June 17, 2018 Volume 3, Number 6

From the President's Desk

I don't want to say that marathon / half marathon training season is boring. But, it is fairly predictable. With a large group of us enlisted in that craziness, the progression of events through the fall and winter have a regular pattern. After the winter marathons all bets are off. You'll see what I mean when you look through the running and social events highlighted in this newsletter. The scope of activities is really broad! We're firing on all cylinders.

Today we are more than 250 members strong and growing. With a group that large it's natural that there are many opportunities to participate in our running and social events. In fact, there are apparently so many that no one can participate in all of them. So, if you haven't been able to make it to all of them don't feel alone. And if you haven't come to any yet then know that there's always some event you can hop into. Come on out. We love to see your smiling faces.

In line with that thought you will see that there are many opportunities to join a group run. For instance, our regular group run at the track is at McMeans JH on Tuesday evenings. However, there are group (sometimes a group of one) who meet there at 5am – or at Beckendorff JH, mornings and evening, or at Memorial Parkway JH in the early morning hours. It's the same for our Thursday and Saturday runs. It's doesn't matter where you go. And remember, that you can use your social connections (the Club FB group works really well) to arrange meet-ups with other Club members.

Next month we'll be kicking off our training season for the Chevron Houston Marathon / Aramco Half Marathon. But, if you have a different goal – Chicago, Marine Corps, BCS, Leadville – then let us know and we can gin up a training

schedule for you with your race as a target – and at which ever of the four levels of training you'd like to pursue. To make things convenient for all of you doing the marathon / half marathon training, we will continue to use the Sergeant Hatch Sports Park (aka "the CopShop") as our primary long run location. But, there will be groups that run in other locations. If those locations work for you better on some or all Saturdays then you might want to check it out. There will always be a big group at the CopShop, though. So, if you like the camaraderie of a big group run then you can be sure that we'll be there for you.

Now, a public service announcement about safety. With sunrise coming earlier we are now sharing the trails with a lot more cyclists. Be aware! You'll want to be courteous to others using the trails (even if that isn't always returned) by making sure that your group does not fully occupy the width of the trail. Limiting your gaggle of runners to two abreast is a really good idea. Also, shouting out to your fellow runners when cyclists approach from either front or back is really helpful. The other thing to remember is that it is going to be really hot for us over the next few months. If you don't have some type of bottle to run with then please think about getting one. GTRC has a good selection of them. Bring your fluids. Drink your fluids. Replenish your fluids. If you are ever dizzy, disoriented or feel chilled in hot temps then stop running! Sit or walk until you feel clear headed. We haven't lost a runner, yet and I dearly hope we never do. Run safe, run smart.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

We are fast approaching the start to the training season focused on the Chevron Houston Marathon and Aramco Houston Half Marathon. Although those races are over six months away, if you are planning on running either of them, now is the time you should start preparing for them. The KARC training programs will officially kick off on Saturday July 21. For the kick-off, we will be hosting another "KARC in the Park" which will be held at the Cop Shop gazebo after our Saturday run. I will provide more details in my weekly emails.

As you may know, there is no charge to KARC members to participate in our training program – it is one of the benefits you receive as a member. Still, if you are interested in training with KARC for the January races, it is important to sign up. Signing up is quick and easy – just go to the KARC website, click on the button at the bottom of the home page and follow the prompts.

We are again organizing our program in groups according to training pace (Falcons: under 8 min/mi; Cougars: 8 - 9 min/mi; Tigers: 9 – 10 min/mi; Mustangs: 10 – 11 min/mi; Mavericks: 11 – 12 min/mi; and Spartans: 12 min/mi and over). Each pace group will have one or more coordinators. Their primary responsibility is related to communication with those training in their pace group. While they are not coaches per se, our pace group coordinators all are experienced runners and can provide you information and perspectives based on that experience for you to have a successful training season. Many of you have goals that go beyond merely completing the marathon or half marathon. If you have a specific time goal, be sure to share it with your pace group coordinator. There are ways to track your progress throughout the season to make sure you are on track to achieve your goal.

The pace group coordinators will be sending out emails to those in their groups with the training schedule for the week (including the time and location of the training runs). Thus, if you are interested in training with us, it is important that you sign up so that you get on the right distribution list. I will still send out my weekly emails to the membership with general club information.

We have developed training schedules for both the half marathon and marathon distances. There are four levels to choose from for each distance. Level 1 is a basic schedule that is proven to get you to the finish line. It is appropriate for beginning runners who want to train 4 days/week. Level 2 is similar to the Level 1 schedule; the main difference is that includes hill workouts early in the season and track workouts later in the season, both on Tuesdays. Level 3 is a more intensive schedule. It calls for training runs five days/week and incorporates more challenging hill and track workouts on Tuesdays and more challenging tempo runs on Thursday. Level 4 is for experienced runners who have maintained a higher base during the off season. The Saturday long runs start at 10 miles on the Level 4 schedule (vs 5 for the Level 3 schedule) and incorporates slightly more challenging tempo runs on Thursdays. It also incorporates a few pick-ups to race pace (marathon or half marathon) on the Saturday long runs. The pace group

coordinators will choose which schedule is most appropriate for their pace group as a suggestion. Of course, you are free to follow any schedule you feel is appropriate for you.

We are in the final stages of updating our training schedules for both the marathon and half marathon distances. These will be posted on our website within the next two weeks. You will need the club password to access these (as well as to access other "members-only" information on our website. If you need a reminder of the password, let me know.

So, what should you be doing now to prepare? Perhaps the most important thing is to build your training base. Our plans assume a training base of at least 15 – 20 miles per week, including a long run of at least 4 – 5 miles (depending on the schedule). Many of you are already training at this level – that is great! For the rest – it's time to start!

It's also important to check out your shoes. Now is the time to replace old and worn out shoes. Running longer miles on worn out shoes is an invitation for injury. I found it best to go to a specialty running store for a proper shoe fitting. The shoe companies continually introduce new and improved models. Sometimes when an updated model is introduced, the fit may be slightly different. Being fitted for shoes by a knowledgeable expert is a good way to ensure you get the shoe that is best for you.

Finally, as you have noticed, the weather is turning hot and humid. It is important to stay hydrated during all of your runs. We will continue to provide fluids along the routes of our long runs on Saturday. Be sure to also carry your own hydration equipment (fuel belts or water bottles). If you don't have them (or if they need to be replaced), now is the time to get new ones.

We are eagerly anticipating the start of our training season and hope that you are too. Should you have any questions about our program, or if you would like a customized schedule to train for another event, please let me know. We are here to support 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: Gwen Wheeler, Sydney Leverett, Roxanne Steed, Chris Sanders, Leo Bourgeois, Emily Zanvinsky, Ginny Ebben, Mary Pegg, Zory Guillo, Sara Montenegro, Lisa Witten, Braden Storts, Desiree Woods, Kimberly Harvey, Cyndi Schwartz and Yvonne Pieprzyca.

Member Profile

Tim Barnett is going to tell you a very interesting story. It's one, I think, that has underlying elements common to our experiences. None of us are born as runners. Somehow we find our way to it. Sometimes it's an obvious result given our past. Probably, more than not, it isn't. So, I'm fascinated to hear stories like Tim's. I learn that there are many roads to the common experience we share.

Here's Tim's story:

Three years ago, I sold nearly everything that I could not fit into two suitcases and moved from Cheltenham in England to Houston. I had never been to Houston but there I was taking the plunge and moving here. Originally, I am from a town near to Cheltenham in Gloucestershire called Dursley. Those people who are Harry Potter fans may know the Dursleys as the horrible and cruel Aunty and Uncle of Harry. Well, J K Rowling lives not far from my town and disliked it so much that she named the characters after it. That aside, I love Dursley as it is in the Cotswolds and nestled within rolling green hills, little villages with stone cottages and stunning scenery. I had a wonderful childhood there with my brother, sister and our friends: constructing bases in the woods; experimenting with camp fires; playing hide and seek in the fields until the farmer chased us off and making off road courses to scramble over on our BMXs and form the setting for many an anecdote to explain various scars. Although I dearly love where I grew up, later, as a primary (elementary) teacher, there was always a nagging feeling that I wanted to live and teach abroad. After travelling around California, Arizona and Ohio one Summer, I knew that America was the country I wanted to immerse myself in and explore further.

At this point in this whimsical ramble, I feel I need to make a confession. I do not feel I am a 'runner'. Not really. I look at others and think, 'wow, what a runner' or 'that runner is working hard'. I even get labelled as one by colleagues at work and it

has become one of the first things mentioned when I'm being introduced to new people. Someone may mention they or someone they know is training for a 5k, 10k, half or marathon and immediately I hear "Tim is a runner, aren't you Tim?" My usual response is, "well, I do a bit." However, I feel like a fraud. I have to confess right now, if anything, I still consider myself a rower on a sabbatical.

That being said, my earliest memory of running was being told that I was going to represent the school on the primary (elementary) cross-country team as no-one else really wanted to do it. This was something I also did not really want to do, as I did not have what some may call a 'natural sporting ability'. I could not run fast. I could not really run at a medium pace. I could not throw that far. I was one of those people that would jog towards the intended destination until I was sure I was in my throwing zone. I could not be relied upon to catch anything. In games I would hope the high ball did not come near me. If it did, I felt everyone was watching and waiting for me to drop it: I did not disappoint them. My friends got selected for the soccer, rugby and hockey teams but I always just missed out. Please do not think this part is written to cue the violin music in a vain effort to instill sympathy from the reader: rather it is to provide some context and maybe a few people could relate to this. Back to the cross country: I have vivid memories of finishing races near the back with my lungs burning, legs hurting and not wanting to do it again the following week!

Being taller than everyone else and standing out from an early age made me very self-conscious. I was born with a right knee that twists inwards which means that my right leg flicks out when I run causing me to have a wobble. For a long time, I was blissfully unaware of how it made me look when I ran. However, children being children, it was soon identified and pointed out to me as if it was a vital piece of information that I needed to be aware of. Not only that, but a nickname must be given. The kids at the local park called me Pingu when we played football. Pingu was a penguin in a children's program. Although, for the sake of appearances, I had to pretend that this did not bother me, this did not help my confidence and made me shy away from sporting opportunities more.

By secondary school (middle and high school) I viewed myself as being chunky or fat as I certainly did not have the physique of the more sporting and popular members of my year group. Although I continued to play rugby for the school and Dursley, my position was second row, which relied a lot on my height for the line out and

weight for pushing in the scrum. This did not develop my athletic abilities and my weight started to creep on in my teens. In fact, I was given the ironic name of 'Bullet' by my team mates as I was so slow at running on the field! (In comparison to Pingu, this one I did find amusing and everyone on the team had a nickname). This was actually a nickname that later followed me to university and I'm even referred to a Bullet by some friends now. At a time where boys and girls were starting to date, I was self-conscious about my weight, height and how I was perceived by others. Sport was certainly not my main passion at this time. Instead, drama was. I loved the excitement of performing in front of an audience. Being extremely self-conscious and never in the 'fashionable' or 'popular' group, I found (ironically) I could find who I was and be my real self in the drama club and through studying theatre. I also joined the local amateur dramatic society and did my London Academy of Music and Dramatic Art exams.

Sport did not really play a significant part in my life until I was 17, and then it was alongside performing arts. I started going to the gym with some friends and found that I really enjoyed training. It was a way of relaxing and I started to set personal fitness goals without the judgments or pressure I had felt earlier in my teenage years. As I went more regularly, I grew to know many of the people who worked in the sports' centre and successfully applied for a job as a member of staff on kid's parties and holiday camps. Being in this environment later led to me becoming a lifeguard and then a fitness instructor – something I previously would have never thought possible. I loved the buzz, the energy and the supportive nature of it all. I found that I could hit some competitive times on the indoor rower and started to compare them online with the concept 2 website. Running had still not crossed my mind!

From here I went to Cardiff University, where I played rugby, with drama remaining my biggest passion. I worked in the university gym and as a lifeguard. In my second year at university, I would observe the university rowing team training hard in the gym. They were a focused, tight squad of athletes

who talked about qualifying for some competition called Henley Royal Regatta like it was achieving perfection – at that moment something in me went I want in on that before I finish uni. Before the beginning of the new academic year, I waited until they were training on the ergs (indoor rowers) and I set myself up next to them. I overheard their training plan and decided that I would do the same to see if I had it in me. After 15 minutes, I was beating many of their split times. Once the session concluded, I had made my impression and introductions were made. I was told to try out in the coming weeks for the new season. After a grueling selection process (mainly designed to get people to quit), I was finally chosen for the novice squad. This was mainly comprised of first years who had rowed at private school. I was a final year student who had never rowed and had gone to a comprehensive (public) school. I did feel out of place to begin with, but soon we bonded into a tight squad. We thought we were going to set the rowing world on fire, but I look back now after having rowed for 12 years and laugh at how terrible and naive we were! I loved it though and it led to many lifelong friendships.

After University, I moved back with my parents to train to become a teacher. This was a steep learning curve for all of us after having had my freedom for 4 years! I joined Gloucester Rowing Club and formed a coxless 4 with three other guys looking to race hard. The club was small and had not had many recent successes. We were determined to turn that around. In our first year we came second at the elite regattas in England and qualified for Henley Royal Regatta, where we won a round and got knocked out by the eventual winners. I still remember asking the Canadian National Quad to move their boat, so we could place ours on our rack just over from the American Olympic 8's boat. This was a step up! The following year, we won our categories at the elite regattas and, again, qualified

for Henley Royal Regatta. This taught me that anything is possible if you work hard for it and believe. A few years later, I Joined Cardiff City and also set my sights on rowing in the Home International Regatta: a competition for the England, Wales, Scotland and Ireland rowing teams. I qualified to represent Wales (although I am English) and race in Cork, Ireland. In my time I have been honored to meet, train and race alongside some brilliant rowers who are far better than I could have ever been but were inspirational – some of whom are going to representing GB in Japan at the Olympics. I was also honored to be chosen to row in the Queen's Thames Diamond Jubilee Pageant, joining crews from all over the commonwealth.

But where does running come into this? Throughout my time rowing, I noticed that I was developing an ability to run longer distances at a faster pace than other squad members. Hill runs formed part of our training to build strength, pain endurance and process lactate acid. 'Who can hold their hand in the flame the longest?' We would also go for long runs in the winter if the canal we rowed on was frozen solid. I found that I would be the first back on these runs – in fact I would then double back to find some of the crew. I started to enjoy this. It was while racing at a local regatta after the main season had concluded that a crewmate said that a friend of his was due to run the Bristol half marathon the following day but was now unable: did I want to do it? Go on then. I had never run one before, so I had no idea what

was involved or how to approach it. The following day, we arrived late and had to run a mile to the start. We were in the middle (I think) of around 12,000 runners and arrived 5 minutes before the starting gun was fired. I immediately shot off and did not see my friends again until we met at the finish. I overtook my teammate who had started in the 'A' corral – a few choice words and actions were exchanged as I past him. I loved it. I finished in a time of 1:34.12 and I wanted more. So, running was for me. I started investigating training plans and looked to my next half marathon. Over the next year, each one I entered, I knocked 2-3 minutes off my time. My PB was 1:23.32 at a coastal half. Meanwhile, my housemate at the time (who was the crewmate who gave me the Bristol entry) trained and ran a marathon. Seeing this, I knew this was the next the step for me. However, this was not achieved until I had moved here and ran Houston in 2016.

I did very little when I first moved over here. I had sold everything and arrived with two suitcases of my belongings. It took me some time to adjust to living in a new country, surrounded by new people and having a new job. I missed my family and friends and needed a new focus. My first half over here was the Galveston Santa Hustle. I entered it with my brother's sister-in-law, who also lives here, as I needed to get back into training and she had never run a half before. It was extremely windy, and I ended up working together with two guys who have since become very good friends of mine. We all placed in our age categories and after the race they invited me to train with them at memorial park with the Kenyan Way.

When my British friends here asked what I was doing on that following Saturday: my reply was that I was going to meet two men I met last week in a park at 5am. This made sense to me, but they had their concerns! The training session was great and from this I was invited to join their Texas Independence Race team: The Tarahumaras. What a brilliant, tiring time we had. The

race went over night into my birthday and at midnight I was standing in a queue for a porta-potty while the rest of the team sang 'Happy Birthday'. I will always remember that! We finished middle of the table but decided that if we had a second van as quick as the first then we would have placed. The following two years we have come second overall – we will get that win next year! This has also led to being on a team for the Capital to Coast race, which we won and set a new course record by 1 second! I was one of the slowest runners on the team and, again, have been honored to be on a team with such great runners. I continue to enter various events and have placing as my goal.

I am extremely grateful to have met, and continue to meet, some wonderful, compassionate and inspirational people through running since moving here. They have made Houston / Katy feel like home and have enabled me to see incredible places and given me the opportunities to experience things that I would have not been able to do without their guidance and support. What is next? Well, with help, I am now looking at a sub 3-hour marathon as my ultimate goal. Also, after having never heard of Boston Marathon before moving here, I now have it on my radar (It's Henley Royal Regatta all over again!). We will see what the future brings!

I often wonder what the 8-year-old me, at the back of the race, struggling his way around that cold cross-country course, would make of all this now…

Tim Barnett

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, McMeans 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

Several members of the club gathered and ran on Memorial Day in honor of our fallen service members at Willow Fork Park. Thanks for turning out for this moving event.

Some of the KARC members at the Memorial Day run

On June 2nd we held our latest bi-monthly KARC in the Park. There was coffee. There were kolaches. There were friends. It was fun!

KARC in the Park!

Jana Daniels address the group at KARC in the Park

Global Running Day was June 6th and our friends at hosted a run for the local community. After the run, several members gathered at Local Bar for refreshements.

Recovery beverages at the GTRC's Global Running Day event.

Speaking of Local Bar… GTRC also hosted their monthly Local Run on June the 14th. Some ran, some walked, all enjoyed happy hour prices at Local Bar.

More recovery beverages at the Local Run

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.

Coffee and camaraderie at Corner Bakery Café.

Club Runners Review

Y'all continue to impress with your participation in local, regional and national running events. You'll find results here from marathons in far-away places, relay races along the Texas Gulf coast, and hot, fast races in our own local community. Keep sending your results in as a response to Lillian's weekly FB posting!

May 19th – Beach to Bay Marathon Relay – Corpus Christi, TX

Team Untapped Potential (mixed masters) 3:24:16

Buddy Baudoin
Sonia Dhodapkar
Kim McClintic
Edward Moncur
(Alex and Doug Paddon-Jones)

Buddy, Sonia, Edward and Kim (and a photo-bombing kid).

May 19th - Texas State Time Trial Championship (40 km Cycling) – Hempstead, TX

Jen Ingram (1st in Class)

Jen Ingram tops the podium at the Texas State Time Trial Championships

May 19th – Gallo Pinto Fun Run 5k – Houston, TX

Cindy Davis

Jill Seltzer

Bronwyn Turner

The Three Amigas and uno photo bomber

May 19th – A Step Forward for Hispanic Women 5k – Katy, TX

Dana Cashman

Torrey Kramer

May 20th – Rite Aid Cleveland Marathon – Cleveland, OH

Susan Freeman	3:48:16

MaY 20th – Spring's Back Sprint Triathlon – Fulshear, TX

Lisa Baudoin	1:39:25 (1st in AG)

Lisa strikes her winner's pose

May 27th – Houston Wellness Project 5k – Katy, TX

Doris Bozanich	45:58
Rick Bozanich	47:57
Paul Chapman	20:11 (3rd in AG, pushing a double stroller)
Lynn Furman	49:06 (2nd in AG)
Bob Furman	29:54 (1st in AG)
Syndey Leverett	17:15 (1st Overall)
Tina Seaman	54:00
Jocelyn Williams	33:08 (1st in AG)

Mike and Rick man the club tent and coolers

Sydney checks in with the timers

Team Chapman ready to roll

June 3rd – Houston Heights 10k/5k – Houston, TX

Tim Barnett	40:32 (10k, 3rd in AG)
Michael Martin	26:21 (5k)

Tim with his 3rd place medal

June 2nd – Sunburst Half Marathon – South Bend, IN

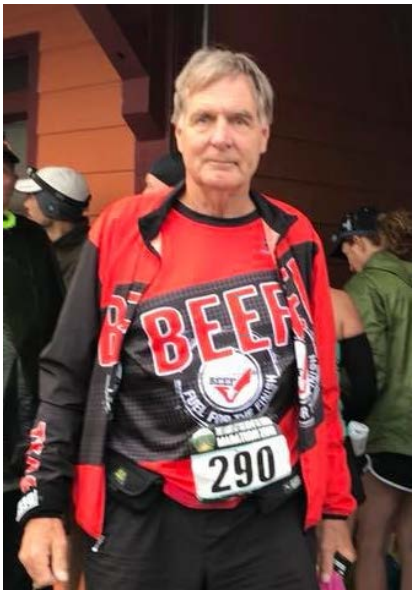
Anne Damiecka	1:49:18 (PR)

June 3rd – RunHouston – Clear Lake, TX

Toni Benevides	53:57 (5k)
Cathy Harris	1:15:39 (10k, 1st in AG)
Charlotte Harris	46:32 (10k, 1st in AG)
Dana Hill	1:29:18 (10k)
Jill Seltzer	1:41:52 (10k, Ladies Grand Master Winner!)
Denise Voyles	41:35 (5k)

June 10th – The Light at the End of the Tunnel Marathon – North Bend, WA

Bob Furman	4:39:29



Bob's ready for a long run

June 16th – 1st Street 5k – Katy, TX

Curtis Albitz	23:47
Doris Bozanich	50:32
Rick Bozanich	39:32
Stephen Brassette	22:08
June Castronovo	38:33
Tony Castronovo	28:39

John Castronovo	28:43
Adam Daniels	19:06
Brenda Davis	44:14
Josie Deckelman	29:21
Coby Dycus	42:17
Eirin Ekeberg	23:38 (2nd in AG)
Larisa Ferguson	42:16
Steve Ferguson	42:46
Lynn Furman	47:42 (3rd in AG)
Bob Furman	29:04 (2nd AG)
Tim Goedeker	27:03
Nancy Holcomb	48:11
Adam Hunt	36:51
Nicole Hunt	42:16
Russell Hunt	28:51
Cleo Lloyd	54:39
Beverly Marshall	54:40
Charlotte Martinez	28:59
Mike Masse	25:09
Candace Massengill	37:05
Yvonne Pieprzyca	52:28
Arturo Reyes	23:34
Jan Rupe	50:35
Roberto Salinas	34:03
Colleen Saltus	48:22
John Saunders	29:52
Tina Seaman	54:37
Jill Seltzer	48:21
Natalie Shelton	22:42 (1st Ladies Masters)
Shawn Siemers	23:31
Chris Strohman	19:33 (3rd in AG)
Curtis Turner	18:33 (2nd in AG)
Denise Voyles	42:11
Jane Wallace	50:36
Jason Wiley	19:13 (1st in AG)
Gay Waltrip	52:07

Terry Waltrip	52:07
Emily Zavinsky	21:06 (2nd in AG)

Club members gather before the gun goes off at 1st Street 5k

June 16th – Grandma's Marathon – Duluth, MN

Joel Davis	3:08:21 (PR)

Joel at the finish of the Grandma's Marathon.

Ringing the PR bell in Duluth, MN!

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.

June 24th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

July 22nd - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

August 18-19th – Habenero Hundred (100M, 100k, 50k, 30k, 10k and relay) – Cat Spring, TX – race and registration info here.

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.

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 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.