) in Port Angeles, Washington quickly rose to the top of the list. Venturing to the northwest would almost certainly guarantee a reprieve from the sweltering Houston weather, there were rumors of wineries in the area, and the reviews of the race were fairly decent. We were sold!

When perusing the race website in preparation for the journey, one term in particular caught my attention. The NODM proudly declared itself to be the top "boutique marathon" on the continent. Having never heard this intriguing race descriptor before, it seemed necessary to investigate.

A quick Google search revealed the NODM as the only hit in the self-described "boutique marathon" category. The only other semi-relevant result was a website that appeared to be a French Runners World, complete with articles like "Sept raisons de choisir GU".

So it appears that the NODM is a pioneer, inventing a new race category for itself. Fine. If the NODM is to be the boutique benchmark, wanna-be's will have to work hard to compete. Below are just a few of the ways I found the NODM to be uniquely boutique.

First, stress free logistics. This was the most convenient race, ever. After dinner the night before the race, we walked along the waterfront back to the Red Lion hotel. As we approached our rooms, we noticed that a small banner had been strung up across the walking path. It was the finish line! The finish was located a mere hundred yards from our hotel room. After the half-marathon finish, we could (and did) sit on the patio, sip celebratory beverages, and cheer



PHOTO: JAY HENDRICKSON

Summer Coats. (from left) Keesha Erickson, Eric Pace, and Cathi McGlohn enjoy the sights of the Olympic Peninsula before racing in the North Olympic Discovery Marathon.

the marathon runners to the end. With the quaint little town of Port Angeles hosting the race, all of the headaches that are expected when traveling to out of state marathons were alleviated. All activities at the NODM centered on the largest hotel in town, the Red Lion. Once we checked in, we could have basically parked our rental cars for the remainder of

(continued on page 5)

IN THIS ISSUE

From the Prez (2) || Notes from Dubai (3) || Member Profile (4) || Bird Dog (6)

Results (8) || HARRA Update (8) || Calendar (9)

Word from the Bird

September 2012
Issue 34
FREE

Bayou City Road Runners
P. O. Box 925534
Houston, TX 77292

Editor
Chris McGrew
bcrr.news@gmail.com

BCRR Board of Directors

President
Rosemarie Schmandt
resbcrr@yahoo.com

Vice President
Bob Thompson
bobbcrr@gmail.com

Secretary
Susan Cita
susancita.bcrr@gmail.com

Treasurer
Jim Wiedemer
jiwiedemer@aol.com

Member at Large
Susan Davis
susandavisbcrr@gmail.com

Member at Large
Sam McMurtrey
Sammack1967@gmail.com

Member at Large
Eric Pace
ericpacebcrr@yahoo.com

Member at Large
Kate Philbrick
katebcrr@gmail.com

Member Database

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

From the President



PHOTO: ROSEMARIE SCHMANDT

We had a great club turn out at the Party in the Park on Saturday, August 25. It is always a great way to kick off the training season for the Houston Marathon and to introduce BCRR to some of the newer runners in Houston. Thanks to everyone who helped set up, tear down or just came to hang out. The big purple tent was very popular as one of the few remaining shady spots in Memorial Park on an otherwise steamy August morning. Thanks to John Phillips and Joe and Hope Sellers for bringing the generators and their humongous fans to our tent to generate the much appreciated breeze. Did I mention it was hot?

It is time to start thinking about racing! The first race of the fall series is the Tornados X-Country Relay scheduled for 5 PM Saturday September 29th. Hopefully by the time you read this column, the exact location of this race will have been confirmed and online registration will be up and running. If you have not found a team for yourself, team captains for each of the gender and age categories will be listed on the BCRR website and they can place you on a team. Remember that your HARRA membership needs to be current on the day of the race for your entire team to count! We are looking forward to another strong showing at this crazy race. There is something about teammates depending on you that really kicks up the adrenaline and nerves a notch. Good luck to all of our teams!



PHOTO: ROSEMARIE SCHMANDT

Cool Breeze. Bernard Castro keeps cool at the HARRA Party in the Park.

this race. Proceeds that we receive for our services are used to subsidize club events such as the Christmas Party and Awards Banquet. We typically need 80-plus volunteers to help with race day registration, the start and finish line, and as road-guards, and we truly appreciate your help. This year, because the race falls during marathon training season, and since many of our runners run long on Saturdays, I wanted to give you the opportunity to organize your training calendars around this event. Saturday runners, please consider running long on Sunday November 11 and volunteer for the Rockets Run on Saturday. BCRR needs you! Think cool thoughts. Fall will be here before you know it!

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.

Olympic Watching, Dubai Style



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

Last month's article was actually about running, so I am not exactly sure what got into me. Temperatures have pretty much stabilized with lows in the mornings in the low to mid nineties, with an occasional warm day in the upper nineties to low 100s. They do not get easier, but Ramadan made it even more difficult, not just because I could not carry water after sunrise (about 5:50 AM toward the end), but also because I could not drink water as easily in the office, so I was not as well hydrated as I usually try to be before a run. Thankfully, Ramadan just ended so I can now carry water and will be able to drink in the office again (not quite what it sounds like). Runs are still tough, but they are slightly easier with water the whole way.

This month's article was really supposed to be about watching the Olympics in Dubai. Everyone that has the local cable service was given access to four sports channels that carried the Olympics twenty-four hours a day. There were also another few channels that carried the Games most of the time. This sounds pretty good, but I would still prefer to watch the Games in the States. Below are some of my reasons for not fully enjoying the viewing here.

First, there was no schedule for what events were to be aired. Most of the time, the schedule on cable said "Premier League", meaning football, er, soccer. No mention of the Olympics, or the events to be aired.

Second, the carriers sometimes changed events in the middle of another. We were watching Andy Murray's semifinal when all of the sudden the channel switched to badminton. Luckily, one of the unrelated channels was airing

the tennis but the commentators were speaking Arabic (we do not). At least we got to watch it.

Third is the choice of events that were aired. I saw more shooting events than I have in all previous Olympics combined. I did not even know they had that many different shooting events (skeet, trap, double trap, air rifles, air pistols). Field Hockey (men's & women's), judo, tae kwon do, wrestling, table tennis, and the previously mentioned badminton obtained a lot of airtime in Dubai.

And finally, there were a lot of time-delayed events. Some of the best events were held in the evening in London, which means late night, or early morning here. Many would be shown live here, but because of the first reason listed above, I couldn't even set DVR to record them. By the time I got home from work all the replays were over and the new day was showing. I know there were problems with time delays in the US as well, but I am guessing you knew when events would be aired that evening. As an example, the women's gold medal basketball game aired at midnight here, and I never did see a replay. I also missed many of the later swimming events. Once track (athletics) began there was very limited swimming shown here.

All in all, I was pretty happy with most of the results, just not totally pleased with what we were able to view given that I was working and not able to watch replays all morning long. Football has started, and I am looking forward to this season, GO TEXANS!

DID YOU KNOW?

The Houston Area Road Runners Association currently has 1768 members on its roster, 491 of which have joined since April 28 of this year. There are almost 600 HARRA members not affiliated with a club, and of BCRR's 300-plus members, there are still 100 that are not registered with HARRA.

This is yet another reason to become a HARRA member and list your club affiliation with BCRR - to help ensure our club wins the annual points competition. It only takes a minute - just visit HARRA.org to sign up.

Membership is \$25 for individuals and \$35 for families, and can be easily renewed annually at the BCRR Banquet. Also included with membership is a subscription to [Texas Runner & Triathlete](#) magazine, a discount at local specialty running stores, a discount at most HARRA races, entry in to the Tour de Bayou series, and much more!

The Law Office of Thomas A. Radosevich

1821 Houston Avenue, just north of
Crockett Street, First Ward
Houston, Texas U.S.A. 77007-4141

Tel (713) 802-1388 Fax (713) 492-0577
Cell (832) 971-4002
email: tomradosevich@comcast.net

Since 1982

Member Profile: Bridget Kaminsky

Name: Bridget Kaminski

Birthday: August 21, 1970

Years running: 10 months

Occupation: Speech and language pathologist.

How many miles a week do you run? 18-20 miles in a good week. It is a juggling act between my work and my two children.

How did you come to join Bayou City? I was sucked into the running vortex after meeting a BCRR member who has a truly inspiring story of how a person can literally transform himself/herself with determination and commitment.

My proudest running accomplishment is: When I completed my first BCRR Sunday 10 mile run.

My favorite training run is: Zilker Park in Austin, TX

My favorite race is: I have only raced in two so far and both have been favorites: 4 the Park in April and Sprint for Life in May.

My best distance is: 13 miles in the summer heat at the BCRR Sunday run.

I run because: It feels great to do something outdoors to stay fit and needing just your own body and a good pair of running shoes.

My life philosophy is: Love yourself. Make peace with who you are and where you are at this moment in time. Listen to your heart. If you can't hear what it is saying in this noisy world, make time for yourself. Let your mind wander among the stars. Try. Take chances. Make mistakes.

My next goal is: Completing the HARRA series plus the Silver Falls Half Marathon in November which all will lead up to my first Houston Half Marathon in January.

Favorite training food: I am not that good of a runner yet to say I have a training food.

The best running advice I could give would be: You should have someone who knows about good running shoes



PHOTO: ROSEMARIE SCHMANDT

Family Fun. Bridget Kaminsky and her children Connor and Catherine enjoy some time in the park.

take you to Luke's Locker to get fitted for a pair. A great pair of shoes makes all the difference in the world!

People would be surprised if they knew: I had academic and dance scholarships, and played soccer at LSU for 4 years, I danced in Superbowls XX, XI and XXII, and I became a published author in February!

The top thing on my dream list is: International travel.

If I could have been anything, besides my current occupation it would be: The latest lottery winner! But truly, I love my job and being able to help individuals who have suffered head, neck, or spinal cord injuries, and stroke.

Other hobbies besides running: Watching my children learn and grow, reading, gardening, soccer, swimming, biking.

I would love to spend the day with: Nelson Mandela to listen to his wisdom.

The most embarrassing thing has happened to me is: All I can say is: "golf course and restroom"!

The most profound thing that has happened in my life: Becoming a mom, twice.

Board Certified • Texas Board of Legal Specialization
Estate Planning and Probate Law

William R. Hayes
ATTORNEY AT LAW

2525 North Loop West #400 • Houston, TX 77008
Tel 713.880.3939 Fax 713.880.9990
wmrhayes@aol.com

North Olympic Discovery Marathon

(continued from page 1)

the trip. Every restaurant was at most a five minute stroll from the hotel. The Red Lion was the site of the packet pickup and expo. A yoga session was offered in a conference room the night before the race. On marathon morning, runners enjoyed free continental breakfast while buses waited in the hotel parking lot ready to deliver loads of participants to the half and full marathon start locations. After the race, it was a breeze to duck into the hotel for a quick rinse before heading out to the pier next door for warm salty noodle soup, fruits, and live music at the post-race party.



PHOTO: JAY HENDRICKSON

Heavy Medal. (from left) Scott Bounds, Dave Piper, Brenda Gonzalez, Keesha Erickson, Lara Allen, and Jay Hendrickson proudly display their NODM medals.

Second was the race course. Both the full and half marathon courses were point to point, mainly on the Olympic Discovery Trail (ODT). This paved trail was the dream of the Peninsula Trails Coalition, which was founded by a group of cyclists with the vision of creating public pathways for non-motorized transportation. Construction on the ODT began in the 1990s, when an abandoned railroad bridge was converted into a pedestrian walkway. Since then, the Coalition has organized large groups of volunteers to renovate the old railway corridor and continue the trail. The portion we ran on was absolutely stunning, as it wound through the woods across the Olympic Peninsula, with the Strait of Juan de Fuca to the north and the Olympic Mountain Range to the south. One of the most beautiful

portions was a shaded stretch along a wooden bridge over a river. One BCRR member reported a close encounter with a deer.

As far as race courses go, the NODM was challenging. The race website describes some of the downhill as "thrilling". This is true, except that those thrilling downhills always seemed to be followed by a ridiculous uphill, and there aren't many of us flatlanders who relish traipsing up an 8% grade (especially at mile 18). Nevertheless, BCRR performed admirably, with many folks achieving PRs, and many others bringing home hardware.

Third was the warm welcome. As I crossed the finish line, the a voice on the loudspeaker cried, "And here is Keesha Erickson, another of the Houston crew finishing strong!" The NODM crew and the city of Port Angeles did a fantastic job making us feel like minor celebrities. We were given a discount on our race entry fee, and as we collected our awards, the announcer recognized us as being part of the club from Texas. At one of the restaurants, the chef even made an appearance to congratulate us and welcome us to the area. Turns out he had lived in Bellaire for a stint. The personalized attention wasn't limited to just the BCRR folks. The NODM has a tradition of assigning each finisher a "buddy", who places a medal around the runner's neck, hands the runner a sports drink, and walks with the runner to help retrieve baggage (all while evaluating the runner's mental and physical condition).

Fourth was the food and wine. I could write a book about the items we chowed down upon during the duration of the trip, but

(continued on page 7)



Desertview Services, Inc.

www.desertviewservices.com

Remodeling • Home Repairs • Roofing • Carpentry
Decks & Patios • Pergolas • Outdoor kitchens • Flooring
Tile work • Welding & Fabrication • Painting • Fencing
Residential & Commercial Insured • Bonded • Licensed

Joe Sellers

Cell (713) 429-9421

Office (713) 856-8524

desertviewservices@sbcglobal.net

Word from the Bird Dog: Gizmo

Name: Gizmo Verlander-Bracht

Age: 11 – VSMD (Veteran Senior Master Dog)

Breed: Yorkshire Terrier

Owners: As an alpha dog, NO ONE OWNS ME! But I do have Human Parents (HP's), Cheryl Verlander and Chuck Bracht.

Years running: Almost 11, but I only ran short distances as a puppy.

How many miles a week do you run? I used to run regularly, but like my HP's, my mileage has decreased as my age has increased.

How did you come to join Bayou City? I joined BCRR when I was three months old. I thought it would be a fun Wednesday night outing at Valhalla with my HP's, and now it is a ritual.

My proudest running accomplishment is: As a MD (Master Dog) I placed 3rd in a one mile K-9 fun run (and there were many more than 3 dogs running). And, at that same event I won the 'Best Trick for Treat' competition.

My favorite training run is: Running after any other dog.

My best distance is: To the front walk when Dad HP gets the morning paper, but in cool weather I can jog around the Rice campus.

I run because: I love to chase squirrels.

My life philosophy is: Eat, sleep, run and continue to learn new tricks because it makes my HP's happy and proud.

My next goal is: I saw this dog on TV who can dance better than I can so I need to learn



PHOTOS: CHERYL VERLANDER

Furry Friend. (clockwise from top) Gizmo launching an attack on the fountain, keeping up with his Facebook friends, and posing with his human, Cheryl Verlander.

some new moves. My Mom HP is my trainer.

Favorite training food: Peanuts. I learned to shell them by watching the squirrels in our backyard.

When I'm running I think about: What dog I can hump next.

When I'm not running I think about: See above.

The best running advice I could give would be: To begin slowly, increase endurance and speed, hydrate, and try to keep up with the big dogs.

People would be surprised to find out: That I do Facebook.

The top thing on my dream list is: To be a daddy, but perhaps I am too old now.


If I could be any other breed it would be: Human, but if a dog, then Great Dane.

Other hobbies besides running: Watching the pool sweep and biting the water from the pencil jets. Spending time with my HP's.

I would love to spend the day with: Rin Tin Tin

The most embarrassing thing that has happened to me is: Being caught in the act with a Yorkie chick and my HP called her HP.

The most profound thing that has happened in my life: I don't know about profound, but maybe scary. It has to be being picked up by my head and shaken by a Dalmatian. I think he was nearsighted and thought I was a squirrel, so it was okay in the end.

8514 Highway 6 North  Houston, TX 77095


KELLER WILLIAMS®

R E A L T Y

- Buying -
- Selling -
- Relocating -
- New Construction -

Ask me about
SPECIAL DEALS
I have for runners


Jill DeVay
Realtor



Member
HARRA
Bayou City
Road Runners
Houston Racing
Triathlon Club

**I'll Go The Extra
Mile For You**

Call Jill at 832-493-3344



North Olympic Discovery Marathon

(continued from page 5)

I should probably leave some room for other articles. Let it suffice to say that the northwest is known for delicious and fresh seafood, and we made sure to sample the halibut, salmon, crab, and shellfish at every opportunity. We liked one restaurant, Michael's, so much that we went there for dinner twice. Try the seafood stew, with fresh fish and fennel. Get an oyster shooter, and keep the fresh bread coming. Every restaurant had a surprising focus on locally sourced ingredients (flora and fauna) and thoughtfully crafted foods. One place infused their own liquor for artisan cocktails, another handmade their pasta, a third offered freshly baked pastries with every breakfast plate. Local wine, beer, and cider was readily available for sampling. Speaking of wineries, BCRR did manage to squeeze in a few tasting sessions. Olympic Cellars, known for their line of "working girl wines", was actually founded by a woman from Dallas. Houston Rodeo medals were proudly draped across several bottles of wine. I would recommend visiting the Harbinger Winery, which shared a wall with the kayak rental place (more on that in a bit). A few BCRR favorites included the Lemberger Rose and the El Jefe red. The Lemberger was a delightfully dry rose that was enjoyed by lovers of white wine and big reds alike. The El Jefe was a fairly full red blend (mostly Syrah, Grenache, and Mourvedre).

And finally were the distractions. The race, the food, and the drink alone were sufficient to earn the NODM top marks, but the quality of the alternate activities really made the trip memorable. The day before the race, a group of Bayou City Road Runners boarded a seafaring vessel and went skipping off in search of orca whales. Shortly after cell phones beeped a warning that the USA-Canadian border had been crossed, a pod of transient killer whales were spotted. According to the guides, these whales migrate across much of the Pacific Ocean, and will eat anything their can catch. This is in contrast to the 85 or so "local" orcas, who eat only salmon. Before the whale watching trip was over, folks enjoyed the sight of bald eagles, harbor seals, sea lions, and even a minke whale in addition to the transient orcas.

The day after the race, several road runners rested their legs, picked up sea kayaks and paddled along the northwestern coastline. The water was uncharacteristically smooth, so it was possible to cruise within an arms' length of the rocky cliffs and gaze at the abundance of

life clinging to the rocks. Huge orange, red, and purple starfish, mussels, and other shellfish blanketed the entire surface of the cliffs. As we paddled, our oars caught on varieties of sea kelp. The chirping of eagles rang across the flat water. Thankfully, zero whales were spotted on this excursion. Afterward, we pulled off our wetsuits, journeyed back to the rental building, and hung our wet socks by the fire as we sampled Harbinger wines. Those that chose to hike instead of whale watch or kayak told tales of waterfalls and general forest beauty, so be sure to check with them about which hikes to put on your to-do list. I've heard Hurricane Ridge is a good one.

In my book, the North Olympic Discovery Marathon fills all requirements for a destination marathon. The weather is ideal for running, and with only a few thousand participants, it is actually possible to settle in to a groove and enjoy the winding trail and rolling hills through the woods. The food was fresh and delicious, the extracurricular activities were awe-inspiring, and the company couldn't have been better. Count me in for the next boutique marathon!



PHOTOS: JAY HENDRICKSON

Play Hard, Run Hard. (clockwise from top). Robin Lowenkron, Brenda Gonzalez, and Keesha Erickson enjoy a boat ride, Eric Pace running hard for the finish line, and Nancy and Scott Bounds relaxing after the race.

BCRR Results from the Road



By Roger Redding

Outriggers 5K, Seabrook, August 4
 Alfonso Torres 22:33, Dewey Guthrie
 26:12, Victor Aguirre 21:26 (2nd
 AG), Larry Cullen 36:26, Mike
 Mangan 27:54 (2nd AG), Suzy
 Seeley 20:59 (1st AG), June Harris
 29:35

Lazy Hazy Crazy Days of Summer 5K, Houston, August 11
 Suzy Seeley 21:53 (1st Masters), Heidi Zimmerman 19:36
 (1st AG), Nicole Richardson 20:21 (1st AG), Jennifer McKay
 24:12 (4th AG), Lisa Foronda 26:26 (2nd AG), Phillip
 Hollocher 18:55 (2nd AG), Tim McGuirk 23:12, Jacob Tonge
 20:22 (2nd AG), David Seeley 31:00, Russell Henderson
 23:28, Dewey Guthrie 25:47, David Harrison 37:25, Mike
 Mangan 28:12 (3rd AG)

Sand Crab 5K Nighttime Beach Run, Galveston, August 11
 John Holmes 30:44 (3rd AG)

TriGirl Sprint Triathlon, Houston, August 12
 (300 yard swim, 11 mile bike, 3 mile run)
 Carolyn Muirhead 1:00:04 (1st Masters)

Feel free to contribute with any interesting
 running material you want to see in the
 newsletter.

We're always on the lookout for entertaining
 run/race reports, how-to/technical articles,
 editorials, and photos.

Just submit your story to
bccr.news@gmail.com.

HARRA Update

I know all of you have been encouraged to participate in the HARRA fall series races and a lot of you have told me that you are not competitive runners and that your participation would not help the BCRR cause, but that is where you are wrong!

The scoring system encourages participation, and although some may think that to understand the HARRA scoring requires a Nobel Prize in mathematics, I will try to break it down.

First, every runner in a series race can designate a club for whom he or she will run. You are running for BCRR. Second, the final race results are sorted by club designation from fastest to slowest. Third, results for the masters and veteran divisions are age graded. Fourth, for women, the top three times in a division are added together, then the next three, then the next three, and so on. For example, if there are nine women competing for BCRR in a division, then BCRR would have three "teams" in that division. Each of the "team" times in a division are ranked from fastest to slowest, and then points are then awarded as follows: 13 for 1st, 10 for 2nd, 7 for 3rd, 5 for 4th, 4 for 5th, 3 for 6th.

But it does not stop there, every other group of three gets 2 points regardless of time! The men's scoring is exactly the same as the women's except there are teams of four instead of three.

Now that wasn't so hard! How can having more people participating help? Let's imagine that we got an extra "team" in each division. That means we would have nine additional women runners—three each for open, masters, and veteran women divisions and twelve additional male runners—four each for open, master, and veteran men divisions that run each HARRA race, the club gets an extra 12 points per race regardless of time.

-Bob Brown



CALENDAR OF EVENTS

(*HARRA event, **BCRR-managed)

| DATE | TIME | LOCATION | ACTIVITY |
|-------|---------|------------------|-----------------------------------|
| 9/14 | 6 PM | Petrol Station | Happy Hour |
| 9/15 | 7:30 AM | Kemah, TX | Toughest 10K Kemah |
| 9/23 | 8:30 AM | Houston, TX | Run for Recovery 5K |
| 9/28 | 6 PM | The Ginger Man | Happy Hour |
| 9/29 | 5 PM | Houston, TX | HARRA Cross Country Relay * |
| 9/30 | 8 AM | George Bush Park | Run for Wellness 5K Series |
| 10/14 | 7 AM | Clear Lake, TX | USA 10-Miler* |
| 10/20 | 8 AM | Galveston, TX | Toughest 10K Galveston |
| 10/28 | 7 AM | Houston, TX | Houston Half Marathon and Relay* |
| 11/10 | TBD | Houston, TX | Rockets Run** |
| 11/18 | 7 AM | Houston, TX | HMSA Classical 25K & 5K* |
| 12/2 | 8 AM | La Porte, TX | La Porte By the Bay Half Marathon |
| 12/9 | 7 AM | Sugar Land, TX | Finish Line Sports 30K* |
| 1/13 | 6:30 AM | Houston, TX | Chevron Houston Marathon* |



BAYOU CITY ROAD RUNNERS
P. O. BOX 925534
HOUSTON, TX 77292-5534

