



WORD from = the BIRD

BCRR MONTHLY NEWS

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Help for Hurricane Harvey Headaches



Joe Lengfeller

Hurricane Harvey hit Houston like Niagara Falls. The deluge of water just kept coming and coming. The unprecedented flooding maxed out our bayous and retention ponds, and turned streets into rivers. Meteorologists are calling the storm "A once in 500-year event," and some folks call it "A once in 1,000 year event." Whatever the case, it was BIG, and for many Texans a big headache remains. From flooded homes and cars, to uprooted families and lives, over 100,000 Houstonians—including some BCRR members—are dealing with a myriad of headaches leftover from the storm. For folks interested in supporting our friends impacted by the storm, financial donations are always welcomed by many trustworthy organizations. However, money is not the only option. There are many

15 Ways to Help a Friend Smile (for Free):

- Call to say "Hello." Remember phones before texting?
- Offer to walk their dog, or house sit for their cat.
- Help them clean their home. For extra credit, bring some great music.
- Send a letter. Imagine getting something besides bills!
- Sit with them and watch a favorite TV show, or just read the newspaper.
- Invite them for a run, or go on a simple walk.
- Send a picture reminding them of the two of you in brighter times.
- Babysit their kids while they run an errand, or to give them a breather. *This favor REALLY shows you care!*
- Record a silly video greeting and send it to them.
- Offer to run an errand for them, or *with* them. Do they need cleaning supplies, milk, pet food, or wine?
- Offer to do some yard work, or wash their car.
- Send them a simple text complimenting what you admire/appreciate about them.
- Sit in the park, or mall, and people watch with them.
- Offer to help research "How to fill out" forms they need, or tips for navigating the bureaucracy.
- Play Trivial Pursuit, or cards, or chess.
- Give a hug.*



Photo credit: Tina Reynolds

ways to show you care. To help inspire you, here's 15 options to consider.

Working to keep their spirits high despite the rough stories on the TV newscasts, some BCRR members look for the silver lining in the clouds of Hurricane Harvey by going for a rainy run. Runners (L-R): Tina Reynolds, Andrew Kenworthy, Sheila Ramamurthy, Tom Wille, and Neeraj Rohilla.

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Word from the Bird

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From the President



Photo credit: Milan Jamrich

Hi BCRR!

One of the things that has always stood out to me about this club is the way in which we take care of one another. BCRR is a community, not just a collection of people who run together. Now more than ever we need to come together and look out for each other. As I watched this disaster unfold from a position of relative comfort and safety, I felt completely powerless. Now is the time to reclaim that power and start to heal our city. For those of you who were affected by this storm, please don't hesitate to tell us what you need. This club has members with all types of skills and knowledge, and it's amazing what we can accomplish. For those of you who are in a position to help, let's communicate, organize and exchange ideas. Everyone with whom I've spoken has expressed a tremendous desire to contribute to the recovery, so let's translate those good intentions into practice.



Ominous flood waters at I-45
by the "Be Someone" graffiti bridge.

Looking forward, BCRR, life will, eventually, regain some sense of normalcy. We're the defending HARRA Fall Series champions, and I think we have every reason to believe we can defend our title. Let's get off to a strong start at the *XC Relay* later this month. The club will pick up the

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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 p_griffiths@bellsouth.net.

Running the Lunar Rendezvous and Other Important Matters



Mike Mangan

I had been asked to report on running the *Lunar Rendezvous*, so I better do that before dealing with the other important matters. Here goes!

This year was the 39th running of the *Lunar Rendezvous*. It is run at *Space Center Houston*. The course is so flat that a speed bump will seem like a mountain in comparison to the highest "hill" on the race course. It starts just inside the facility and ends in the parking lot. You run a short distance into the facility, then around the equivalent of a huge city block and end in the parking lot. You will be able to see a space shuttle and the plane that carries it along the route. Otherwise, it is a very boring run.

The race was once one of the premier summer races in the Houston area. They always had a crowd of a thousand or so runners. Then it fell into the hands of disinterested race management. It was so bad that the age group awards one year were of all things --- socks! Yes, socks. We all wear socks. But, we buy socks! We win awards!

The race is now being managed by a competent, solid race director. This year they gave bobble-head American Eagles. You can never have enough of those! And, since it's outside the loop, "real people" have a chance to win the awards.



Photo credit: June Harris

Mike Mangan (above) joined June Harris and Vicki Jones winning AG medals at the *Lunar Rendezvous 5K*.

Which brings me to a much more important topic: How to Win a Race Award. So, read carefully.

How Real Runners Can Win Race Awards

Note: this is written for "real" people, not "zero body fat" people. Who are real people? If you are running the River Oaks Sunday run and are struggling at a 9-minute mile pace, you are surely in the real people category.

The folks that pass you talking casually and make you look like you're standing still; you guessed it, zero body fat people! Those folks go to Sean Wade for advice.

You should listen to Uncle Mikey! Here are the rules to win race awards and look cool at the same time:

1. Definitely be cool! That means, of course, be hot and sweaty. That sure makes sense! You must be seen giving it a "full" effort. You can define full, but be sure to be hot and sweaty when you finish. Easy, of course, in the summer heat!
2. AND, be sure to be seen running across the finish line! The folks at the finish line will assume you ran the whole way.
3. Further, don't tell anyone if you walked some, no matter how short the distance. That is your little secret!
4. Get older! Seems easy, doesn't it? You don't even have to train for it!
5. Be patient! You may have to wait a long time. Here's why? Each succeeding 5-year age group becomes 50% smaller after you get into your 50s. So, if you think of the 70-74 age group in Houston having 400 runners, the 50-54 age group will have 6400 runners!
6. Be even more patient. Sorry to tell you this but the fastest runners are the ones that keep running!
7. Never run a race inside the loop. The fastest people think driving a half hour to a race is much too long. And, spending \$2 for gas is out of the question.

(Continued on page 7)

Word from the Prez

(Continued from page 2)

entry fee and help organize teams. We just request that you renew your BCRR, and HARRA memberships, if you haven't already. The rest of the *Fall Series* will unfold before we know it, and I look forward to running and partying with all of you! Keep an eye on the weekly email and Facebook for updates.

Our BCRR dues are only \$30 for the year, and for that you get supported training runs, endless parties, club tents at races... (by the way, it's renewal season--go online and pay your dues!). You might wonder how we do all those things on that budget, and the answer is simple: volunteers. We rely on your support to keep this club running, and fall is a busy season. Please consider giving back to the club by helping out with the fall garage sale, showing up early to set up for one of the races, or volunteering at the *Rockets Run* in November. I would love to see everyone volunteer at least once per year--who knows, you might even have fun!

Happy running!
Andrew



Get to Know Kern

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 newer member on the BCRR team.

- Name: **Kern Hankins**
- Age: 55
- Hometown: Bakersfield, CA
- Years in Houston: 1
- Occupation: Engineer for an oil company
- Years Running: 30
- How many miles per week do you run? Varies widely, ~25 is comfortable right now.
- How did you come to join BCRR? Sian found BCRR on a search before we moved here, clearly an awesome social running group.
- My proudest running accomplishment is... Finishing the Mt. Charleston marathon with a BQ time this year.
- My favorite training run is... Around Hafod y Llyn (lake) near Sian's cottage in North Wales.
- My favorite race is... 5k Park Run - free races in city parks that are very popular in UK and Europe but have not yet caught on in US.
- My best distance is... Half marathon
- I run because... It provides the ideal opportunity to think - or *not* to think.
- My life philosophy is... To live in the moment, but not just for the moment.
- My next goal is... To run a personal best half marathon.
- Favorite training food: Pizza
- When I'm running I think about... Whatever problem enters my mind and wants to be solved.
- The best running advice I could give would be... Enjoy running in any way that is good *for you*.
- People would be surprised if they knew... I have ridden my Mountain Bike on six continents (a 2001 Ellsworth Truth).
- The top thing on my dream list is... To run at an elevation over 6000 meters.
- Other hobbies beside running: Tennis, cycling (MTB mostly), ping-pong, cooking, hiking, travel ... it's a really long list.
- I would love to spend the day with... My wife Sian.
- The most embarrassing thing that has happened to me is... Getting lost on a 23K trail run in Colombia and having people go looking for us.
- The most profound thing that has happened in my life... Meeting Sian in Peru.



Kern Hankins taking a break from a run in the surreal desert of Moab, Utah.



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!

Get to Know Jacqueline

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 newer member on the BCRR team.



Photo credit: Jacqueline Flaherty

Jacqueline Flaherty killing it at the Spartan Race.

- Name: **Jacqueline Flaherty**
- Age: 29
- Hometown: Born in Harrisburg, PA, lived for 10 year in Pittsburgh.
- Years in Houston: 3 months
- Occupation: Account Manager, Houston Sales office Highmark HMIG
- Years Running: 8 years
- How many miles per week do you run? 40
- How did you come to join BCRR? Online search. I came on a Sunday and knew I finally found a club I wanted to join with people I loved to be around.
- My proudest running accomplishment is... 1:33 at the Pittsburgh half marathon, 19:20 5k, and qualifying for Spartan's world championship.
- My favorite training run is... Sunday long run (12 miles) with BCRR or Friday speedwork.
- My favorite race is... Ragnar trail series. Anything 10+ miles running the trails.
- My best distance is... Anything over 6 miles, but under 15 miles.
- I run because... It's rewarding.
- My life philosophy is... Focus on yourself and what makes you feel good. I look at personal growths and personal bests, not what others

are doing.

- My next goal is... Possibly get my half under 1:30, but mostly just continue to stay healthy and enjoy the run.
- Favorite training food: Homemade granola bars with oats, peanut butter, apples, pears and bananas.
- When I'm running I think about... How far I've come with my fitness journey. In college I could hardly run a mile straight without stopping.
- The best running advice I could give... Would be to set goals, forgive yourself, but never give up.
- People would be surprised if they knew... I use to be a pole-vaulter in high school just because my friends did track and I would hide during the hard workouts.
- The top thing on my dream list is... Live a life that has meaning and helps others, even its just by being a good person and friend. I also hope that I have many more years of running and great health.
- Other hobbies beside running: I love the outdoors; hiking and boating. Spending time with my husband and French bulldog. I enjoy wine, friends, dancing, and golfing.
- I would love to... Spend the day with Shalane Flanagan.
- The most embarrassing thing that has happened to me is... I talk too much. I am a constant over sharer, especially during a long run when I am trying to take my mind off running.
- The most profound thing that has happened in my life... Is marrying my husband. Second would be all the running/racing accomplishments and placements I have worked so hard for.

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!

Monday Mellow Dash & Splash, and Belgian Frites Recipe



Alan Svoboda

Sue Leone talked with me and we decided to have a *Dash & Splash* event after the *Monday Mellow Run*. We didn't think that many people would show up, but we believe about 50 people made it to the event. Thank you all! It turned out to be quite fun and many new members were introduced to BCRR members which have been part of the BCRR group for many years. Hopefully we can make the last Monday of July a regular *Mellow Monday Dash & Splash* event. ***On vera! - Vedremo!***

Sue wanted something simple. I was for that, but I've been wanting to make Belgian Frites for many years. Sue spent time in Brussels when her dad was working with Gulf-Western so I guess she kind-of agreed with the concept. When I was young, my father (Dow Chemical) completed a couple of projects in Terneuzen, Netherlands which is about 45 minutes north of Antwerp, Belgium. My parents would go out each weekend to tour cathedrals and other sites. My Canadian friends and I would go out ride bikes, swim at the pool and then go out for frites at the local frites (French fry) stand. For about 1.5 guilders (60 cents), we'd get a huge cone of frites. One day I promised myself I would learn to make those puppies. This event was the time!

I'm not sure how well I communicated the plan to Sue, but **Chuck Bracht** was all for it. I spoke to Sue and she said it would be OK. I later learned from Sue that I had "hijacked" her event! Nonetheless, I ventured to *ACE Restaurant Supply* about two weeks prior to the *Mellow Monday* event to get what I needed.

- Belgian Frites (French Fry) Cutter.
- Mounting Board.
- C-Clamps to hold board down to cut Frites.
- Thermometer to monitor oil temperature.
- V-shaped Cones – Snow Cone too small so settled for Pop-Corn Cones and cut them down.
- Frying Pans (Already Had in Kitchen)

My research into making the frites showed that I should use mainly an animal fat type oil. We tried with 100% canola oil the week prior with frites cut to 1/2 inch thickness. The frites were good, but not great. Hence, the night of the event, I tried about a 50% canola oil/50% lard (pork) mixture – good choice I think. I found a website after the event where you can buy Belgian Frites Lard from Europe (<http://store.belgianshop.com/>). Guess I'll have to try this next, but a little pricey on the lard price. It is reported that Belgians use horse or duck lard for frites. I'll have to research this some more prior to buying the product!



Photo credit: Megan O'Leary

After the hot Mellow Monday run on July 31, it was time for the cool down party at Chez Le Maison Terrace

The procedure to make Belgian Frites is somewhat lengthy. The night prior, I peeled my Russet Potatoes and placed them into a large pot with ice cold water and let them sit overnight. The following day after about 12 pm, I cut the fries with my 3/8 inch die. I had tried the 1/2 inch die the previous week, but felt the thinner frites would work better. The cut frites were placed into another pot of cold water and then dried and brought to room temperature prior to cooking. This technique is to further remove starch from the potatoes to improve taste.

All frites were pre-cooked at 300°F for about 5 minutes and the placed onto paper towels for cooking later. The frites should come back to room temperature prior to the final frying. When people arrived, frites were made to order. I used a temperature of 400°F for 2 minutes to brown the frites. No more than two handfuls were cooked at a time. With smaller pots, you may want to limit this to one handful. Too many frites will drop the temperature of the oil and you will not brown the frites properly.

The flash-fried frites were salted and a handful of frites was placed into a cone. We had several sauces to add on top of the frites. A small plastic fork is added to let you eat them from the cone. Nonetheless, it is a bit messy. Here is a list of the sauces we provided:

- Mayonnaise – Good old regular egg & oil based stuff
- Salad Dressing – Miracle Whip Light and Miracle Whip
- Chipotle Mayonnaise
- Tony Chachere's Mayonnaise
- Ketchup (We broke down to peer pressure and put a

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Lunar Rendezvous*(Continued from page 3)*

8. Pick a small race. Maybe you will be the only runner in your age group!

9. That reminds me. NEVER, but never tell anyone how many people were in your age group!! If asked, the standard answer is, "I'm not sure, but I know there were several hundred in the race."

10. If a race offers the choice of two distances, choose the shorter distance. The faster folks almost always choose the longer distance. However, just to be sure, hang out with some fast folks and just listen. If they say something like, "Let's work on our speed in the race tomorrow," choose the longer race.

11. Run outside the loop; the further the better!

12. Don't get too old! You run out of age groups. Uncle Mikey now has this problem. If the age group is 60 and over, Uncle Mikey is running against people who are 16 years younger. Not good!

13. If you find a good 5K with a 75+ age group, tell Uncle Mikey. There are a lot of fast youngsters coming up (only 70 or so in age). They're taking the awards that Uncle Mikey used to get.

Next time Uncle Mikey will tell you how much fun it is to convince your doctors, and your wife and family, that it is very normal to be running 25 miles a week at the tender age of 76!

Dash & Splash*(Continued from page 6)*

bottle out)

The frites turned out superb, but I seldom take pictures. This would be a good rendition.

The frites experience was enhanced by the hamburgers and "Nolan Ryan" Hot Dogs that Chuck prepared and the Margaritas that **Jay Hendrickson** was making in front of me. I did find my bed that night – I think?

What I haven't talked about is the work Sue did to put out everything else. She went out shopping and had condiments for everything. Sue put out an amazing spread of food to go with the meat and fried food choices. Her pecan pie, cookies and desserts were over the top.

What makes all these events great is the shared effort!!

Special Thanks!

Chuck Bracht and **Cheryl Verlander**

Jay and **Cathy Hendrickson**

And

Everyone that showed up to share in the fun!

A la prochaine, mes amis!



Photo credit: Alan Svoboda

*If you missed the Dash & Splash party on July 31,
you missed some great Belgian Frites!*

Move Over Anvil, There are New Baristas In Town

BCRR's First Ever Cocktail Making Class



Frank Dougherty

"I'll have an Old Cuban; shaken not stirred!" As the sun was settling down over Houston on a balmy, mid-August afternoon, the heat was just beginning to turn up in BCRR's first cocktail-making class. The class was hosted by BCRR's very own **Chuck Bracht** and **Cheryl Verlander** at their lovely home, where BCRR-barista apprentices feverishly absorbed as much knowledge—along with some alcohol—on how to make their very own cocktails. While yes, learning how to make and mix a cocktail was the magic of the evening, the history, etymology, and legend of cocktail making were also sprinkled (much like a cocktail's bitters) into discussions throughout the night.

The seedling idea for the class germinated from a wine-filled conversation at one of the many (in) famous BCRR happy hours. As I remember it, Chuck and I were talking at the *Black Labrador Pub* in Montrose. He mentioned how he would be attending a much-anticipated lecture on wine near Rice University. The lecture would be delivered by a wine Master Sommelier, of which there are less than 240 professionals worldwide with this distinction. Knowing that Chuck was a cocktail sommelier himself, as an attendee of countless "Tales of the Cocktails" conventions, I suggested he host a class to share some of the knowledge he learned throughout the years. He took the idea and did what all BCRR members do best: he ran with it. While I will let Chuck and Cheryl do all of the talking and heavy lifting when it comes to the secrets and art of making cocktails, I will share a bit of what I discovered as a novice mixologist on that August day. Yet, I digress, let's get back to the class that was heating up.

First up on the menu was a "fancy drink," called the Old Cuban. When Chuck first introduced the name, I pictured a cigar in a dusty box waiting to be lit. That was far from the truth. The reason it is considered a fancy drink is because it is served with sparkling wine and is a great drink to kickstart an evening. After a quick history lesson on the drink's origin, which stems from the French 75 (Google it), the cocktail rookies kickstarted their evening and went straight to work. They used their muddlers, jiggers, Hawthorn strainers, to mix the rum, mint leaves, lime juice, simple syrup, bitters along with some Champagne to craft their first creation. The manual labor of shaking the drinks and the mental fatigue that comes with precise measuring of volumes surely worked up an appetite, allowing for the perfect opportunity to enjoy light eats alongside of everyone's newly mixed handiwork.

Much like a marathon, consuming cocktails with Chuck and Cheryl requires stamina. There was no time to rest and walk, as we were already off to the next drink. Next

on the menu was one of the most classic drinks of them all: the Daiquiri. Originated in Cuba and coined by a fellow named Jennings Cox, the Daiquiri required BCRR members to mix rum, lime juice and simple syrup. Some mingling, and sharing of cocktail tips and tricks ensued. Chuck and Cheryl emphasized how a cocktail is only as good as its ingredients. Freshness of ingredients is key. Chuck's belief in this concept was so pervasive that he had freshly squeezed at least 5 dozen limes (that may even be an understatement) to prepare for the class. More mingling and story sharing ensued as we rounded the curve for our final lap.

Finally, for our bell lap, there was the Rum Old Fashioned, a drink that (in my opinion) separates men from boys and women from girls. It was fitting that the last drink of our mixing marathon did not have any lime juice to cut the liquor. For those, like myself, with a less experienced palate, I had to warm up to the drink (i.e., let the ice melt and dilute the drink). On the other hand, for **Tom Helm** with his experienced palate, this drink was his bread and butter. The exhausted and now almost-expert cocktail makers were then treated to a pasta dinner to ensure everyone was fully carbo-loaded for BCRR's long run the following day.



Photo credit: Chuck Bracht

Party host extraordinaire: Chuck Bracht and Cheryl Verlander.

Learning the art of making cocktails was a great skill to add to our repertoires. As the attendees could all agree, we all had a wonderful time making, yet more appropriately drinking our creations. Yes, it is true, and I can attest first hand that Chuck and Cheryl make a mean cocktail, and some of the attendees might argue that they make the best cocktails in Houston, period. I however won't be as bold to give them all the kudos. For the cocktails made by the group on that balmy August Saturday were in fact the best cocktails in Houston. Was it the fresh-squeezed lime juice, the homemade simple syrup, or even the "clean" ice that made our cocktails so great? No. The real reason our cocktails were so great that afternoon is because at the end of the day, the best cocktails are the ones we drink with friends. Thanks Chuck and Cheryl for hosting a lovely lesson-filled afternoon with my BCRR friends. Until next time: Cheers.

10 Best Thing about HARRA's Party in the Park



Susan Cita

HARRA's *Party in the Park* is held each year in Memorial Park prior to the HARRA Fall Race Series to promote training, races, running related businesses, and running clubs in the Houston region. Over 30 volunteers, many of them BCRR members, helped make the event happen. This year, we estimated that over 1,000 people attended the event from 7am to 10am just from the free food and drink consumed. As event coordinator, below is my list of the Top 10 Best things about *Party in The Park* noted this year:

10. Any bit of shade when the heat index is 104 degrees F at 8am.

9. Being able to reach the top tent bar and learning a valuable Texans tailgating skill.



8. Free massages!



gets a shirt!

6. The big BCRR tent prominently placed



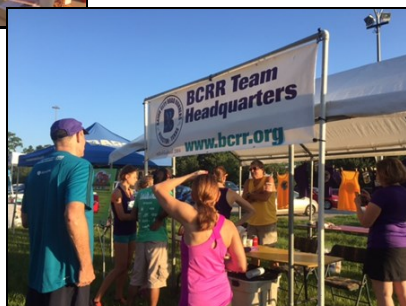
to meet old friends, renew membership, and recruit new members. Plus, we had tattoos.

5. Friendly teamwork with

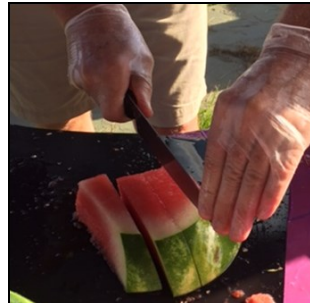


other HARRA clubs to help set-up and teardown, prior to the highly competitive HARRA Fall Race Series. Let's win all the trophies!

4. Great music with



bagels, 5 lbs pickle chunks, 5 lbs pretzels, 40 lbs bananas, 500 icy water/Gatorade servings, and 25 cases of cold Karbach beer. Added volun-



teer bonus, learning how to cut watermelon spears and getting served Magic Mojitos.

2. Getting together with BCRR peeps, catching up on what we did this summer, and listening to **John Phillips'** marathon stories.



1. And the best thing about *Party in the Park* this year: BCRR providing the best volunteers along with wonderful equipment management skills. Without BCRR volunteers, Houston's running events just wouldn't be the same. A BIG thanks to all the BCRR members who stepped up for this event!



Photo credits: Susan Cita

HARRA's Fall Running Series



Christina Jones

HARRA's Fall Running Series is designed to support the Houston running community as we train and prepare for the *Chevron Houston Marathon*. Participation in each race not only prepares you mentally and physically for the marathon goal race, runners also earn BCRR club points as we defend our title as Fall Series Champions.

Tornado's

Cross

Country

Relay

—

The

Fall



Tornados Running Club

XC Relay

for

Series opener is a historically 4 x 2 mile relay and will be held September 23rd. This year the race moves (from Spotts park) to Stude Park, just north of I-10, along the White Oak Bayou. This is a competitive race, with the reward of Sombreros the

winning

teams!

Your

respective


age

group

captains

will

be contacting you SOON to organize teams.



Space City 10 Miler

October 13, 2017

Space City 10 Miler

As the weather turns "cooler" the *Space City 10 Miler* features a single loop through Clear Lake. This race offers a 2-person relay if you're looking for a "sprint" option.

Houston Half Marathon


If you don't


have

too

much

at Lisa Thompson's Halloween Party, race for a PR in *Houston Half Marathon* up and down the "hills" of , Parkway. This Half Marathon is an out and back course ho: by the *Houston Striders*. There is also a 10K distance in ca your Halloween gets a little spooky.






MMSA Classical 25K

As our training distance increases, so does the distance! The 25K is a three loop course run primarily on concrete around the Houston down-own area. A 10 mile & 5K distance are also offered for those training for the Half Marathon.

Fort Bend Kia 30K

We wrap up the Fall Series with the 30K – a triple loop course through the ghborhoods of Sugarland. This is a perfect race to test out your splits at 5 weeks before the big day!



Each of the Fall Series solo races holds an opportunity to earn a spot as a "Local Elite" for the **Chevron Houston Marathon**. The first finisher in each age group meeting a minimum time standard will be invited to participate in the Marathon as a Local Elite. Time stand-ards can be found on the Houston Marathon Website... www.ChevronHoustonMarathon.com.

CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
9/3	Portland, OR	Oregon Wine Country Half Marathon
9/23	Houston, Stude Park	Cross Country Relay*
10/8	Clear Lake, U of Houston	Space city 10-Miler*
10/29	Houston, Sam Houston Park	Houston Half Marathon*
10/28	Modern B & B	Lisa's Halloween Party
11/4	Houston, MacGregor Park	Alex 5K Fun Run**
11/26	Houston, Jones Plaza	HMSA Classical 25K*
12/10	Sugar Land, TX	Fort Bend Kia 30K*

*Official HARRA race series event.

**BCRR seeking volunteers



BAYOU CITY ROAD RUNNERS
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HOUSTON TX 77266

