



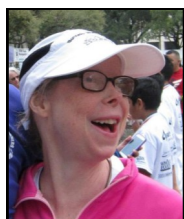
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BCRR MONTHLY NEWS

WWW.BCRR.ORG

ISSUE 53 - September 2015

The French Connection



Lisa Thompson

14 members of BCRR traveled to Lyon France to participate in the 2015 World Masters

Track and Field Championship. Twelve BCRR members ran the half marathon. Two members ran the full marathon; and **Milan Jamrich** high jumped to a silver medal in his age group. So cool to run in a race where every athlete ran in the uniform of their home country.

Will Henderson ran with me on the two-loop course featuring no porta potties, lots of gorgeous trees and hairpin turns. We were passed by a 70-year old British runner at the finish. We cheered an 82-year old American to a world record in yes, the hurdles. Lots of

(Continued on page 4)



Photo credit: Milan Jamrich

BCRR members in Lyon France to compete in the 2015 World Masters Championship. (Clockwise from top left) Will Henderson, David Piper, Allyson Serrao, Kathleen Mahon, June Harris, Patrick Flaherty, Lisa Thompson, Avi Moss, Ben Harvie, Deborah Putzka Touchy, Nancy Greig, Peter Griffiths, Milan Jamrich, and Matthew Reue. Not pictured, Joe Conway (ran for Ireland).

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Word from the Bird

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FREE

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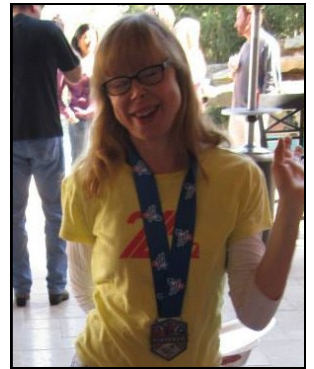
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Member Database

Has your contact info changed recently? Send any updates to young.andrew.joseph@gmail.com.

From the President

**Fall is for Runners**

Hey BCRR, it's time to gear up for the fall HARRA race series. First stop was the Party in the Park (at Memorial Park August 29). Near the Tennis center, we set up tents

representing area run clubs

and volunteers served

cold beer and fresh

watermelon to the

runners at the

park. The first

race action is coming up later this month. Saturday, September 26 is

the annual Cross Country Relay. Our garage sale generated \$952 to

subsidize relay entries. We hope to have at least 18 BCRR relay

teams—or a big showing like our presence at the Bayou Bash. Please

remember, if you run all fall HARRA races, you can be awarded the

prestigious *Iron Foot Award*. Pace does not matter. *Participation* is the

key for the Iron Foot. Show your BCRR pride, wear purple, and partici-

pate—run, run, run!!!

See you on the road,

Lisa



**HOUSTON
AREA
ROAD
RUNNERS
ASSOCIATION**

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 susancita.bcrr@gmail.com.

Let's Eat More Plants



Catie Cohen

"Vegan." A few months ago, that was a word I never even thought about. Definitely never imagined I would use it to refer to myself. Personally, giving up meat wasn't a concern at all. But as a girl who could make a meal of ice cream and ate salads almost exclusively for the feta cheese, giving up those things wasn't top on my to-do list.

My plant-based/vegan journey began in June when I was doing one of my favorite morning routines, listening to a podcast while driving to work. I was trying out the Rich Roll Podcast (commonly known as RRP) for the first time with special guest **Dr. Garth Davis** (a Houston-based weight loss surgeon) speaking about "our misplaced obsession with protein".

Garth made an astounding number of arguments as to why a plant-based life style is healthier for you, leads to more sustainable weight loss, and improves overall athletic performance. A couple of the key things that kick-started my fascination and passion are as follows:

1) Animal products are the most prominent source



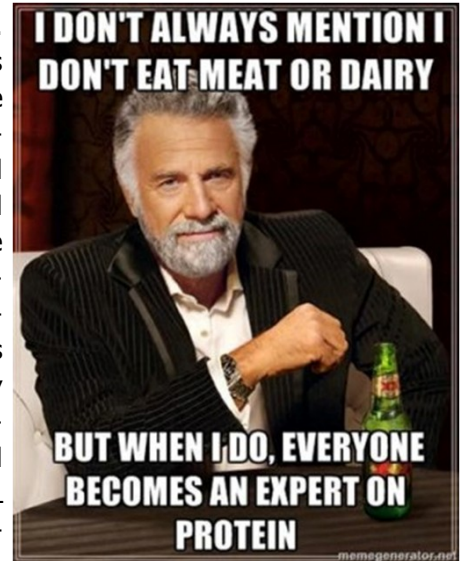
Photo credit: Catie Cohen

of bad cholesterol.

Our liver produces an adequate amount of cholesterol, the good kind that we need to survive. The good kind of cholesterol, commonly known as HDL (high density lipoprotein) removes the bad cholesterol, LDL (low density lipoprotein) from the

arteries. LDL causes plaque build-up and narrows the passages of our arteries. This can lead to heart attacks and strokes. There is zero, I repeat, zero worrisome cholesterol in plants! This means no plaque build-up in our arteries. As an endurance athlete, I immediately linked this to improved performance. The more efficient your body is at transporting oxygenated blood to the various parts of your body, the better. Right?

2) Time to answer my favorite question: "But where do you get your protein?" Why, thank you for asking! Fascinatingly, we do not need as much protein as we are often led to believe. Most sources will say that 10-35% of our daily calories should come from protein. I think that's a bit high. Milk that babies drink during infancy is 6% protein and is packed with nutrients to promote growth and boost the immune system. When we are infants, we are in need of a higher protein diet, because we are developing and need to grow. Once we are weaned off of that milk, and growth takes place at a slower rate, our bodies stop producing rennin and lactase. Rennin is an enzyme that breaks down protein and lactase is an enzyme that takes milk sugar and transforms it into sugars our bodies utilize, such as glucose. Cow's milk is 21% protein and is designed to help calves gain 2lbs per day during the first nine months of their lives (as a prey species, natural selection favors those who grow more quickly, hence the high protein content). This leads me to believe that our highest protein requirement is during our



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Get to Know Jackie

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: **Jackie Tobin**



Photo credit: Jackie Tobin

- Age: 35
- Hometown: Corpus Christi, TX
- Years in Houston: 9
- Occupation: Domestic Economist (Full time Mommy)
- Years Running: I started running at the age of 3 on a track with my dad, plus I have 3 older brothers, so I was such a tomboy growing up.
- How many miles per week do you run? Now that I'm part of BCRR I run about 20 (Sun, Wed, and Fri) but before joining the group I would run about 9 miles per week.
- How did you come to join BCRR? **Larry Lindeen** recruited me after a 5k race...so glad that he did.
- My favorite training run is: I really like the Friday morning workouts, whatever **Peter** and **Tuan** have planned.
- My favorite race is the 5k.
- I run because I've always loved running and now it's my "Mommy time out"... time for myself.
- My life philosophy is: Make everyday the "Best day ever" (especially for my sons).
- My next goal is: One more baby -- I think.
- When I'm running I think about: Everything
- The best running advice I could give would be "Listen to your body" - I have two torn meniscus and I'm still learning how to listen to my body.
- People would be surprised if they knew: I BEAT cancer.
- Other hobbies beside running: I feel like I don't have time for hobbies anymore since I'm inundated with school projects and

boy's sports.

- I would love to spend the day with Daenerys Targaryen (AKA Khaleesi) from *Game of Thrones* -- ha!
- The most profound thing that has happened in my life is giving birth to our 2 boys, it was pretty amazing and frightening at the same time.

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



Photo credit: Milan Jamrich

Lyon France World Championship

(Continued from page 1)

people yelled, "Go USA" and some wanted their pictures taken with us. This was an amazingly inspiring event that I would participate in again in a heartbeat. Results can be found at this link...

www.lyon2015.com/Result-wma/Results.htm. Next year the event will be in Perth Australia. Anyone 35 and older can participate.

At left: Smiling all the way, BCRR's Allyson Serrao and David Piper looked strong last month in Lyon France at the World Masters Track and Field Championship.

Get to Know Daan

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: **Daan Veeningen**

- Age: 43
- Hometown: Delft, the Netherlands
- Years in Houston: Since 2001 (for my second time in Houston)
- Occupation: Sales and marketing for an oilfield technology.
- Years Running: Since crawling years.
- How many miles per week do you run? Varying, but usually <10 miles.
- How did you come to join BCRR? Signed up for the Vancouver 1/2 marathon.
- My proudest running accomplishment is: Completing this 13.1 mile race with just 2 weeks of training.
- My favorite training run is: Rice
- My favorite race is: Vancouver - it was 60 Degrees Fahrenheit!
- My best distance is: 10K
- I run because it is a fun way to explore cities while traveling.
- My life philosophy is: Always search - Namaste.
- My next goal is: 1/2 Ironman triathlon
- Favorite training food: french fries - with Mayo
- When I'm running I think about that sweet potato fries taste better too
- The best running advice I could give would be: Train at altitude or in heat, then compete at favorable conditions.
- People would be surprised if they knew that my nickname used to be 'the blob.'
- The top thing on my dream list is: Front page article in the *Wall Street Journal*.
- Other hobbies beside running: yoga, biking, paddleboarding, ice climbing, skiing.
- I would love to spend the day with: My Grandma.
- The most embarrassing thing that has happened to me is: must have forgotten...
- The most profound thing that has happened in my life: Being a father to three daughters.



Photo credit: Daan Veeningen

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



Whole Lotta Runnin' Goin' On



Andrew Young

Each week, BCRR holds several runs for our members--Mellow Monday, the Wednesday Rice/Valhalla combo, and the Sunday long run. However, there is no way that only three runs per week can satisfy the running mania of this club. On any given day you are likely to find BCRR runners gathering for informal sessions or organized training groups. Here is a list of some of our favorite weekly non-club runs. Take the next step in your training and try one out!

WILL'S HILLS

-Mondays, Wednesdays, and Fridays-

Will's Hills has been alive and well for 10 years. We started with a group of early morning trail runners who wanted to do some hill work, run on a soft surface and be done before 7:00 am. Our workouts tend to be short in duration and high in intensity. We run at Spotts Park at 5:30 am (and finish by 6:40am) on Mondays, Wednesdays, and Fridays. However, be sure to check the schedule at www.WillsHills.net before visiting, as sometimes we change the workouts to Tuesday and Thursday, to confuse "The Enemy" :-). We are mildly competitive and have runners of all speeds. We are into a great workout with a good social experience. Usually we have between 10 and 25 runners, which leads to a special kind of intimacy. Any and all are welcome. The cost is \$50 for a 10 week session (\$40 for renewals).

NEW MOUNT BACON

-Tuesdays-

You may have heard of the Mt. Bacon (run from Memorial Park to the Marriott Hotel on 610, run the Marriott Garage twice and return to Memorial Park) and the mini-Mt. Bacon (run from St. Martin's Episcopal Church and do the same). Those are old school. You spend most of your time running on level ground when the whole idea of the exercise is to get in some "hill work." Here is the new Mt. Bacon: meet at the north end of Uptown Park and run the quarter mile (or so) to the Marriott Hotel. You now have plenty of time to do the garage several times. Some of us run it once or twice, and some of us run it several times. The current

record is ten times. We meet each Tuesday at 5:30 a.m. So come join us! **Bob Thompson** coordinates the run, so contact him for details: rthompson@pcaconsultants.com.

RICE TRACK

-Tuesdays-

You are never too old to work on speed -- or strength for that matter. With that in mind, **Jon Warren's** track/hill weekly workouts are ideal to make sure you work on your speed and strength. The hills which generally run from May through November, start at 6 pm from St. Thomas High School. The track workouts start at 6 pm at the Rice track (November through May) and prepare runners -- depending on your specialty -- for marathon down to 800 meters -- but you have to choose. I would not recommend trying to train for a marathon and 800 meters at the same time -- sorry for the digression. On a personal note, **Jon Warren** has helped me with customized track workouts. The fee is \$30 a month. Contact jhwarren@rice.edu for more details about joining the group.

TRASH RUN

-Wednesdays-

This run is so-named because the only things out on the streets at this hour of the morning are runners and trash cans. Contact **Katie Decker**, katie.h.decker@gmail.com for more details.

MEMORIAL PARK SPEED WORK

-Fridays-

For Friday speed work we meet at Memorial Park mile 0 at 5:30 AM, and start with a 2 mile warm up at 8:00 - 8:30 pace. The workouts vary, and can range from 1/2 mile repeats to a 5 mile tempo run. We typically finish with a 1 mile cool down, and afterwards, meet for coffee at Starbucks. Contact **Peter Griffiths**, p_griffiths@bellsouth.net for more details.



Party in the Park

On an amazingly beautiful Saturday morning (8/29), a dozen of the BCRR faithful came out to support the HARRA *Party in the Park*. The event is a kind of gift to the local running community, and an advertising vehicle for running clubs and area race promoters. BCRR hosts talked to dozens of potential members, as passersby were naturally drawn to our winning smiles (and shady tent). THANK YOU to everyone that helped make this event a success.

Some of the BCRR volunteers supporting the HARRA event (L-R): Ben Emley, Joe Lengfellner, Lisa Thompson, Molly Regan, Joel DuBois, Capt John Phillips, and Peter Griffiths.



Photo credit: Rosemarie Schmandt

Let's Eat More Plants

(Continued from page 3)

first months as a baby, so a diet in extreme excess of 6% protein seems unnecessary.

This combined with the fact that protein is literally in everything. Eating a diet insufficient in protein is almost impossible to do unless you are starving. Unlike animal proteins that come with complimentary saturated fats, cholesterol, added hormones and antibiotics (yum?) plant proteins actually provide you with added bonuses of antioxidants, fiber, minerals, and phytochemicals. FUN FACT: There is 11.2 g of protein in 100 calories of broccoli, while there is only 5.4 g of protein in 100 calories of steak. Say what?!

Striking information like this is what started me on my plant-based journey. Since it has begun I have become increasingly interested in what I am putting into my body, how my body processes foods, how foods are produced, why information like I just shared is hidden in fancy terminology and not made easily understandable to the public, and how it can impact an athletic lifestyle. I hope that this little bit of information will peak your curiosity like it did mine. While you may not be ready to throw meat or dairy completely out of your diet yet, I hope that you will perhaps think about shifting it from the main focus of a dish, to perhaps a side or a smaller portion. I bet your body will thank you.

I can proudly say that, "My body has thanked me!" I see improvements in my digestion, overall digestive comfort (yeah, I said it :P), recovery time after a run or workout (I was running again, and feeling good, only 2 days after my hilly half ironman in

Lubbock, TX), and even clearer skin. Not to mention my excitement in the kitchen, the friends that I have made through community and food, and my joy at being able to "eat the rainbow everyday" (a quote from one of my favorite, local Houston bloggers **Ruth Black** at theplant-basedpantry.com).

If you would like to hear the entirety of what Dr. Garth has to say, check out the *Rich Roll Podcast, episode 50: Our Misplace Obsession with Protein*. And if you have any questions, or would like to discuss, please chat me up on a run!



Photo credit: Catie Cohen

Chris & Lynn McGrew – Runners Turned Cyclists for the Tour de France



Lynn McGrew

and do the trip with just the two of us. Over time,

The *Tour de France* has always fascinated me, and for years have been planning on making a trip over to see it. To finally get a chance to go was a dream come true, and an experience worth waiting for. At first,

we had planned to do all our own logistics

Tallerois, Saint-Jean-de-Maurienne, Allemont, Alpe d'Huez, and over Cols de Forclaz, Leschaux, Chaussy, monstrous Glandon, Alpe d'Huez, Sarenne, Villard Notre Dame, and Ornon. In total, we did six days of riding, 400 kilometers, with over 10,000 meters of climbing. The weather proved to be about equal to Houston, so all our hot spring and summer training did us good. As best we could do to train for all this was ride as many miles in Houston flatlands as we could muster, with a few trips to the Texas Hill Country and a weekend or two in Colorado, in the mix. The reward for all our hard work was the beautiful mountain vistas we appreciated daily while in the Alps, along with the many friendly, kindred cyclists of all European nationalities. The nice hotels, and 4-star cuisine, was certainly deserved after all that riding everyday, too.

The trip concluded in Paris for Stage 21 along the Champs Elysees. Although it was a chilly and rainy day, the weather cleared up in time for the race. We had VIP access for the finale and were able to mingle amongst the team buses, cars, and riders after the race. Getting to meet **Andrew Talansky** and **Tyler Farrer**, the two Americans left in the Tour, was a particular thrill. As most of the riders were, they both were generous with their time and were more than happy for a chat and a picture.



Photo credit: Lynn McGrew

After a grueling hill climb at Col du Glandon, Lynn and Chris McGrew are rewarded with a spectacular view of the French alps.

however, we decided to do the trip with a group and have the logistics handled for us. There are for sure pros and cons to both, and I would like to do a Grand Tour trip 100% on my own terms, but this turned out to be the right decision for this time.

We went with an outfit called *Trek Travel*, an arm of the Trek bicycle company. TT were the most attractive option for us because of the access to teams and riders they could offer, and also because of the quality of bicycles they have in their quiver. We each ended up on the *Trek Emonda SLR*, a lightweight machine that excels at climbing. Good for us, it turns out, there is much climbing to be had in the Alps. Our particular trip would link us up with the Tour on Stage 14, and we would spend the last week of it roughly following it through the Alps, then back to Paris for the finale.

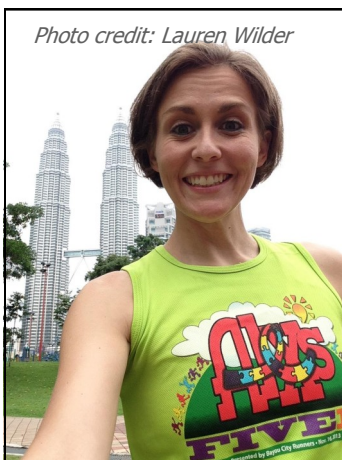
The trip began at Lake Annecy, taking us from Annecy to



Photo credit: Lynn McGrew

True winners at Alpe d'Huez France near the end of Le Tour.

What Did You do on Summer Vacation?—Alex Edition



No matter where BCRR members travel, they remember the BCRR team back home and often give a visual "shout out" to our favorite race—Alex's 5K (coming up Nov 14). Shown above clockwise from top: the World Masters Championship participants take over a hotel in Aix en Provence in the south of France to show the colors, **Joe Sellers** with **Kathi Mahon**, **Hope Sellers**, and **Milan Jamrich** work it at the beach in St John Virgin Islands, **Andrew Young** stood in the sun at THE Acropolis of Athens, **Ron Morgan** and **Theresa Pearsall** braved rattlesnakes (true story) at Enchanted Rock, and **Lauren Wilder** checks in with a double—first with her crew in from Plitvice Lakes National Park in Croatia, then at the Petronas Towers in Kuala Lumpur Malaysia. Thank you to all BCRR's ambassadors, and keep spreading the word about this event. Learn more at www.alex5k.com.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
9/2	Houston, TX (Rice Campus)	Rice Run & Valhalla ALUMNI Night
9/19	Pearland, TX	Family Matters Fun Run 10K and 5K
9/26	Houston, TX (Spotts Park)	HARRA Cross Country Relay*
10/11	Houston, TX (Bay Area Blvd)	One Main Financial 10 Miler*
10/25	Houston, TX	Houston Half Marathon and 10k*
11/14	Houston, TX (Tom Bass Park)	Alex's 5K**
11/22	Houston, TX (Wortham Center Plaza)	HMSA Classical 25K*
12/13	Sugarland, TX	FLS 30K*

*Official HARRA race series event.

**BCRR club race



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