



WORD from = the BIRD

BCRR MONTHLY NEWS

WWW.BCRR.ORG

September 2020

We're Back!



Christina Young

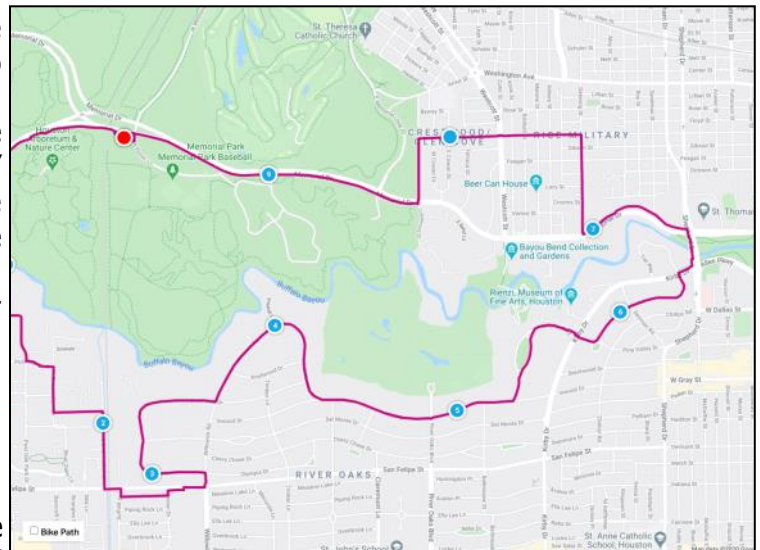
We're happy to report that we now have some club runs available to all BCRR members that wish to run together (with an eye on safety). The goal is to help satisfy lonely runners' desire to feel a little bit back to the days before COVID-19 changed the world. Please note that times and locations have changed.** The updated details for the weekly runs are as follows.

Wednesday Runs:

- Location: First Christian Church by Rice Campus
- Time: **6:30PM**
- Details: No water will be provided following the run. Please be mindful of maintaining social distancing prior to and following club runs. We will not be permitted to utilize the restrooms within the church at this time.

Sunday Runs:

- Location: **Memorial Park Running Trails Center**
- Time: 6:30AM
- Details: Individual water bottles will be placed in the 2 traditional locations - Shell Gas Station & Rose Garden. Please consider carrying your own hydration. We will now start at the Memorial Park Running Trails Center. There is a new suggested route to avoid the crowded Memorial Drive sidewalk and loop of Memorial Park. See accompanying map above or visit the [BCRR website](https://www.mapmyrun.com/routes/view/3352330987).



New Sunday Runs route. Click image to enlarge. Details at <https://www.mapmyrun.com/routes/view/3352330987>.

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Word from the Bird

September 2020
FREE

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Member Database

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

From the President

**Dear BCRR,**

As we prepare to resume club activities there are a number of items recommended by RRCA for your health and safety. RRCA, in Partnership with CARA (Chicago Area Runners Association), has issued the [Operational Preparedness Plans](#) for Group Runs that we are utilizing to assist with planning. A few key points:

- Prior to the Run - Please maintain social distancing between members prior to the start of the run. On Sunday we will have a new starting location, the Memorial Park Running Trails Center, in order to avoid the crowds at the Tennis Center.
- During the Run - Please remain at least 6 feet apart from other runners - consider staggering your position so you are not directly beside each other. Please make an effort to stagger your pace groups, so as to limit the number of runners in each group. On Sunday we are suggesting a modified route which avoids the congestion on the Seymour-Lieberman Trail and the Memorial Drive sidewalk.
- Hydrating - Members are encouraged to carry their own hydration. For the Sunday runs, individual water bottles will be provided along the route at the usual water stops.



(Continued on page 3)

REPORT YOUR RACE RESULTS

We want to know what our members are doing on the roads and/or trails. Send all your results to us at thatsjoesmail@yahoo.com 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.

Quarantine Cookbook



Andrew Young

To combat the boredom of the pandemic lifestyle, many BCRR members took to running extra miles--and cooking extra meals. The club recently assembled a *Quarantine Cookbook* with recipes submitted by members to share with one another. With recipes ranging from breakfast food to cocktails, the cookbook has something for everyone and every occasion (although it seems to be weighted toward desserts--a reflection of why many of us run, perhaps?).

On your next night at home, try out one of these recipes and let its author know how things go! Recipes are still being added to the cookbook, too, so send your favorite concoction to christinabcrr@gmail.com to be added to the collection. [Click here for the cookbook!](#)



When they're allowed to be closer than 6 feet apart, BCRR members like to cook together.

Prez letter (Continued from page 2)

- Post-Run - Please continue to maintain a distance of 6 feet following runs during socializing and stretching. Consider the use of face coverings should conversations become prolonged.

If you are feeling ill, have a fever, or have been exposed to an individual who has tested positive for COVID-19, please do not attend club runs for 2 weeks.

This will take a team effort of each member holding one another accountable to ensure the safest possible practices as we resume club runs. Unfortunately, all social activities will continue to be canceled at this time. I look forward to seeing your faces as we slowly resume club activities. Many of our favorite club events have been canceled, although fortunately a few were replaced with virtual events. While this is not the same, I hope it helps you to feel connected with BCRR and other members as we navigate this pandemic together.



Happy Running!
Christina

How to make a comeback into running after an extended break:



Neeraj Rohilla

I can start by making few confessions about my running. I seem to enjoy running and I am lucky to not have suffered any running related injuries. Yet, I can go extended weeks/months without running. Houston running clubs and BCRR in particular provides a unique environment which is hard to match if you stay somewhere else. Moreover, I can only lace my shoes and go for a run if mentally I am in a happy place. I really envy people who can evaporate their office/personal life stress in a 6 mile run and come back from the run brimming with energy and happy. For me unless my mind is fresh and into it, taking that first step is quite hard.

I ran fairly regularly from summer 2008 to summer of 2012 without any past running history. I set many goals for me and accomplished them as well (sub 19 5K, sub 40 10K and qualifying and running Boston marathon). Then, I took an extended break from running until summer of 2016 when I moved back to Houston. Looking at logs, I ran less than 200 miles total in those 4 years of time off. I ran regularly again during 2017-2019 and gained back my running fitness. It wasn't easy to come back into running after a long gap but by being methodical I was able to do it. Since summer of 2019, I am again on a self-imposed semi-time off. I still run occasionally and have plans to make a comeback into running again. This is essentially what prompted me to write an article about it.

Making a comeback into running after an extended break (one year or more) is not easy especially if you have had few years of running success. Running success is not about winning age groups or qualifying for Boston marathon. Rather it is a feeling when your body is on your side in whatever running goal you set aside for you. Whether it is 2:30 marathon or a 5 hour marathon. That unique feeling when your legs gave you support whenever you asked them. I call that running success.

I like to take engineering approach when faced with a problem. Heck, once I wrote a code on my dating data and found out that "La Grange" outperformed all other places when taking your date for a drink for the first time (those who are single and need maths driven recommendations can contact me). So, naturally I have found with a system that I trust when trying to make a come-back into running.

Everyone will say that the biggest challenge is your mind, but I will say that the biggest challenge is your body. Physiologically it undergoes many changes when you stop running and when trying to make a comeback purely on willpower (without addressing physiological aspects), you have a nice running



Comeback from break

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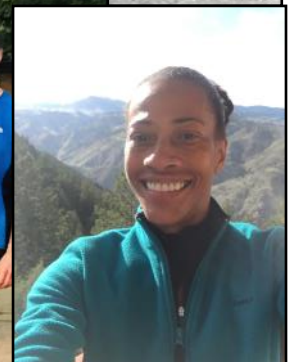
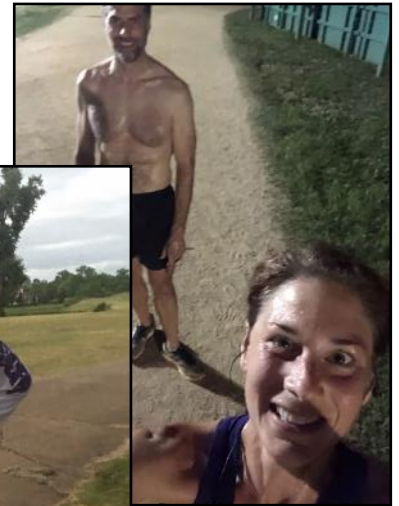
injury or a setback waiting for it. It's not if, but when an injury will show up. If this seems familiar then read on. It doesn't hurt to do a self-assessment before you make that "12 weeks to PR" program or sign up for that full marathon which is 9 weeks away, but in your mind you can do 8 weeks of training and 1 week of taper to pull it off. I have seen too many people stuck in a loop trying to make a comeback based on "How they used to run" versus "How should they run now". I remember an instance from August 2016 when after a long break from running, I joined **Natalie Seel** and **Paul Shulz** for a Tuesday morning run. Barely a mile into our run I asked them are we running 7:30 pace? They laughed and said "no, we are running 9:15 pace." That would make you shut up and focus on your out of control breathing. In no particular order, I have found the following tips to be useful for preparing for the comeback phase.

- 1) It is definitely helpful to have running buddies but pick the ones who run closer to your easy pace. You shouldn't be out of breathe on your comeback run.
- 2) Check your shoe-size, it may have changed a bit in that time.
- 3) Adjust your running style/pace based on your new body weight if that's changed.
- 4) Empirically, I have found 100 miles mark to be an important point. Your body shows first signs of new fitness after running a total of about 100 miles. So, if you are running 3-4 miles every alternate days, that's about 6-7 weeks of work.
- 5) Play mind-games like running a 5 mile run one day with a break at 2.5 mile and another day a run of non-stop 3 mile.
- 6) Do not run consecutive days when starting from a long break. 3-4 days a week is plenty.
- 7) Do not worry about the long run initially. Focus on running 6 miles without feeling over-exertion.
- 8) Plan to run 10K/half marathons rather than shoot for a marathon as your comeback race.
- 9) Do not attempt any hill or speed workouts unless you have logged close to 250 miles on your feet.
- 10) Celebrate small victories like finishing a BCRR Sunday long run by joining breakfast with the club. It will keep your spirits high.



Virtual 5K - May 1st-5th

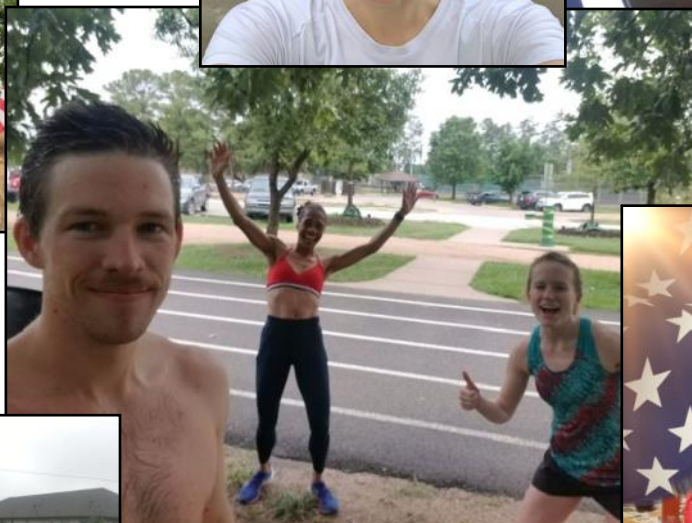
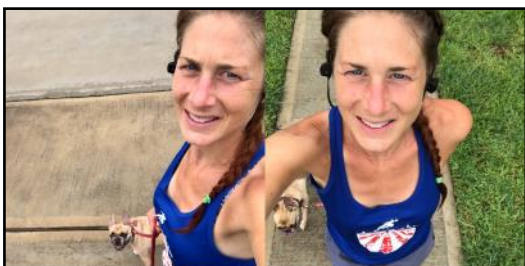
- 28 Participants
- Overall Winners: Pablo Rivero (17:47) and Hillary Camp (21:12)
- Age Graded Winners: Scott Bounds (75.00%) and Allyson Serrao (73.63%)
- Solo Running Selfie: Sheila Ramamurthy
- Results [HERE](#)



Virtual Racing Events

Memorial Day Mile - May 25th:

- 22 Participants
- Overall Winners: Andrew Littlefield (4:53) and Stephanie Bonk (5:25)
- Age Graded Winners: Scott Bounds (85.88%) and Allyson Serrao (91.15%)
- Patriotic Running Selfie: June Harris
- Results [HERE](#)



Virtual Bayou Bash Relay - June 22nd-28th



Bayou Bash Relay

- 59 Total Teams
- 23 BCRR Teams
- BCRR Winners:
- 1st Open Men - BCRR P-Viewz
- 1st 50-59 Female - BCRR Global Lady Vets
- 1st 50-59 Male - Nifty Fifties
- 1st 70+ Women - Queens of the Crop
- 1st 70+ Men - Springboks
- Results [HERE](#)

Half Marathon Challenge

Part 1: Run to Boston



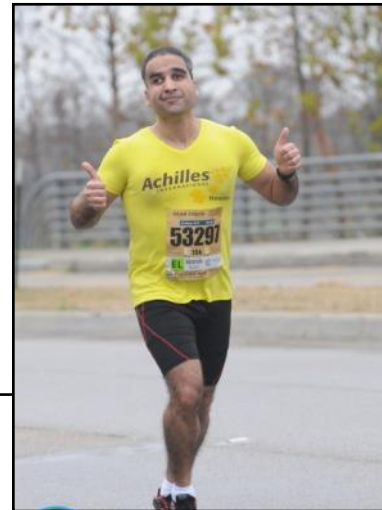
Joel DuBois

Over 15 HOT days in July, 42 of our club members joined together to run from Houston to Boston in the *Houston Half Challenge Part 1: Run to Boston!!* This endurance run covered 1,842 miles over those 15 days (July 10-24). Upon our arrival in Boston, we decided we were having SO MUCH fun, we kept right on running and actually covered 2,519 miles, arriving in Saint Andrews, Nova Scotia, Canada on the final evening.

At that point, I was SOOOO very grateful that this was a virtual run, because I have NO IDEA how we would have gotten all of us back home!! (Especially that **ONE** runner that everybody had a hard time getting along with, you know what I mean... and maybe **WHO** I mean!! J). Also grateful for the virtuality of this challenge. Can you imagine the logistical nightmare of tag-teaming 42 runners from Houston to Canada?? OK, so I was the **ONE** that caused all the trouble!! I was just trying to get BCRRs to log their virtual miles, I never had a doubt that the miles were being run &/or walked!! We started out slow, but after some Facebook coaxing/urging/goading/begging (please pick the word you prefer), we started getting the miles submitted. A little more pressure **might** have been applied via email and VOILA!

We ended up the Challenge running the 2nd most miles of all teams (there was no prize for finishing first). There was, however, a drawing of the 6 teams that finished the distance to Boston, AND the BCRR team was a winner!! Each BCRR member that submitted miles has, or will be receiving, a Houston Half buff (see photo 1) compliments of the Houston Striders and the Houston Half Marathon. For those of you not familiar with the term, a "buff" (also known as a neck gaiter) is a tube made of thin cloth that can be worn several different ways (see photo 2). They can be very handy in cold weather or during a pandemic, if we ever experience one of those...

Joel DuBois has the buffs and will be getting your buff to you, if you haven't already received it. Thanks so much to everyone that participated!! BCRR rocks!!



RUN TO BOSTON

NAME	MILES
ALAN TILLOTSON	33
ALLY SERRAO	77
ANDREW WEBSTER	94
ANDREW YOUNG	83
ANNA HELM	72
APRIL MURPHY	99
AVI MOSS	109
BARRY TOBIAS	41
BRENDON FLAHERTY	36
CHERYL VERLANDER	49
CHRISTINA JONES	65
CLARK COURTRIGHT	95
DANIELA CARBONE	7
DAVID PIPER	59
DEBORAH TOUCHY	44
DEXTER HANDY	14
FRED STEVES	45
HARSH BHASIN	17
HILLARY CAMP	26
JACQUELINE FLAHERTY	66
JOEL DUBOIS	106

NAME	MILES
JOE LENGFELLNER	38
JUNE HARRIS	4
JUSTYNA PACZKOWSKA	61
KATHI MAHON	35
KATHLEEN NIEDBALSKI	44
KATIE DECKER	13
KEVIN DIVERDE	67
KYLE CROP	76
LEE HOLM	150
SAM PACE	114
NANCY GREIG	72
PIOTR PACZKOWSKI	64
RICHARD VERM	67
BOB BROWN	37
ROBIN HOLM	67
RUSSELL HENDERSON	39
SARAH AUSTIN	55
SCOTT BOUNDS	70
SCOTT MOORE	131
STEVE HASSON	41
TIM MCGUIRK	38



CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Current	All public areas	For health and safety most events canceled or postponed.
Wednesdays	Rice University/First Christian Church	Wednesday casual run
Fridays	Online event	Watch for Friday occasional virtual happy hours on Zoom
Sundays	Memorial Park Running Trails Center	Sunday morning casual run through River Oaks
September	Online	New BCRR membership year started. Renew membership!
9/20	St. Arnolds	BCRR Annual Banquet- (Cancelled)
10/25	Sam Houston Park	Houston Half Marathon* (Tentative)
11/TBA	MacGregor Park	Alex's 5K (Tentative)
11/TBA	Stude Park	Tornados Cross Country Relay*

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
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