August 20, 2018 Volume 3, Number 8

From the President's Desk

Well, it's hot. That means that only the toughest are still racing. Read on and you'll find those tough folks listed in the Club Runners Review section. There are some impressive results there. A large part of the membership is "only" training for fall and winter races. Those who are will tell you that it's still hot – training is tough, too. So, kudos to all of you who are getting out there and getting your miles in whether it's in preparation for a race or just to maintain your fitness.

But, the "off season" is also a great time to socialize. In that regard you'll find more events than usual highlighted in the Getting Together section. Some are our continuing series of KARC in the Park and KARC in the Dark. But, significantly, we held our first Ladies Night Out event this month. It was time for us to do something special for our ladies – and we did it!

Labor Day is fast approaching. Now's the time to register for our club's only race of the year, the Katy Back to School 5k. Yes, we do run other races as a group. But, we own this one and we use it to raise money for Katy Students Run. So, lace up your shoes and run or walk with us. You can register for the race here.

We are still looking for some adult volunteers. If you can run then run. If you have a significant other who isn't interested in running but wants to participate then we might have a job for them. We need course marshals to communicate with motor vehicle drivers at the 11 intersections along the course that will not be manned by police. It's really important! They can do it by their own volition or you can voluntold them. Either way, they can sign up on the race registration site here.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

Recently, we have had a number of people who have either joined our club or are thinking about it who are new to running. Others had run in the past but have taken a few years off and are eager to start up again. When asked about it, my standard reply goes something like "Just show up for one of our group runs and we'll get you started". This really is not a good answer. To someone totally new to the sport, just showing up to a run can be an intimidating experience. So, what can we do to better support the needs of those new to the sport? Well, for one thing, we will be starting up a program specifically geared toward new runners. While that program will focus on the mechanics of running, is there more to starting up a new routine than just putting one foot in front of the other? Turns out, there is.

One of my "go-to" sources of information on running is a book I first read over 30 years ago ("The Runner's Handbook" by Bob Glover). In it, he has a chapter on getting started. The steps he describes fit very nicely with a slogan that was printed on the back of a running shirt I once had - "Running begins not with the feet, but with the mind". His eight steps are: 1) Make a commitment; 2) Check with your doctor; 3) Establish your starting point; 4) Set reasonable, but challenging, goals; 5) Select the proper equipment; 6) Follow a sensible training program; 7) Set up a support network and 8) Keep motivated and stay with it.

Let's start with commitment. If you are reading this, then you already took the first step by joining KARC. Beyond this, strapping on your running shoes and getting out the door is the next big step. If you haven't exercised in awhile then starting this activity involves a behavioral change, which is sometimes difficult to do. So, make the decision and commit to going out for a walk or a run three times/week. Put it in your calendar and just do it!

If you are embarking on a new exercise program, especially one that will lead to vigorous physical activity, it is always wise to get checked out by your doctor. Discuss with her or him your plans and seek their feedback based on the results of their examination. Be sure to share information on your exercise history, any injuries or limitations that may have affected you in the past.

"Establishing your starting point" basically refers to your baseline fitness level. For example, how long are you currently able to walk or run continuously? How long does it take for you to walk or run a mile (or other distance)? Knowing your

baseline fitness level enables you to plan an exercise program that is better keyed toward your abilities (that is, one that is not too easy or too challenging). It also helps with establishing realistic goals. A realistic goal is one that can be achieved with a reasonable amount of training or effort. The goal can be related to fitness (for example, establishing a time, distance or pace goal), or other lifestyle elements (weight loss, for example). When establishing goals, write them down and articulate them in a way that lets you know you are on track. Include a time component and identify the means to measure progress to see if you are on track.

In terms of equipment, for runners, it all starts with proper shoes. It is best to go to a running specialty store to be properly fitted. A qualified shoe expert can observe how you run and walk and then select the brands and models of shoes that are right for your feet.

Next on Glover's list is to follow a sensible training program. KARC will be rolling out its program for new runners in September, so that would be a good place to start. If for some reason that doesn't fit with your schedule or timeframe, then let me know and we could put something together for you. In any event, it is important to follow a well thought out plan. One of the most common mistakes made by new runners is to try to do too much too soon. Following a program that gradually increases the time, distance, and intensity of workouts increases the probability that you will achieve your fitness goals and avoid injury or other setbacks. Also key is to be part of a supportive environment. Well, you joined KARC – that's what we strive to provide.

Finally, the last item on the list is to stay motivated. I find that running or training with others who share your goal is a good way to stay motivated. Its harder to back out of a workout when you know that others are depending on you to show up. Also, tracking your progress toward achieving your larger goal can be motivational – especially if you see you are on track to achieving or exceeding your goal. For your runs, keep it fun and interesting. Mix it up by running different places and routes. Once you have achieved your goal, be sure to reward yourself and celebrate the achievement. Then, its on to setting the next target.

To conclude, as a new runner, you hopefully will be embarking on a life-long journey. Make it fun, make it interesting and let us know how we can help you.

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: Rasha Matthews-Wright, Shane Rowe, Gustavo de la Pena, John Pankey, Lou Guillo, Eliton Luz, Quin Yu, Fernando Carlevaro, Maria Gorosito, Jessica McDaniel, Traci Fields, Rene Decquir, Jennifer and Mark Woollen, Hannah Yang, Tina Hunt, Jan Lindholm, Kressia Rodriguez, Carol Schmidt and Hongmei Lou.

Member Profile

I want to thank everyone who has opened up and shared their story with us in these member profiles. This gives us a glimpse into what motivates a runner, what made them start, and/or what keeps them going. It's not something we can easily learn as we huff and puff together on our long runs. This month we get a treat from Rick. It's the story of his running journey.

Here's Rick's story:

It all began from an unpleasant conversation over 50 years ago. I was trying out for the junior varsity baseball team at my high school in Los Angeles. After two weeks of try-outs, the coach pulled me over to the side and told me he had some good news and some bad news. The good news was that I made the team. The bad news was that he would never put me in a game (but I was welcome to suit up and watch the other team members play). Well, that didn't seem too appealing, so I thought I'd try a different sport – track.

I wasn't quite fast enough to be a sprinter and I didn't have the endurance to be competitive in the mile, so I settled on the "intermediate" distances – quarter mile and half mile. I never did win a race, but I soon realized that, unlike baseball, running was a sport you could do almost anytime and anywhere.

I didn't run much in college, but once I started working, I became a recreational runner (running 3 - 4 miles about 3 days per week). Just after my 30th birthday, I was having lunch with some colleagues at

work. They were talking about running the Houston Marathon the following January. I was impressed – I asked them how much they were currently running (figuring that they must be putting down some serious mileage). I was surprised by their answer. They said, "We currently run about 3 to 4 miles about 3 days per week". I asked them how in the world they thought they could run a marathon given such short mileage. They then gave me a copy of an article from Runners World titled "Running Your First Marathon". In it was a 12 week marathon training plan. Since I wanted to do something significant to mark my 30th year on earth, I decided to give it a try.

I don't remember much about that first marathon (the Houston - Tenneco Marathon in January 1984). It was a two-loop course that started in downtown Houston and circled Memorial Park twice. I did follow the advice in the article and stuck to my pre-race plan. I finished with at time of 3:33:30, which put me in about the 50% percentile of my age group. Not too bad for a rookie.

Later that year, I was transferred to Chicago. I thought it would be fun to run the 1985 Chicago Marathon. So, I dusted off the 12-week training program and started my training. Feeling confident from my first marathon experience, I didn't get overly concerned about skipping workouts. I arrived at the start of the race feeling terrific – so good that I found myself running about 30 sec/mile faster than my planned pace. This wasn't an issue for the first 18 miles, but somewhere between mile 19 and 20, I hit the wall big time. Suddenly my legs felt like lead and I had no energy. I wanted to walk so bad, but I was naïve and thought that you would be disqualified if you were caught walking. I remember crossing the finish line. My first words to my wife, Doris, were "Never again – this is stupid!" Surprisingly, I set a PR by about 4 minutes in that race.

After taking a couple of months off and reading a couple of books about running and training philosophy, I decided to do it right. While I still did all my training runs on my own, I followed a longer, better plan. When I got to the starting line of the 1986 Chicago Marathon, I was well prepared, both mentally and physically. I ran a disciplined race. Unlike the year before, I never did hit the wall. I

felt terrific at the end of the race and finished with a time of 3:11:16 - my all-time PR. The picture on the right (taken in 2012) shows me with Joan Benoit Samuelson, who won the women's division that year (and set a world record doing it). She signed my race program (it had her picture on the cover). Sadly, the program was lost when our house flooded last year. But, I digress.

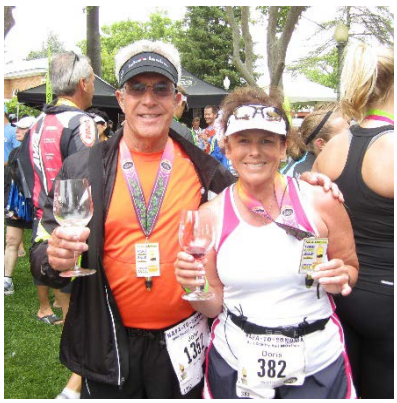
So, what do you do for an encore for a race like that? I don't know about you, but I took the next 21 years off.

Fast forward to 2007. By that time, I found myself overweight and grossly out of shape. One day, my son John called me and told me he wanted to run the Dallas Marathon. "Terrific!" I said, "I'll send you a plan". He replied, "Great – but I want you to run it with me". Oh-oh, I'm in trouble now. Later that day, I went to the YMCA to do my first workout, walking 20 minutes on the treadmill. Six months later, we crossed the finish line together. The race was a terrific experience and one that inspired me to do more to keep myself in shape.

The next year, I joined KatyFit ATP and discovered the joys of running and training with others. Up until that point, I had always done all of my training runs on my own. I found that running and training with others was both motivational and enjoyable. That first year of training in a group proved highly successful. It culminated in completing the Boston Marathon with a "post-40" PR in 2009. I met some great people that first year with ATP, chief among them was Mike Masse. We've been the best of friends ever since.

Subsequently, Doris, who like me had always run on her own, joined the group and started training for a half marathon. Now that both of us were runners, new opportunities opened up us in the form of destination races. In 2010, Doris and I (along with our son) ran in the Napa to Sonoma Half Marathon.

This became one of our favorite races and one that we have done 8 times now, often with one or more of our children running in the race as well. Our trips to California included much more than just running the race – they became mini-vacations that included visiting family, getting together with friends, picnics at wineries (or under the canopy of 300' redwoods in a local state park), exploring new restaurants, and lots and lots of wine tasting.



One year, we introduced Mike and Rebecca Masse to the experience and later, they reciprocated by introducing us to Maine (where Mike grew up) to see the fall colors (and to run the Mt. Desert Island Half Marathon, which just happened to take place during our trip). Since then, we have run other destination races with them including Oregon and Big Sur – all were memorable experiences.

On Labor Day in 2015, we were invited to Kim and Jack McClintic's house for a pool party. At one point in the afternoon, Kim, Mike and I were cooling off in the pool and were reminiscing about our running experiences. I mentioned that while I had enjoyed training with KatyFit, I was ready to move on to do something different. I didn't want to be locked into a specific training program for a specific race; I wanted more flexibility. Kim and Mike both felt the same way and a few months later, we (along with the help of a few other people) formed the Katy Area Running Club. Apparently, this filled a need as evidenced by the 400-plus people

who have joined since we formed the club.

So, what's next on the running agenda? I don't have a clue. So far, I've completed 16 marathons and nearly 30 half marathons. I had some great experiences as well as a few disappointments along the way. I never thought that the Big Sur Marathon in 2015 would be my last.

Late last year, I set a goal to qualify for the Boston Marathon again. The Eugene Marathon this past April was going to be the race to do it. I thought I was well prepared when I approached the starting line. Unfortunately, I had to pull out of the race after a couple of miles due to knee pain. Subsequently, an MRI revealed significant cartilage damage to my right knee (I'm sure the other one isn't any better); the doctor suggested I take up another sport. Well, we'll see. I don't think I'll run another marathon, but giving up running totally I hope is not in the cards. Still, I am very grateful for the experiences and for all the wonderful people I met through running. And to think it all started 50 years ago with the baseball coach telling me he would never play me!

Rick Bozanich

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. The evening workouts now are starting from Willow Fork Park. But, in the coming weeks we'll be moving to one of the KISD junior high tracks. This is where we will 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.

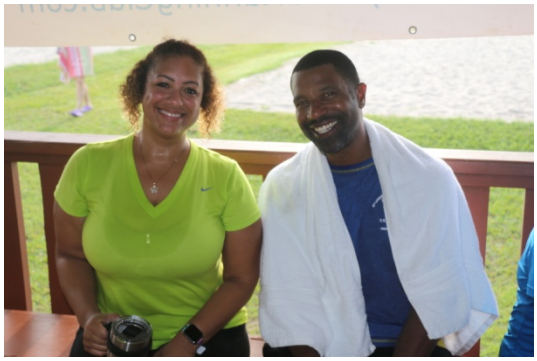
For those of you who are looking for an alternate west-side run on Saturday mornings – we have one! If you want to get the latest route and run times be sure to check Facebook. Neil Ruocco and Lillian Wanjagi send out posts late in the week with all the info you'll need.

Getting Together

On July 21st we not only kicked off the Houston Marathon / Half Marathon training but we had one of the best KARC in the Park events since the club's inception. The turnout was amazing. Could that be on account of Steve Brammer who brought his propane-fired griddle out to make and serve pancakes? Or maybe it was because of the excellent Shoe Clinic give by our very own Sarah Priest? I think that had something to do with it. But, I know that I enjoy the chance to mix and mingle with the larger body of our

membership and I always look forward to KARC in the Park for that reason. I'm guessing you do, too.

Good Times



The club came together on the evening of August 1st for our latest KARC After Dark Event. Darren Chase, DC, of The Athletes Stop gave a very nice presentation about sports injuries, their diagnoses, and treatment. It was very informative. I didn't realize that bloodwork formed such a pillar of the diagnostic tools applied to sports injuries. As always, there were munchies and beverage to indulge in and a generous 20% discount on merchandise offered by Good Time Running Co. (I got a shiny new pair of Mizunos! Well, actually, they're blue.)

On August 16th we had our very first Ladies Night Out event at Good Times Running Co. Julie Millen, creator and designer, came out to introduce her line of Joules Athletics apparel. It was a trunk show not to be missed. Our lucky ladies were treated to light hors d'ouvres and adult beverages and a chance to pick up a piece of athletic wear for themselves or their significant others. By all accounts it was a fun time.

Julie Millen of Joules Athletics

Ladies Night Out with Joules Athletics

Ladies Night Out with Joules Athletics

Watch for our next Ladies Night Out. We're working with Kendra Scott Jewelers to host that at their City Centre shop on the evening of November 14th. More on that later.

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

Keep sending in your race results. With a club of our size (we have nearly 300 members today – and are still growing!) we have no hope of tracking all of you in your racing endeavors. But, thanks to Lillian Wanjagi you have an excellent vehicle for communicating your participation in races near and far. Just reply to her weekly call on Facebook!

July 14th - Lunar Rendevous 5k – Houston, TX

Dana Hill	41:09

July 14th – Ortigia Acquathlon (3k run / 1900m swim / 1600m run)– Siricusa, Italy

Deborah Pirruccio	(2nd in AG)

July 15th – Shadow Creek Triathlon – Pearland, TX

David Thurman 1:50:11

July 16th – Santa Venera 5k – Avola, Italy

Deborah Pirruccio (6th in AG)

July 22nd - Katy Flatland Century Bicycle Ride – Katy , TX

Dana Hill	(32 miles)
Holly Mayson	(32 miles)
David Thurman	(32 miles)

July 29th – San Francisco Half Marathon – San Francisco, CA

Josie Deckelman	2:17:55

Josie is embraced by her daughter at the finish of the San Francisco Half Marathon.

July 29th - Bayou City Triathlon – Cypress, TX

Buddy Baudoin	1:29:58
Lisa Baudoin	1:40:48

July 16th – A Very Nice 47km run on El Dia de Accion de Gracias - San José, Costa Rica

Carlos Pacheco

August 5th – River Cities Triathlon – Benton, LA

Joe Wilkinson 1:42:45 (1st in AG)

August 11th - Goodyear Half Marathon – Akron, OH

Heather Lovell 2:54:54

August 18 – 19 – Habenero Hundred (100M, 100k, 50k, 30k, 10k and relay) – 7IL Ranch, Cat Spring, TX

Brenda Davis	1:44 (10k)
Emma Jeter	
Josh Manning	8:49 (50k)
Dave Tomfohrde	5:58 (30K)

August 18 – El Chupacabra 10k – New Caney, TX

Adam Hunt	1:22:23

August 18th - Wisconsin Mini Marathon – Madison, WI

Tim Goedeker	2:09:36 (half marathon)

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.

August 26th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

September 3rd – Katy Back to School 5k – The Villagio, Katy, TX – race and registration info here.

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

September 29th – KARC in the Park – CopShop, 7:45am

October 17th – KARC After Dark – Good Times Running Co, Katy

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 – Ladies Night Out – Kendra Scott Jewelers – City

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 - KIA 30k – Sugar Land, TX – race and registration info coming in future newsletters.

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