



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

BCRR MONTHLY NEWS

WWW.BCRR.ORG

September 2019

HARRA Results



Andrew Young

The 2018-19 HARRA series wrapped up in June with the *Bayou Bash Relay*. BCRR once again had a successful campaign, winning the Club competition for the fourth straight year! Our final score for the combined Fall and Spring series was 699, beating the second place Striders with 613 points and the third place Al Lawrence with 493 points. The specifics of the scoring is somewhat complicated (see the February 2016 newsletter for a full explanation), but in general clubs are rewarded for high participation across as many different age groups as possible. Thanks to all the BCRR members who raced the HARRA series races and scored points for the club.



Special recognition is due to the Veteran Women, our top scoring age group with 247 points (their closest competitors, Al Lawrence, managed 102 points)! The Veteran Men also stepped up, winning their age group and contributing 192 points to BCRR's winning effort. BCRR also had some remarkable individual efforts. **Gloria Mahoney** once again ran nearly every race and won her age group in the Spring individual competition. **Peter Mullin** also had a stellar season, winning his age group in the Spring. **Allyson Serrao** and **Lisa Thompson** placed in the top three in their age groups in the Spring and Fall, respectively.

In the Team competition, which attempts to adjust scoring to allow smaller clubs with fewer members to compete evenly with larger clubs, BCRR couldn't catch the Striders' 501 points, but still managed a strong second place showing with 464 points. Al Lawrence was nipping at our heels with 452 points, good for third place.

The 2019-20 season kicks off next month with the *Space City 10 Miler* on October 6. We need a strong showing from all of our age groups to defend our title, so sign up and run! Remember, no runner is "too slow" to play a part in the competition. Everyone runner who is a current HARRA member scores points for

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Word from the Bird

September 2018
FREE

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Member Database

Has your contact info changed?
Send any updates to
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From the President

**Hey BCRR!**

I hope everyone enjoyed a summer filled with family, adventure, and a relief from Houston heat. Many of you found yourselves in California at the Napa to Sonoma half marathon or escaping to Colorado for a reprieve in the elevation. For BCRR, this summer was home to the Dash & Splash series. **Andrew Young** and I hosted a Hot Dog Bar to help ease in the heat for Wednesday night runners. **Andrew Kenworthy** and **Tina Reynolds** adorned their pool deck with pizza and watermelon to keep the celebrations going. The finale - occurred with **Chuck Bracht** and **Cheryl Verlander** hosting a reprise of the cocktail class with traditional Mexican food. Fortunately, BCRR finds a way to make summer tolerable!



*Andrew Young and Christina Jones
have a lot to celebrate.*

Luckily, the turn to fall not only brings the anticipation of cooler weather, but also the 2019 HARRA Fall Series. The progressive increase in distance for each of the races is optimal for those training for the Houston Marathon/Half Marathon. One thing you will notice this fall - a few new faces supporting the club at each of the races. As many of you have heard, our long time Master of the Boatshed, **John Phillips**, is retiring. It will take the effort of all members to help fill these shoes - so please consider showing up early for set up, sticking around for tear down, or providing water on a Sunday run.

(Continued on page 3)

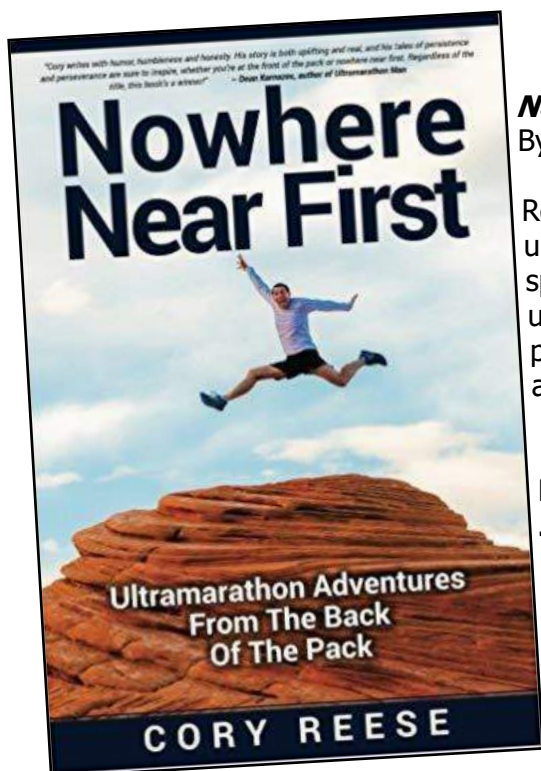
REPORT YOUR RACE RESULTS

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.

Reading about Running



Nowhere Near First, By Cory Reese

Reese writes with humor, humbleness and honesty. His story is uplifting and real; his tales of persistence and perseverance are inspiring. This social worker, husband, and father of three kids shows us how to follow our dreams while balancing a family life. It's a positive story of an ultra runner who said, "Never underestimate a fart during an ultra."

Reviewed by
Justyna Paczkowska

BCRR Shirts

STILL AVAILABLE! The club has BCRR branded singlets, T-shirts, and long sleeve BCRR tech shirts available for sale. These groovy grape shirts will keep you looking good and feeling cool, while you show that you're part of the best running team in town! Prices are just \$10 for singlets and T-shirts, and the long sleeve version (shown here) is just \$15. See any board member for details.

Singlets! T-Shirts! Sleeves!



Prez letter (Continued from page 2)

The fall also brings around a few fun club events - including the Fall Family Picnic, post-race parties, and the Halloween Party. All family members are invited to attend the club celebrations - and the picnic specifically will have games for kiddos! I hope to see many faces, both new and veteran, at running and non-running events as we move into the next fall season of running.



Yours,
Christina

Get to Know Justyna

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.



Name: **Justyna Paczkowski**

- Age: 51
- Hometown: Houston
- Years in Houston: 27
- Occupation: Physical therapist
- Years Running: 7
- How many miles per week do you run? 30
- How did you come to join BCRR?
Steve Hasson recommended BCRR
- My proudest running accomplishment is:
100 km - won the women's Masters Division
- My favorite training run is: Buffalo Bayou Sunday run with BCRR
- My favorite race is:
Chevron Houston Marathon
- My best distance is: 25 km
- I run because: I love competition and... wine
- My life philosophy is: If you have nothing nice to say don't say anything.
- My next goal is: Boston Marathon
- Favorite training food: potatoes
- When I'm running, I think about being strong, calm, capable and complete.
- The best running advice I could give would be: Always have a "Plan B" and be humble.
- People would be surprised if they knew...
I am shy and hate crowds.
- The top thing on my dream list is a trip to India.
- Other hobbies beside running: dance, jazz, reading biographies.
- I would love to spend the day with:
my husband - best friend

happened to me is: no toilet paper or water in the porta potty during the half marathon and unable to use my right hand after it...

- The most profound thing that has happened in my life is: having a loving family of 5 and rescuing 5 pets (3 dogs and 2 cats).



Get to Know Piotr

In an ongoing effort designed to help you get to know (or get to know better) others in the club, we offer runner profiles of BCRR members.

Name: **Piotr Paczkowski**

- Age: 52
- Hometown: Poznan, Poland
- Years in Houston: 27
- Occupation: Physical therapist
- Years Running: 7
- How many miles per week do you run? 30
- How did you come to join BCRR? Our neighbor Steve Hasson recommended the club.
- My proudest running accomplishment is: completing a 100 km race
- My favorite training run is: 1st Sunday of the month BCRR run along Buffalo Bayou
- My favorite race is: Chevron Houston Marathon
- My best distance is: half marathon
- I run because: I still can
- My life philosophy is: everything starts with strong family
- My next goal is: to complete a 100 mile race
- Favorite training food: bagels
- When I'm running I think about: I let the thoughts run through without locking into them.
- The best running advice I could give would be: start with run-walk intervals and build on it!
- People would be surprised if they knew I: like beer...
- The top thing on my dream list is: cross-country trip in an RV.
- Other hobbies beside running: listening to blues
- I would love to spend the day with: my wife (no kids, do not tell them!).
- The most embarrassing thing that has happened to me is: I just broke a toe accidentally kicking the furniture, 10 days before my second 100 km race.
- The most profound thing that has happened in my life is: being a father and a husband.



NOTE: Runner profiles are always welcome. We encourage you to send in a profile (to ThatsJoesMail@yahoo.com) and YOU too can be featured in our newsletter!

Destinations



June Harris

Napa to Sonoma Half Marathon

In mid-July, eight *Bayou City Road Runners* headed to a cooler climate in northern California to run through countryside bordering vineyards and participate in the *Napa to Sonoma Half Marathon*.

We were able to reunite with BCRR members that have relocated to California: **John Colarchic** and **Jill & Joe DeVay**. John was able to spend the entire weekend with us. Jill and Joe joined us on Saturday for packet pick-up and some afternoon wine tasting at Sebastiani Winery.

Sunday's race day weather did not disappoint! Temperature at race start was 55 degrees with some cloud cover. Rolling hills, sculptures at vineyards along the course, and wine at the Mile 8 fluid station made for a memorable and delightful run. Finishers received a commemorative wine glass so everyone could sample wine from local wineries represented at the post-race party.

We were able to celebrate the accomplishments of **Andrew Kenworthy** and **Avi Moss**. Andrew placed 4th overall male with a time of 1:24:51 and Avi placed 1st in his age group with a time of 1:32:46.

After considerable wine tasting, the group assembled for our traditional *Alex's 5K* shirt photo. BCRR runners make the best traveling companions! Avi did a great job of restaurant selection for the group each day and Milan did a great job of finding perfect accommodations for us.





Gabe, Miriam & Milo
Gomez

Hello from Portland, Oregon!

Readers and runners, we have to start by saying that no matter how great Portland is, our true running home is Houston, and our true running club is BCRR.

If you come visit, and we hope you do, please be prepared. There are hills here. These hills are not like those painful, but not so large in retrospect hills, that we remember encountering on Allen Parkway in the final miles of the Houston Marathon. These hills are enormous. And there are mountains too -- Mt. Hood is 11,250 feet high. Our personal favorite hilly place to run is in Forest Park, a huge park with miles of trails in the middle of Portland. The park is so big that a man and his daughter lived in it for a year before being discovered... the movie about it is called *Leave No Trace*.

Gabe ran the Eugene half marathon on April 28, 2019, and finished third in his age group. (Nice work, Gabe!!) He also ran the Shamrock Run in Portland in March. Our son Milo (age 3) tried to run the kids race in the Shamrock Run, but had to withdraw, because he paused and almost got run over by strollers. Milo had a more positive



experience in Corvallis in April, where he ran the kids' 100 m, 200 m, and 400 m (with some assistance from his mom Miriam for the 400) at the track for Oregon State University.

Miriam has been trail running quite often in Tryon State Park and Forest Park. She has steadfastly avoided all timed and public races, but will return to them one day.

All of our running naturally leaves us thirsty and hungry. Thankfully, the bushes here are full of blackberries -- great fuel, and a great excuse to take a mid-run break. Post-run, we have been sampling so much coffee, and so many breweries and wineries. We can't wait to see you!

Gabe, Miriam and Milo



Faces & Places Memory Test



This trip down memory road courtesy of Rosemarie ("Rosie") Schmandt. Sync-up with her and compare notes!





2006



HARRA Results (Continued from page 1)

BCRR. The HARRA club competition is a fun way to promote inter-club camaraderie and to grow the broader Houston running community, so we hope everyone participates!



CALENDAR OF EVENTS

<u>DATE</u>	<u>LOCATION</u>	<u>ACTIVITY</u>
Mondays	Memorial Park	Every Monday evening a jog followed by a social gathering
Wednesdays	Rice University	Every Wednesday evening a jog then a social gathering
Fridays	Various Happy Hour haunts	Every Friday evening a happy hour. Info at www.bcurr.org
9/15	Santa Fe, NM	Santa Fe Thunder Half-Marathon (summer escape trip)
TBD	Stude Park	Toranodas Cross Country Relay*
10/6	Clear Lake, TX	Space City 10 Miler*
10/27	Sam Houston Park	Houston Half Marathon*
12/2	MacGregor Park	Alex's 5K

*Official HARRA race series event.



BAYOU CITY ROAD RUNNERS
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