September 15, 2018 Volume 3, Number 9

From the President's Desk

You all know that our big news this month is that we conducted a successful race on Labor Day! Nearly 400 people registered for the race and 87 of our members completed the run. Plenty more significant others also ran or came out as spectators. Unlike last year, we were blessed with decent weather. I have to say that, at least in my view, this year's event made up for the disappointment of last year's canceled race.

While the race was a lot of work for our organizers and volunteers, it certainly seemed to be worth it, bringing a lot of enjoyment to the participants. The sponsors, particularly those who came out to the race to provide information, food, or services, also were complimentary about the event. Most importantly, we were able to provide a significant financial contribution to the Katy Students Run program. On September 10th the Club officers met with Jenny Demarest and a couple of her board members, Meg Evans and Phuong Nguyen, to present KSR with a $7,500 donation. Jenny remarked that she was delighted with the gift and that it would allow KSR to put on their end of year banquet.

If you enjoyed our race then you'll like the Run 4 the Children coming up on November 3rd. It's a 4 miler and it's run from The Fellowship Church – just across the street from Good Times Running Co. Check out our Upcoming Events section for more information on that.

SAVE THE DATE. Our Holiday Party is now being planned for Thursday, December 6th, 6:30pm at The Golf Club at Cinco Ranch. It's the same venue as last year. We got rave revues on the Golf Club last year and we think you'll enjoy it even more this year. As with last year there will be a buffet-style dinner and a cash bar. New for 2018 is live music! We'll have a guitarist playing holiday jazz for us. The majority cost of the party will be subsidized by the club for members. Importantly, the Holiday Party is also our Annual Meeting where we elect our officers and directors for the coming year. Which reminds me… if you have an interest in serving on our board as an officer or director please let me know soon. We'll get you added to the ballot and we'll get your bio out to the members so they can get to know you, if they don't already.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

Since our marathon and half marathon training programs are starting their track workouts this month, I thought that it was appropriate to give a short introduction on speedwork in this month's column.

Most runners go through an evolution. When new to running, a goal is typically to conquer the distance, be it a 5K or a longer race, such as a marathon. Once this is achieved, the goal shifts to running the distance faster. One of my favorite quotes comes from one of my former coaches, Mark Coleman, who once said "If you want to run fast, you have to run fast". By this he meant you need to add speedwork to your training mix.

Speedwork has several benefits, both physiologically and psychologically. Speedwork builds aerobic capacity, improves your lactate threshold and improves the efficiency of the fast-twitch muscle fibers, all contributing to better

performance. Speedwork trains your body to know what different paces feel like. With experience on the track under controlled conditions, you should develop the knowledge to more accurately gauge your fitness level (and thus, your pace) going into a race.

There are four types of workouts that help you build speed: Intervals run on a track, fartlek (or speedplay) during longer runs, tempo runs and hill repeats. I'll focus on track intervals here.

In its simplest form, track intervals consist of running a specified distance (say 400m or 800m) at an elevated pace followed by a recovery period (typically running half the distance at a much slower pace). This is repeated several times (the number of repetitions is determined by your goals and fitness level). Thus, there are four basic variables of any interval workout: Distance, quantity (number of repetitions), intensity (pace), and recovery (time or distance).

What distance should your speed intervals be? If you are relatively new to running and/or new to track workouts, a good way to ease into speedwork would be to run the straights and jog (or walk) the curves. Try this for 4 – 6 laps and if you are comfortable with this level, increase the number of laps in your next session. If you are a more experienced runner (and new to track workouts), then try running repeat 200's or 400's. Start with 8 repeats of 200m (1/2 lap) or 4 or 5 repeats of 400m (one lap), each followed by a slow recovery run of half the distance of the speed repeat. Over time, you should be able to increase distance, quantity (number of reps) and intensity (pace) of your workout routine.

Time each repeat and strive to run each in the same amount of time. While the time is the same for each speed repeat, your perceived level of effort should increase with each subsequent repeat. If fact, if you do them properly, completing the last repeat in the same time as the first should be a real challenge! After the workout, record your times. You can use this record to make any needed adjustments to pace or quantity in your next workout. This record is also useful in assessing your improvement in fitness.

Each repetition should be run at the same pace. What is an appropriate pace? If you are training for a half marathon or longer race, and your workout consists of running speed repeats of 400m, a place to start would be to run the reps at a pace somewhere near your 5K race pace. For example, a runner with a 5K time of 30:00

(equivalent to 9:39/mile) should initially strive for a time of 2:25 for each 400m. If you find that maintaining this pace is easy for the number of reps you complete, you can either pick up the pace or increase the number of reps in your next workout. If you are training for a shorter race (say a 5K or 10K), your reps should be run at a pace faster than your 5K pace (e.g., mile pace).

For your recovery after each speed repeat, slow down to a slow run (or walk). The distance of the recovery is typically half the distance run during the speed interval. For example, if your speed interval is 400m (one lap), then your recovery run should be 200m (one-half lap). The goal of the recovery interval is to slow down your heart rate before starting the next speed interval. The process of elevating your heart rate during the speed intervals and slowing it down during the recovery intervals improves your aerobic capacity and strengthens your cardiovascular system. After just a few workouts, you should see the benefits with faster race times.

When doing track intervals, it is very important that you take the time to properly warm-up and stretch prior to hitting the intervals. A good warm-up consists of an easy run of at least 1-½ miles, followed by static and active stretching (pylometrics). Attempting to run fast without proper warm-up risks injury. In a similar vein, it is important to properly cool down (a slow run of 1 – 2 miles followed by stretching) after completing the intervals.

If you haven't tried them before, starting track workouts can seem intimidating. However, we have resources to help you. Be sure to read my weekly email that gives updated information on the type and location of our track workouts. Our club currently meets at the Beckendorff Junior High track on Tuesdays at 5 am and 6:30 pm. At each, we have runners that can guide you through the workouts. So, if you would like to add track workouts to your training mix, be sure to join us. If you have any questions or would like more information, please let me know.

In next month's column, I'll continue on the topic of speed work with an extended discussion of one of the cornerstone workouts for those training for the half marathon and marathon – Yasso 800's.

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: Valeria Ojeda, Juan de Los Rios, David Andres, Christina Garza, Han Wu, Qing Yang, Keisha Tanner, Cristine Jones, Catalina Booth, Shannon Pearce, Sherri Spencer, Carl Mountford, Charles Allen, Ali Vakili, Sal Pirruccio, Peggy King and Carolina Hernandez.

Member Profile

Running is a journey, literally and figuratively. Some of us are new to running. Some of us have done it for decades. Some have switched from trails to roads or from roads to trails. Some have faced adversity off the running trail. Some have faced adventure. This month Mark Darnell has agreed to share his story – which has elements of all of this. Enjoy!

Here's Mark's story.

I'm a husband. I'm a dad. I'm a son. I'm a business guy. I'm a runner. Please don't ask me to put those in order of importance. Of course, family comes first, but over the past few years, running has become a close second. Running is not just a hobby, or a way to keep fit – it's part of my identity. I am a Runner.

I've got a confession to make about running. I love getting medals. They are wonderful reminders of physical accomplishments that mean absolutely nothing to anyone else. Let me go ahead and shout it out loud "I'm proud of my medals". For people of my generation, we did not get participation medals. Only the "best" got some type of trophy while everyone else went home empty handed. I did get a bowling trophy in high school that recently went bye-bye, but that was about it. Growing up I did collect a lot of worthless things, so it's only fitting I collect medals at this stage in life.

I also collect intangible items, like KUDOS via STRAVA. I got my first Garmin 220 running watch in 2015 and got turned on to STRAVA, a mobile app and website that allows runners to share their activities. STRAVA Kudos are awesome. Cool running people that I could never keep up with are handing out KUDOS and motivating me to continue my daily running work efforts. KUDOS are affirming, they instill confidence to the receiver. Runners handing out KUDOS are my BESTIES. Within KARC, my KUDO KING is Neil Ruocco, with many others a close second. Keep those KUDOS coming as they mean a lot to all recipients.

When it came to running, I was a late bloomer. As a child, my family moved around 10 times before settling in Michigan, where I began junior high school. Sport, as an activity, was not part of my childhood. I did try out for cross country in junior high but quit after the first week. That was my first experience with normal running soreness and tightness. But running was in my future, as it's in my blood; my dad as a runner had completed 5 marathons. In college I experimented with running and noticed how good oxygen made me feel. There was a correlation between running and feeling good.

Post college, I had a couple of friends I convinced to run in a few 10K's, primarily as something to do on a Saturday. This was 1980 and technology had not been developed. Crossing the finish line, someone with a stop watch would yell out the time, which you were to remember, stand in line, in order of finish, to receive a certificate with a hand written finishing time. One of those times was 55:47. During this time period of self-improvement I vowed to <u>always</u> be able to run one mile.

My wife Lori and I moved to Katy when I was 32 with our first child Max. Recreational running at that time consisted of running from home to the Katy Freeway and back for a two-mile loop. Anything further than this distance usually resulted in lower back pain injuries. This was my first introduction to chiropractors.

But runners, as you know, need to know how they are doing versus themselves and others. I used the Conoco Rodeo Run 10K as my annual report card to measure year on year gains (losses) in time and relative performance in my peer group. My goal was always to run below 60 minutes. The Rodeo Run race atmosphere was fun and I was hooked. It's such a positive experience, everyone is happy and glad to be there (except for the horses), the crowds are encouraging, and you get a T-Shirt and free goodies at the end of race. (OK, I'm a pack rat at heart and like that kind of stuff.)

In 2005, at the age of 48 I was diagnosed with the same aggressive testicular cancer as Lance Armstrong had in his 20s. Luckily it was early Stage 2 and I lived in Houston and was treated at MD Anderson. The next year was filled with positive attitude, several surgeries, and three rounds of chemo covering 33 sessions over a ten-week period. On the 2nd week chemo, my 14 year old daughter Samantha shaved my head. I found the baldness liberating. During this time period, I did not run or jog but in retrospect, I wish I had tried to, as jogging may have helped maintain some level of physical conditioning. But I did listen to my body, as all us runners should do. On my 50th birthday I had my Porta Cath removed and stopped taking blood thinners. It was the greatest birthday present.

The following year's Conoco Rodeo Run 10K was an important test for me to get back to full physical recovery and I ran a 1:06+ on a hot sunny day. The running story only improves from this point forward.

My son Max is also a runner – a damn good one. He was a late bloomer too. Max started running in college, and was hooked. He researched good running habits of better runners. He primarily runs ultra-trail races, but has also qualified for the Boston Marathon, and will sign up for next year's race. Now he has become an online running coach. I was lucky to be his first student, in my early 50s - for free! Son teaches dad how to run.

I was a heel striker, which led to ankle, knee, hip, back pain and trips to the chiropractor. With Max's coaching and a revamped running gait, running became less painful and more enjoyable. Turkey Trots became a family tradition and a great father-son activity. Rodeo Run times improved to below 60 minutes once again.

Max finished undergrad one semester early from the UT Mechanical Engineering Honors Program and wanted an epic travel trip to New Zealand (NZ) as a gift for finishing early. I said that was a deal, as long as I went for a couple of weeks too! It was a minimalist hiking-camping trip on the South Island and it was physically demanding. Hiking (trekking) trails with sheep, carrying backpacks from hut to hut, crossing streams, climbing mountains and kayaking the Milford Sound. For much of this time we were uncomfortable, wet and cold. Unbeknownst at the time, this was great preparation for running later in life.

Taking a break while climbing a steep mountain towards French Hut

Trekking

Milford Sound (very cold water)

Summer 2014 was another father-son epic trip, this time to Aspen, Colorado for another minimalist hiking camping adventure over the Four Pass Loop, a three-day, 28-mile hiking trail over four mountain passes.

For comparison the NZ mountains are only 3K to 4K feet above sea level while Aspen is 9K to 12K. As a flatlander (Houston), hiking NZ Mountains are easier than Colorado Mountains. It was a great hike and experience but the elevation factor reduced my speed to a slow walk. Trails conditions were great and varied, including snow. I fell only four times. One night we left our hiking poles on the ground outside our tent, and these porcupines gnawed the plastic handles, and ate the wrist straps, as they must have liked our salt sweat residue and sharpened their teeth on our handles.

As we finished the Four Pass Loop, I mentioned to Max we should do this again sometime. Running Coach Max replies, "Sure Dad, AFTER YOU RUN A HALF MARATHON." The gauntlet was thrown.

This was the day I began my latest running quest. Upon returning from Aspen, I noticed running was easier with greater endurance. Walking slowly at elevation was similar to a Houston slow run for 28 miles. A workmate of mine, Mario, had wanted me to try running a half marathon (go more than 10K). We trained together that summer-fall based upon his experience as a +10 time finisher. Training was not rigorous, nor was it scripted, but it centered on

running Memorial Park, Buffalo Bayou and River Oaks. I signed up for the Chevron Aramco Half. On race day upon reaching the finish line, I turned around and asked myself "Mark, could you turn around and run back to the starting line?" and my answer was a resounding "YES, I CAN". Marathon time. Here we go!

The following summer 2015 I joined Houston Fit – Team Fit, a smaller Memorial Park training group focused on running a bit longer than the other groups and doing up to 30 minutes of core after every run. I bought into the program – I was all in. Tuesday, Thursday evening runs along with Saturday long runs with core exercises three times per week. Running consistently with rest was key in improving endurance and strength. It was here that I learned running with a group helps you run better, is more fun and increases your commitment to the group and your running goal.

Marathon #1 January 2016 was ideal with temperatures in high 30s and low 40s. I remember hitting the wall around mile 15 and ran-walked to finish line in 4:53. I had run the marathon consuming just three gels and drinking Gatorade. My fueling was way off. Lessons learned from the first marathon: eat more and drink more to replenish energy and hydration.

I rejoined Houston Fit for the next training year as an assistant coach and once again, I was all-in. Training was great, and I was going to beat last year's 4:53 time. During the January taper, two weeks before marathon, the 8-mile Saturday run had temperatures in the low 20's. It was a great memorable run by our team as we froze off our mini and maxi glutes. However, the Friday before marathon, I could not breathe. I blamed my sinus infection on the 20 degree run and decided if I can't breathe, I can't run. That was one of the most disappointing moments as all my preparation was for naught. This was the hot and humid Houston Marathon of 2017. If I could not run with my teammates, I could certainly support them with high fives and water. Lori and I went down to race course at mile 11, in front of Randalls and handed out over 100 water bottles to thirsty runners. You may have been one of the lucky runners we gave water to that morning.

That spring 2017, I signed up again for Houston Fit to train for my 2018 redemption marathon. The composition of my running group changed, and I

just wasn't feeling the connection. It was me, not them. I had the wandering eye, looking for a new club…… When I was running in George Bush Park - about two miles from Fry Road - I met a runner and asked him if he was in a running club. He spoke about KARC and flying commercial jets for United. Matt was the first to welcome me to KARC, followed by Mike, Rick, Rebecca and Doris. The list grows each week.

In June 2017, while running with Houston Fit, I was following too closely to a runner on a sidewalk, and never saw a hole which twisted my arch. As a runner, it was my first real injury. After several more stubborn weeks of running without improvement, I decided to take the summer off, cross train and fix everything I've ever wanted to fix which could negatively impact running. I was committed to getting back in shape for my January 2018 Redemption Marathon.

I finished my January 2018 redemption marathon in 4:30, compared to 4:53 two years past. Due to the summer injury I began earnest training in September and ran the Houston Half by end of October. Another KARC member mentioned she tried to run up to four 20+ mile training runs before tapering. Great idea, I believe I got in 3-4 last fall. What made running better for me was the introduction of salt tablets to replenish salts and electrolytes lost in sweat. Fueling during the redemption marathon improved with 7 gels, 8 salt tablets, water station stops and eating food along the route, including orange slices which I don't recommend due to the fiber, which I found irritating. I did start run-walking around mile 15 and when I got to I-10 Memorial Park, with just another 60 minutes to the finish line, I just toughed it out and kept moving, ran faster down the dips and ran half way up the inclines. Interacting with the crowds was relaxing and provided an energy boost. The KARC training program is more rigorous than USA Fit. Next year, it would be nice to get closer to 4:15-4:20. Who knows, with Rick's help, I'm only 30 minutes, or so, away from a BQ.

I enjoy giving runners encouragement and high fives on the trail. Giving back to the community is a wonderful part of KARC. Volunteering at races, or wherever, is so rewarding. Running has kept me close with my son, the ultra-runner. We've run a handful of trail runs in the past. I crewed Max when he completed the Leadville 100 race and earned the big belt buckle. He has

taught me the joy of running trails. I'm going to continue running a couple of local Houston trail run races next year (San Felipe Shoot Out, Austin Rattler, Brazos Bend) and hopefully bring along some fellow KARC runners to share in the joy of trail running.

What about the future? I plan on running the rest of my life and hopefully you'll see me win my 80+ age group. Can you imagine how many medals I will have collected by that time, plus a BQ (maybe).

Last year, I was two-timing running clubs, however in 2018, I am "ALL IN" with KARC.

Mark Darnell

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, Beckendorff 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 – 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 – 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. 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

KARC continues to grow. Today we have over 300 members and it's hard to keep track of everybody or even get to know everybody. One of the ways we try to build camaraderie among the members is to have regular social events – big and little. As you most of you know, we have added Cinco West location for our Saturday runs. Last week both of the CopShop and Cinco West groups met for coffee and tacos at Taco A Go Go. It was a fun time and we'll try to do that on a regular basis.

Please do watch our email and FB communications for information about upcoming events. We're now planning a "Midway" party to celebrate making it through the first half of the training season for the Houston Marathon and Half Marathon. That'll be at our next KARC After Dark. And in just a couple weeks well have our next KARC in the Park event. See the Upcoming Events section for more info.

Remember that the CopShop group normally meets 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. Usually, we're 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

Roads, trails, hills, roots… it's all in here. Check out what your fellow members have been doing while wearing a race bib. And if you want to be sure to have your result reported then please respond on Lillian's FB posting weekly.

August 26th – Bayou Bucket 5k – Houston, TX

Melissa Benjamin	27:07
Michelle Blackman	43:00

Bob Furman	31:25
Lynn Furman	53:14
Skip Koshak	23:59
John Pankey	26:06 (PR)
Denise Voyles	37:19 (PR)
Lillian Wanjagi	30:33

John, Lillian and Skip at the Bayou Bucket 5k

August 27th – Run for Wellness 5k – George Bush Park, Houston, TX

Rick Bozanich	28:31 (2nd in AG)
Doris Bozanich	49:16 (3rd in AG)
Paul Chapman	28:00
Tina Seaman	49:00
Deborah Vazquez	49:23
Jason Wiley	19:38 (3rd Overall Men)
Jocelyn Williams	32:53 (3rd in AG)

September 1st – Alamo City Ultra – San Antonio, TX

Susan Freeman	37:23 (5k)
Lisa Ozsdolay	3:43:57 (25k)

Susan and Lisa at the Alamo City Ultra

September 3rd - Katy Back to School 5k – Katy, TX

Tim Barnett	18:47 (2nd in AG)
Tammy Bearden	53:10
Toni Benavides	54:26
Jennifer Bernard	28:59
Marjorie Broussard	24:43 (2nd in AG)
Karen Buckley	38:21
Dana Cashman	1:06:13
Tony Castronovo	28:50
Paul Chapman	26:52
Jill Clark	25:04 (3rd in AG)
Maria Colon	32:51
Caryl Coronis	1:03:49
Mark Darnell	27:27
Brenda Davis	34:00
Cindy Davis	50:41
Joel Davis	20:09
Juan De los Rios	32:07
Josie Deckelman	29:25
Alexandra Doukakis	30:07
Tina Drewke	35:52
Ginny Ebben	28:33 (3rd in AG)

Deidre Echols	31:21
Anne Gandini	24:57 (3rd in AG)
Christina Garza	45:23
Tim Goedeker	28:05
Rowena Hay	27:22 (1st in AG)
Cristi Hepler	38:22
Matthew Hess	23:29
Nancy Holcomb	49:51
Tina Hunt	34:15
Susan Hutson	35:08
Vangie Ibbotson	34:22
Jen Ingram	23:34 (1st in AG)
James Ingram	21:08
Skip Koshak	23:19
Torrey Kramer	33:59
Chao Li	23:13
Bryan Lightsey	30:22
Jennifer Lightsey	30:26
Carletta Lloyd	57:04
Eliton Luz	22:15
Charlotte Martinez	29:22
Holly Mayson	37:52
Jessica McDaniel	23:35 (1st in AG)
David Moore	21:50
Chi Ngene	32:47
John Pankey	25:00
Mary Pegg	42:24
Deborah Pirruccio	22:22 (2nd Overall Women)
Sal Pirruccio	31:12
Robert Ponville	23:35
Craig Prevallet	22:50
Marah Retherford	35:15
Arturo Reyes	25:59
Jenn Rienstra	35:50
Neil Ruocco	22:00
Colleen Saltus	50:32

Lisa Anne Sanders	36:26
Tina Seaman	54:57
Jill Seltzer	50:29
Natalie Shelton	40:12
Shawn Seimers	23:14
Lynne Skoyles	33:55 (3rd in AG)
Lisa Stine	36:40
Chris Strohman	20:12 (3rd in AG)
Robin Sturgis	38:54
Farzana Sulemanji	39:34
Gary Sullivan	24:20
Pam Sullivan	35:46
Bekah Swick	43:45
Keisha Tanner	30:10
David Thurman	37:50
Paul van Helmond	27:22
Denise Voyles	36:27
Gay Waltrip	48:54
Terry Waltrip	48:53
Lillian Wanjagi	29:06
Chris Wetherholt	25:46
Craig White	23:43
Gwen Wilkinson	34:33
Joe Wilkinson	31:15
Jocelyn Williams	32:53
Donald Willmon	48:14
Pamela Willmon	41:01
Jenny Woollen	42:00
Mark Woollen	30:35
Nicole Zucker	23:05 (3rd Overall Women)

Jill, Marjorie and Jen in their clean sweep of the F 40 – 49 age group.

KATY AREA
RUNNING CLUB

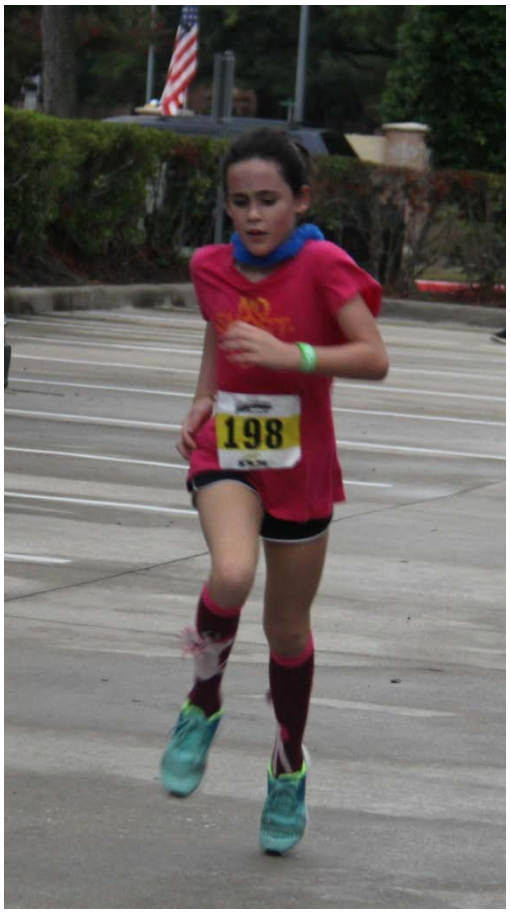
398

KATY AREA
RUNNING CLUB
292

KATY AREA
RUNNING CLUB
277

FINISHER
Good Times
Running Co
411
270

273
361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KATY AREA
RUNNING CLUB
EST. 2016
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katystudentsrun
5K
13.1
KATY AREA
RUNNING CLUB
EST. 2016

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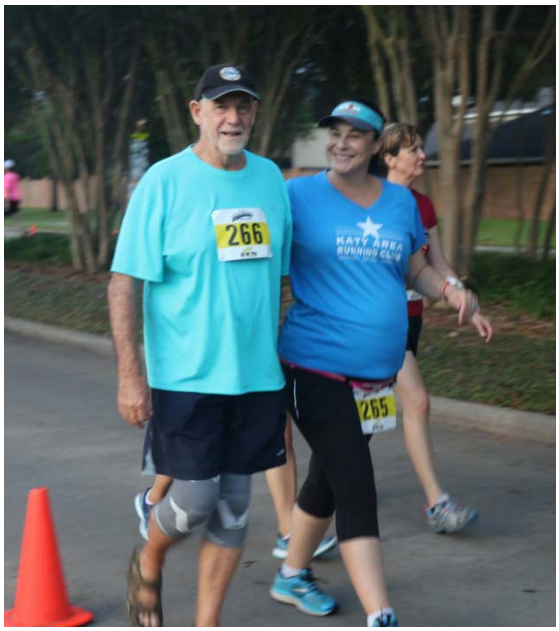
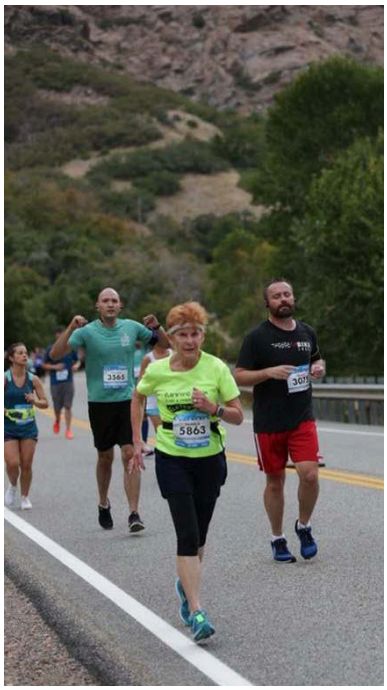


September 8th – Revel Big Cottonwood Marathon and Half Marathon – Salt Lake City, UT

David Moore	3:26:57 (BQ!, marathon)
Pamela Willmon	2:24:05 (1st in AG, half marathon)



Pamela at the Big Cottonwood Half Marathon

September 8th – 9/11 Hero's Run – Houston, TX

Skip Koshak	23:05
John Pankey	25:18 (an even further PR!)

John and Skip at the 9/11 Heroes Run

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.

September 23rd - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

Saturday 29th – KARC in the Park – Sergeant Hatch Sports Park (aka the CopShop) – the club will provide coffee and kolaches after the long run.

October 17th – KARC After Dark – Good Times Running Co. – this will be our Midway party for the marathon/half marathon training season.

October 27th – Run with the Saints 5k – Katy, TX – race and registration info here.

October 28th – Houston Half Marathon and 10k – Houston, TX – race and registration info here.

October 28th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

November 3rd – Run 4 the Children – The Fellowship, Katy, TX – race and registration info here.

November 14th (tentative) – KARC Ladies Night Out – Kendra Scott Jewelers – City Centre, Houston.

November 22nd – Monty Ballard YMCA Turkey Dash – Katy, TX – race and registration info coming in future newsletters.

November 25th – HMSA Classical 25k – Houston, TX – race and registration info here.

November 25th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

December 8th – 9th – Brazos Bend 100 (100M, 50M, 26.2M, 13.1M) – Brazos Bend State Park, Needville, TX – race and registration info here.

December 9th – BCS Marathon / Half Marathon – Bryan/College Station, TX – race and registration info here.

December 9th - KIA 30k – Sugar Land, TX – race and registration info here.

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