December 16, 2018 Volume 3, Number 12

From the President's Desk

Happy Holidays KARC runners! This is always a special, and tiring, time of year with all of the fall racing and holiday events coming together in November and December. Clearly, you're all still loving it as judged by your turnout at our events and local races.

Speaking of our events, I'm certain that you all had a lot of fun at the Holiday Party. This is something that we're glad we can do for club members. It's nice to have a somewhat formal occasion to get together and share some holiday cheer. If you missed it then know that we missed you, too! With our busy schedules we can't be everywhere. But, we will endeavor to bring this and more like it to you again in 2019.

Those members attending took on the important task of electing the officers and directors for the coming year. In addition to the board election, you also approved our two proposed amendments to the By-Laws which, in part, allowed us to expand the board by two members. Thank you for taking the time to consider those dry but important amendments. Here's your 2019 Board of Directors:

President – yours truly
Vice-President – Rick Bozanich
Treasurer – Gary Sullivan
Secretary – Jana Daniels
Director – Kim McClintic
Director – Jenn Rienstra
Director – Yvonne Prevallet
Director – Lillian Wanjagi
Director – Paul van Helmond

KARC 2019 BOD: Gary Sullivan, Mike Masse, Rick Bozanich, Jana Daniels (seated L to R), Yvonne Prevallet, Lillian Wanjagi, Paul van Helmond, Jenn Rienstra, Kim McClintic (standing L to R).

On behalf of the Board I wish you and your family a very happy Holiday season!

Mike Masse

Rick's Training Corner

Those of you who have been following our training program focused on the Chevron Houston Marathon or Aramco Houston Half Marathon are about to enter the tapering phase. For most, this is the most enjoyable part of the program. For the past several weeks, those in the marathon training program have been increasing the mileage of their long run to peak at 21 miles; the mileage for those in the half marathon program peaked at 15 miles. In the first week of taper, the schedule calls for "only" 16 miles (12 miles for those training for the half). Most welcome this change, but I've heard that a few who have grown accustomed to ever longer runs might worry that reducing their mileage might reduce their fitness level. My advice is to trust the schedule. There is a reason the longest run of the season is scheduled several weeks in advance of the race. The long run, even if run at a slower pace than your race pace, takes a toll on the body.

Your muscles need time to recover – and when they do, they will come back stronger. Also, the improvement in your cardiovascular system achieved over the past 6 months of training won't reverse itself during the three weeks of taper. All these factors point to the potential to optimize your race performance by gradually backing off the length and intensity of your runs the next three weeks. So, enjoy the taper.

In addition to reducing your mileage during this phase, there are a few other things you can do to help you prepare for the big race. The intense training of the past few weeks may have stressed your body to the point where you might be more susceptible to illness. So, make sure you get plenty of sleep, stay hydrated and avoid sick people. Also, in the taper phase, since you are running less, you are burning less calories. You should adjust your diet accordingly (but don't stress if you gain a pound or two).

In the days before the race, stick to the routine you have developed over the season to prepare for your long runs. This is not the time to experiment – don't try anything new! The day before the race, try to stay off your feet as much as possible. I always look forward to the Expo, but I usually try to go there on Friday so that I can use Saturday to rest. One year, I thought it would be a good idea to run the ABB 5K (now called the We Are Houston 5K) as an easy or shake-out run. That was a mistake since I wasn't disciplined enough to stick with an easy pace and I paid the price the next day. Since then, I've learned to stay off my feet as much as possible the day before a marathon.

A few days before the race, start to gather the clothes you will wear and any accessories you will need. Weather in Houston in January can be highly variable, so pay attention to the weather forecasts and plan accordingly. If it's cold, plan to have a "throw-away" layer (if you don't have one, you can get it from a thrift store). If rain is forecast, pack a disposable rain jacket that can be picked up at the expo. I'm not a big fan of wearing trash bags, but many runners do. If it's forecast to be cold at the start and then warm up, I pack arm warmers and throw-away gloves (which I prefer to long-sleeved shirts or jackets because they are easier to shed if temperatures rise or if I feel warmer during the race). While you are

thinking of clothes to wear during the race, also set aside some to change into after the race.

The day or two before the race, review the information handed out with your race packet. If you are driving to the start of the race, know in advance where you will park your car and how to get there (there will be many road closures near the start of the race). Study the map of the course so you will know what to expect. I always try to visualize the course and anticipate what I will be feeling at several points along the way. This comes in handy during the race as I use these points as landmarks. During the race, I don't think about running 26.2 miles; it's easier for me to think about running landmark to landmark, so visualizing these points in advance helps. The night before the race, plan on getting to bed early and try to get a good night's sleep. Sometimes this might be hard to do as you might find yourself constantly thinking about the race the next day, particularly if this is your first one. A few years ago when I ran the Boston Marathon for the first time, I thought it would be difficult to "turn my brain off" so I could get to sleep. I ended up telling myself "tomorrow will be just another long run" – something I had done many times before. It helped to visualize the race this way so that I could settle down and get to sleep.

On race day, plan to arrive early so that you have plenty of time to prepare for the start, catch up with friends, drop off your gear bag and take care of some personal "business". Allow for plenty of time to get to your start corral. Don't wait until the "last call" – line up early. I'm always amazed at how crowded the corrals are at the start.

When the gun goes off and your corral inches its way toward the start, be patient and highly aware of your surroundings. Everyone is jockeying for position. Take your time, find your place and always be on the lookout for those around you. When the crowd thins out a bit over the next mile or two, find your pre-planned pace and stick with it. Don't go too fast. This might be hard to do. You are fit, you're probably feeling great, and it's easy to talk yourself into going a little faster. Stick to your plan. During the race, I sometimes think of a marathon as a 10K – the start of which is at the 20-mile mark. Don't make the mistake of "banking time" by running the

first few miles faster than your plan. Banking time is generally a losing strategy. Save your energy for the last 10K – you need every ounce of it.

Another thing to focus on during the race is to run the tangents (that means running the inside curves). While the course is 26.2 (or 13.1) miles, the distance most runners cover is always longer – in some cases this can be a quarter or half mile longer. Running the tangents shorten the distance you will cover and get you closer to the official distance. Try to run relaxed. Every so often, think about your form and remove as much tension as possible. Periodically, check to see that the muscles in your face, neck, arms and hands are relaxed. It may sound silly, but I often visualize holding a potato chip in each hand – you can't hold a potato chip for very long without it breaking if your arms and hands are tense.

If you are running one of the races in January, I hope you have a great race. When you cross the finish line, cherish the moment and reflect on your achievement. You accomplished something significant – something that no one can ever take away from you. Be sure to share your experiences with others – we all like to hear about race stories. Good luck!

I hope to see you out on the trails!

Rick Bozanich

New Members

Please join me in extending a warm welcome to our new members: Matthew Wanner, Akshay Ahuja, Liz Gallagher and Adam Rittweger.

Member Profile

Several of you took advantage of the form clinic last month put on by Angy Newell. Those attending got some great advice and we got to know a little bit about Angy. She has been kind enough to share a bit more with us about her running journey in this month's Member Profile.

Here's Angy's story…

My first run race experience was in elementary school. A friend was doing a cross country race and her mom signed us both up. Her mom made us spaghetti

for breakfast. With my Kangas on we went to the race and had so much fun!

In 8th grade our PE teacher wanted to put together a female track and field team. A friend convinced me to go for it. I loved the hurdles! It was a fun experience!

I didn't pick running back up until college when a friend asked me to do a sprint triathlon with her. I hadn't run since 8th grade, but was surfing a lot and lifting weights frequently. I thought why not. I was hooked after the race. In addition to triathlons I started signing up for mostly 5ks and some 10ks. After awhile I got into the longer distances of triathlon; Olympic, half ironman, and full ironman. I started doing more 10k and half marathon races also.

My most memorable races are Redman half ironman where I PR'd my half marathon, then The Woodlands where I hit a sub 2 half marathon, the Nike Women's half marathon (pretty course and incredible energy), and Humbolt Redwoods marathon (gorgeous course).

My love for running and triathlon inspired me to start coaching. I have coached runners to BQ and helped them on their journeys to Boston.

Angy Newell

Group Runs

Remember to come out and join other Club members for our group runs. We meet three days each week. While none of the group runs are "mandatory" we think that as members of a running Club you'll appreciate the opportunity to join a group on the run. And, you can always use the Facebook group to arrange for running partners – similar pace, similar distance.

Tuesday – – Groups meet at 5:00am and 6:30pm, Cinco Ranch JH track. This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running – no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 of a mile away from another runner!

Thursday – 5:00am (the Bagel run at Good Times Running Co, Villagio Shopping Center) and 6:30pm, Crosspoint Community Church parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace, though, many are doing their "tempo" runs at this group run.

Saturday – Most groups meet at the Sergeant Hatch Park (aka the CopShop) at various times from 5:00am to 7:00am for long runs of various paces and distances. There is also a group that meets at the tennis courts on Cinco Ranch Blvd just west of the intersection with Westheimer Parkway for long runs. Find your running partners on FB. And we always meet after the run at Corner Bakery Café on the south I-10 feeder road and Greenhouse for coffee and camaraderie.

Getting Together

Here's a photo gallery from the Holiday Party we held on December 6th at The Golf Club at Cinco Ranch.

HAPPY

Remember that we always meet for coffee and camaraderie on Saturday mornings at Corner Bakery Café after our long runs. It's on Greenhouse on the south I-10 feeder road, just behind Chick-fil-A. Normally, we are there around 8am. So, please come out and join us after your run or even if you don't run. It's fun to catch up. And with the membership running from different locations, by different routes, and at different paces it's hard to see more than a couple people on the run. At coffee we can sit down and visit with the larger group.

Club Runners Review

KARC members have really turned out to the races during this Fall racing season. Check out these results and be prepared to be inspired! So, many of you are running personal bests and/or placing in your age group. Keep it up! And keep sending your results in on Lillian's weekly FB posting.

October 21 – Nutrabolt Oktoberfest Half Marathon – College Station, TX

Denise Voyles	2:47:40 (PR)

November 17th – Shiner Half Marathon – Shiner, TX

Pam Sullivan	1:12:31 (10k)
Gary Sullivan	1:52:59 (half marathon)

November 17th – Chosen Half Marathon – New Braunfels, TX

Joel Davis 1:27:36 (2nd in AG)

November 18th – Route 66 Marathon – Tulsa, OK

Jocelyn Williams 6:06:12

November 18th – Ironman Arizona – Tempe, AZ

Kyle Priest 12:24:38

1:23:47 swim

6:07:26 bike

4:27:44 run

November 18th – LaPorte by the Bay Half Marathon – LaPorte, TX

Tammy Bearden	3:38:07
Fernando Carlevaro	2:05:43
Lisa Lowrey	3:04:02
Marah Retherford	2:03:10
Jill Seltzer	3:37:47
Bronwyn Turner	3:38:05

November 18th – Williams Route 66 Marathon – Tulsa, OK

Carrie Askew-Walker	6:06:12

November 22nd – Thanksgiving Day 10k – Fort Worth, TX

Norma Scott	55:58 (2nd in AG)

November 22nd – Sam Lapidus Montclair Run 10k – Birmingham, AL

Catalina Booth	1:03:48 (PR)

November 22nd – Memorial HermannTurkey Trot (5 miles) – Sugar Land, TX

Keisha Tanner	48:04

November 22nd – Katy YMCA Turkey Dash – Katy, TX

5k

Jennifer Bernard	29:57
Doris Bozanich	53:06
Caryl Coronis	53:12
Adam Daniels	19:15 (3rd in AG)
Patricia Dean	40:15
Larisa Ferguson	35:31
Steven Ferguson	35:31
Nancy Gibbs	33:35
Tim Goedeker	32:09
Mike Healey	22:39 (1st in AG)
Susan Ibanez	45:45
Vince Ibanez	45:46
Vangie Ibbotson	42:11
Torrey Kramer	1:00:28
Rebecca Masse	31:36
David Moore	31:49
Anne Mullaly	53:04
Christina Namaki	34:07
Antonio Orendain	44:07
Yvonne Prevallet	53:17
Jenn Rienstra	34:02
Frazana Sulemanji	44:43
Dave Tomfohrde	50:15
Paul van Helmond	24:58
Deborah Vazquez	49:20
Craig White	22:57 (2nd in AG)
Donald Willmon	50:20

10k

Tim Barnett	38:29 (3rd in AG)
Buddy Baudoin	39:52 (2nd in AG)

Lisa Baudoin	59:10
Carol Berry	1:14:32
Carolina Berry	55:52
Karen Boman	1:01:49
Rick Bozanich	54:26
Stephen Brassette	51:07
Rafa Brazo	54:04
Belle Butler	1:00:38
Tony Castronovo	53:57
Paul Chapman	50:19
Lynette Coles	1:01:55
Maria Colon	1:06:07
Gustavo De La Pena	55:57
Juan De Los Rios	50:16
Liliana Delgado	55:04
Sonia Dhodapkar	43:10 (Female Masters Winner)
Deidre Echols	1:04:22
Anne Gandini	50:03
Doug Griffith	1:02:44
Cathy Harris	1:08:32 (1st in AG)
Ellen Harris	1:10:46
Matthew Hess	51:25
Susan Hutson	1:10:02
Jen Ingram	46:53
James Ingram	46:53
Emma Jeter	50:32
Tina Jiang	53:47
Leo Karabulut	42:03 (3rd in AG)
Ling-Yuan Kong	48:10 (1st in AG)
Skip Koshak	46:37 (2nd in AG)
Gourav Kumar	48:54 (PR)
Bryan Lightsey	1:00:37
Jennifer Lightsey	1:00:36
Yan Liu	46:23 (2nd in AG)
Heather Lovell	1:20:04
Marc Mandell	58:21

Michael Martin	52:44
Mike Masse	50:44
Holly Mayson	1:16:11
Kim McClintic	52:33
Jessica McDaniel	45:22 (3rd in AG, PR))
Bob Milner	46:24 (2nd in AG)
Khurram Mir	43:55
Jason Ondruch	42:57
Lisa Ozsdolay	54:57 (2nd in AG)
Arpad Ozsdolay	53:26
John Pankey	50:39
Shannon Pearce	54:28
Deborah Pirruccio	46:11 (1st in AG)
Sal Pirruccio	1:00:38
Craig Prevallet	47:58
Adam Ring	48:12
Josh Ring	43:56
Les Roberson	1:03:25
Mike Roberts	44:10 (1st in AG)
Kressia Rodriguez	1:04:07
Tina Seaman	1:49:32
Natalie Shelton	46:30
Shawn Siemers (and Anna)	47:35
Matt Smyk	42:03
Lisa Stine	1:21:32
Jenifer Stockdick	1:19:31
Christopher Strohman	40:39 (2nd in AG)
David Thurman	1:17:56
Curtis Turner	43:56
Chris Wetherholt	57:30
Jason Wiley	38:22 (1st in AG)
Gwen Wilkinson	1:01:12
Joe Wilkinson	1:01:13
Jocelyn Williams	1:05:54 (PR)
Pamela Willmon	1:10:31 (2nd in AG)
Nicole Zucker	46:05 (3rd in AG)

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THE TRADITION CONTINUES • YMCA TURKEY DASH
TURKEY
DASH
10K
2018
10K

5K / 1 MILE FINISH

DASH
TURKEY DASH
555
McKaskle Dentistry
10K Corral B
TURKEY DASH
22

November 25th – Fleet Feet Sports HMSA Classical 25k – Houston, TX

Curtis Albitz	2:13:58
Mark Darnell	2:37:19
Kathy Hanson	3:05:56
Danny Skinner	3:26:31
Lisa Stine	3:06:04

December 1st – Run Houston ! Sugar Land 10k – Sugar Land, TX

Charles Allen	54:40 (PR)
Adam Hunt	32:42
Levent Karabulut	(3rd in AG)
Keisha Tanner	27:36 (5k)
Denise Voyles	1:08:02 (PR)

December 1st – NCC Mud Run – Humble, TX

Skip Koshak

John Pankey

December 1st – St. Jude Half Marathon – Memphis, TN

Tim Goedeker 2:14:45

December 2nd – Rock 'n Roll Marathon/Half Marathon – San Antonio, TX

Carrie Askew-Walker (marathon)

Jessie Rollow (half marathon)

December 2nd – California International Marathon – Sacramento, CA

Shawn Siemers 3:23:52 (BQ)

December 2nd – Texas 10 Conroe (10 miles) – Conroe, TX

Cathy Harris 1:56 (2nd in AG)

Charlotte Harris 1:14 (2nd in AG)

December 8th – Brazos 100 (100 mile / 50 mile / Marathon / HM) – Brazos Bend State Park, Needville, TX

Susan Freeman	4:58:42 (2nd in AG, marathon)
Mike Masse	5:50:09 (3rd in AG, marathon)

December 9th - BCS Marathon and Half Marathon – Bryan/College Station, TX

Half Marathon

Hyder Hasan	2:30:07
Rebecca Masse	2:51:54
Mike Masse	2:51:54
Deborah Pirruccio	1:43:54 (PR and 3rd in AG)
Sal Pirruccio	2:20:25
Natalie Shelton	1:48:59 (3rd in AG)
Chris Strohman	1:29:19 (2nd in AG)

Marathon

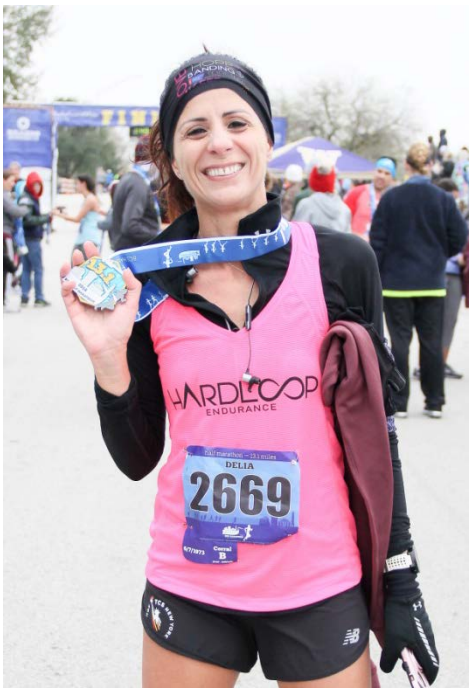
Kim Harvey	4:38:30
Yan Liu	3:58:43
Denise Sadberry	4:04:35

113
BCS MARAT
+ half marathon

570

1164

1163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December 9th - Dallas Marathon and Half Marathon – Dallas, TX

Katie Storts 3:27:52 (PR and BQ!)

December 9th – Rudolph Run 5k – Houston, TX

Chris Wetherholt 24:21 (3rd in AG, PR)

December 15th – Running with the Bulls 5k – Houston, TX

Charlotte Harris	22:14 (2nd in AG)
Keisha Tanner	29:20

December 16th – Fort Bend KIA 30k – Sugar Land, TX

Results coming in next month's newsletter.

Upcoming Event Calendar

The following running events are upcoming club sponsored social events or club focus races. For more information, including hyperlinks to race websites, see our calendar on www.KatyAreaRunningClub.com.

January 20th 2019 – Chevron Houston Marathon/Aramco Half Marathon – Houston, TX – race info and registration here.

February 9th – Rocky 50 (50M / 50k / 13.1M) – Huntsville State Park – race info here.

March 14th 2019 – KARC PI Day Challenge – Willow Fork Park – more info coming

March 16th 2019 – Bayou City Classic (10k / 5k) – City Hall, Houston – race info here.

March 30th – 31st – Texas Independence Relay – Gonzales to Houston – event info here.

April 7th – Brazos Bend 50 (100k / 50M / 50k / 25k / 10k / 5k) – Brazos Bend State Park – race info here.

June 15th – 1st Street 5k – No Label Brewery, Katy – race info here.