January 15, 2018 Volume 3, Number 1

From the President's Desk

Wow! What a day we had for the Chevron Houston Marathon and Aramco Half Marathon. In my view, it was nearly ideal conditions. Personally, I didn't have an ideal finish time. But I ideally enjoyed the race I had. I wouldn't ask for any different result. So many of you had superb races, running personal bests, Boston Qualifing times and NYC Marathon Qualifying times. You inspire me! What also inspires me is the sense of community you show amongst the membership. After a restless night before the marathon I was so encouraged to see so many happy, engaged faces at the GRB meet-up. For those of you who couldn't get to the meeting point before the race I apologize. Our Corral A runners did need to have an early start in order to get to the corral before closing time.

In addition to our participation in race weekend as runners we also served as volunteers. Beverly Marshall and her team organized and operated the water station at mile 15.5 like a well oiled machine. I can attest to their high degree of involvement having seen them in action myself! Ling-yuan Kong volunteered again this year as set-up/security at the marathon/half marathon split. Thank you to all. Your service to the race community is an important aspect of our club's mission.

I hope that all your good results are coming from the training that you've followed according to our schedules (thank you Rick!) and the support you've received from fellow members. Your Board, as leaders of the club activities, will surely keep an eye on providing just the kind of environment you need to realize fulfilling participation in the club.

Well done KARCers!

Mike Masse

Rick's Training Corner

KARC was well represented in the Chevron Houston Marathon and Aramco Houston Half Marathon this past weekend. By now, many of our members are basking in the glow of another significant achievement. Months of training, starting in the heat and humidity of July and August and ending with the chill of January culminated in a few hours extreme exertion. In the anticipation of race day, we spent a lot of time in preparation, especially in the final week as we paid particular attention to staying hydrated, getting extra rest, managing our diet and staying off our feet. In doing so, we were in a good position to have a great race. Most runners pay much more attention to their pre-race activities than to their recovery routine. Yet, a sound recovery program is important to ensure we do not succumb to illness and injury.

Completing a marathon or half marathon takes a toll on your body, and it will take time for your muscles and joints to heal. How long depends on several factors, including your age (in general, the younger you are, the quicker you are able to recover), level of fitness, experience and any injuries. You can think of the recovery period as a reverse of the tapering period. You will want to load up on carbs for a few days after the race to replenish your stores of glycogen that were depleted. According to one of my "go-to" references, it will take about three to five days to fully replenish your stores of glycogen after a marathon. Also, you will need to get plenty of rest and drink plenty of fluids. After the significant exertion of a race, your body's immune system is weakened. Rest and fluids will help it recover quicker.

Sometimes after a race, particularly one in which we have done well, we are on such an emotional high that we can't wait to hit the pavement again. I know I've fallen into this trap before. However, it is better to avoid the temptation to run for at least a few days after a hard race. Your muscles need time to repair the damage caused by exertion during the race. This doesn't mean you should be a couch potato. Walking is fine; so is swimming. Just avoid hitting the pavement.

Given this, how long should you take before returning to your pre-race training schedule? If you were plagued by an injury before the race (or were injured during the race), take time to get fully healed. If injury is not a factor, the rule of thumb is that the recovery period should last about 1 day

for each mile of a race. That is, about 2 weeks for a half marathon and about 4 weeks if your raced the marathon. Once you do start running again, be sure to slowly ramp up your mileage (that is, run no more than about half your "normal" weekly training mileage after 2 weeks; increasing to your "normal" weekly training mileage after 4 weeks). Also, in terms of pace, be sure to take it relatively slow and easy. Listen to your body. If you feel good, continue with the reverse taper until you build up to your normal weekly mileage. If you feel sluggish, fatigued, sore or stiff, back off and run less. Your body may be telling you it's not ready to resume training at the pre-race level.

Properly managing your recovery is one of the keys to a long and successful racing career.

I hope to see you out on the trails!

Rick Bozanich

New Members

Please join me in extending a warm welcome to our new member: Jill Clark, Vasanthi Iyer, Mari McCain, Fallon Huff, Jason Wiley, Ross Vandrey, Blair Margot, Dominique Stephenson, Patricia Dean and Erica Strohman.

Member Profile

Do you need inspiration? A little motivation? Well, read on. Pamela Willmon tells her story this month and it's guaranteed to inspire and motivate you. There are things I'd like to do that I put into a category of "pipe dreams". Like, do a mountain trail run. Leadville has been suggested by my sister-in-law (who is not a runner but a cyclist). While it intrigues me, I just grin and agree that it would be interesting. Now, with Pamela's story I'm thinking I should just ditch that "pipe dream" category. It's either a goal or it isn't. Thank you Pamela!

G'Day fellow KARC Members:

My name is Pamela Willmon – Australian born – married to an American (Donald) and residing in Houston since 1976. We have two daughters – Terri (a Flight Attendant) based in New York and Kelli (a Veterinarian) who lives in

Hockley. We have been blessed with two wonderful grandchildren, Jacob and Ainsley.

I was a late bloomer in my 50's when introduced to running. It came about quite by accident. Two co-workers were discussing something they referred to as "jogging". I thought to myself "I can do that". I went home, put on my Keds and tore off down the street. Before I'd gone 100 yards I was doubled over and gasping for air. All I could think about was that my children were going to be left motherless! I relayed the incident to my co-workers and once they'd stopped laughing, one kindly offered to take me under his wing and show me what jogging entailed. Twice a week and on Saturday mornings, Barry would patiently work with me till I finally jogged the 3 mile loop at Memorial Park. One of the misconceptions I had about running was that you needed to be a "runner" to take part in this sport. Not so – it's something you enjoy doing, it doesn't define who you are. After making it around Memorial Park, I really thought I'd hit the big time and set an ultimate goal for myself to one day run a 5K.

Well, it didn't take long for my goals to change – 5K's led to 10K's then half marathons and ultimately a marathon! I've done a total of three marathons – Houston, Austin and the Leadville Trail Marathon. I was a bundle of nervous excitement and anxiety the night before the Houston Marathon. Family and friends came out to cheer me on. It was the most thrilling experience. I crossed the finish line in 4:45 and promptly burst into tears. Planned to do it again the following year and put in the necessary training, however, 2 days before the event I developed a stress fracture and was on crutches and in a boot for almost 3 months. As for the Leadville Trail Marathon - I happened to be visiting a friend who lives there and somehow she managed to talk me into doing it. To say it was brutal is no exaggeration. Leadville sits at 10,200 feet so breathing was difficult to begin with plus the course was all through mountains. It had a 9hr cutoff – I hobbled in at 8:45 and received the award for "Last Arse Over the Pass". I hurt for days afterwards. The most

challenging half marathon yet one of the most enjoyable was the Pikes Peak Ascent. The stairs at Rice Stadium became my training ground but nothing can really prepare a flatlander to run up a mountain. Yellowstone, Georgetown to Idaho Springs and the Slacker Half are others I've done. My favorite in the Houston area is the Lucky Trails Half at Seabrook. I've also had the privilege to be on two relay teams (Hood to Coast and the first running of the Texas Independence Trail Relay).

Unfortunately, running had to be put on the back burner for quite some time when I was diagnosed with Breast Cancer (thankfully a survivor). In addition, one of my daughters became very ill and required a lot of care. My marathoning days are well behind me but my love for running has never wavered. Although my pace is little more than "plodding along" these days, I'm thrilled to be back on the trail. I've passed the baton on to my grandson, Jacob. I took him to run his first 1K Kids Run when he was 4 years old. At 12 he ran his first marathon and this year will be his fourth marathon. He's in Corral A while I'm in D (a corral far, far away).

I do have a special goal in mind .. I want to be able to run a half marathon when I turn 80 (just around the corner). I even have the event in mind. I'm hoping my grandson plus some friends will run it also then come back to bring me in. I'll send out a Save the Date notice when the time comes!

Apart from jogging I enjoy hiking. A small group of us hiked the 100 mile Lone Star Trail (in segments) both ways. I've crossed the Grand Canyon four times, backpacked the Rancho Rios Loop, climbed Mt. Whitney and rafted down the Colorado River. Donald and I frequently travel to Estes Park in Colorado to hike the Rocky Mountain trails. For the past several years we've been going with two other couples to Big Bend National Park just after Thanksgiving.

I just want to finish by saying that connecting with KARC has been so rewarding. Members are so friendly and encouraging.

Pamela Willmon

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 – 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

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

It would be interesting to add up the miles raced by our members this month. Or better yet put all their smiles in a bucket and weigh them. You sure look like you've had fun since the last newsletter. Maybe it's the Holidays. Maybe it's the culmination of a long training season. Maybe you're just having fun. Keep doing it.

And to those we've missed in these results – we do apologize. While we do manually data mine the results on a weekly, sometimes daily, basis we invariably miss some of you. With over 280 active members it's hard to keep up. It's our intention to include all your results!

December 16th – 12K of Christmas – Houston, TX

Stacey Almond	1:12:17 (12k)
Caryl Coronis	1:12:05 (6k)
Brenda Davis	44:54 (6k)
Joel Davis	51:47 (12k)
Coby Dycus	1:35:49 (12k)
Larisa Ferguson	46:03 (6k)
Lynn Furman	48:13 (6k)
Bob Furman	1:14:12 (12k, 2nd in AG)
Dana Hill	1:26:33 (12k)
Jocelyn Williams	1:31:32 (12k)

Joel Davis and his 12k medal

Jocelyn, Larisa, Brenda and Coby pose with Santa at the 12k

December 17th – Santa Hustle Half Marathon and 5k – Galveston, TX

Lynn Furman	3:38:51 (1st in AG, half marathon)
Bob Furman	2:21 00 (2nd in AG, half marathon)
Shannan Horner	54:14 (5k)
Anne Mullaly	54:16 (5k)
Jenn Rienstra	36:41 (5k)
Bekah Swick	54:17 (5k)
Deborah Vazquez	44:39 (5k)

December 17th – Run for Recovery 5k – Houston, TX

Cindy Davis	41:14
Jill Seltzer	41:14 (2nd in AG)

December 30th – 31st Snowdrop Foundation 55 hr Race and Relay – Buffalo Run Park, Missouri City, TX

Gordon Christie	104.7 miles in 29:29:33

January 1st – Texas Metal Saw Marathon – Kingwood, TX (runhoustontiming)

Jennifer Bernard	6:25:08 (Marathon)
Michelle Blackman	8:34:12 (Marathon)
Lynn Furman	3:37:20 (Half Marathon)
Bob Furman	6:10:59 (Marathon)
Lisa Stine	2:39:21 (Half Marathon)
Lillian Wanjagi	6:25:08 (Marathon)
Pamela Willmon	2:38:57 (Half Marathon)

Lillian Wanjagi and Jennifer Bernard at the Texas Marathon. That's one humongous medal! (photo courtesy: Lillian Wanjagi)

January 1st – Run Houston 10k/5k – Sam Houston Race Park, Houston, TX

Dana Hill	1:08:10 (10k)
Nancy Holcomb	46:26 (3rd in AG, 5k)
Colleen Saltus	1:33:04 (10k)
Jill Seltzer	1:33:03 (10k)

Colleen Saltus and Jill Seltzer after a cold run (photo courtesy: Colleen Saltus)

January 6th & 7th – Disney World Marathon Weekend – Orlando, FL

Nakia Coy	Dopey Challenge
	45:39 (5k)
	1:55:13 (10k)
	3:30:54 (Half Marathon)
	6:47:06 (Marathon)
Caryn Craig	Dopey Challenge
	51:33 (5k)
	1:48:47 (10k)
	3:18:03 (Half Marathon)
	7:03:22 (Marathon)
Mark Mandell	Goofy Challenge
	3:11:56 (Half Marathon)
	6:55:54 (Marathon)
José Rivera	Goofy Challenge
	2:29:15 (Half Marathon)
	6:35:27 (Marathon)
Allison Serafin	2:33:23 (Half Marathon)
Denise Voyles	1:41:34 (10k)
Lillian Wanjagi	Dopey Challenge
	58:05 (5k)
	1:55:02 (10k)
	3:30:56 (Half Marathon)
	6:47:07 (Marathon)

Caryn Craig (on left) and sister during the Dopey Challenge (photo courtesy Caryn Craig)

Lillian with her massive haul of hardware after the completion of the Dopey Challenge (photo courtesy Lillian Wanjagi)

January 13th – ABB 5k – Houston, TX

Toni Benavides	58:06
Jennifer Bernard	33:39
Dana Cashman	35:14
Tomiaka Coker	40:37
Cindy Davis	44:40
Larisa Ferguson	39:49
Lynn Furman	41:00
Bob Furman	35:28
Mike Healey	21:57
Kim Johnson	46:06 (pacing daughter Emma)
Torrey Kramer	35:14
Cleo Lloyd	56:46
Beverly Marshall	1:01:21
Jill Seltzer	44:41
Robin Sturgis	39:59
Bronwyn Turner	44:38
Debbie Vazquez	57:29

Terry Waltrip	30:12
Lillian Wanjagi	33:43
Jocelyn Williams	39:49
Pamela Wilmon	35:23 (1st in AG)

Jennifer Bernard and Lillian Wanjagi (2nd from R and on R, respectively) with friends at the ABB 5k

Club members Jocelyn Williams, Robin Sturgis, Larisa Ferguson and Tomiaka Coker with friend Nancy Mavergeorge at the ABB 5k

January 14th – Chevron Houston Marathon and Aramco Half Marathon – Houston, TX

Half Marathon

Merry Armentrout	2:00:49
Lisa Baudoin	2:39:22
Jennifer Bernard	2:23:20
Michelle Blackman	3:28:34
Beverly Boon	3:21:54
Chris Born	1:56:54
Doris Bozanich	3:23:47
Rick Bozanich	2:01:20 (pacing KSR)
Steve Brammer	1:50:15 (pacing KSR)
Stephen Brassette	1:45:56
Marjorie Broussard	1:46:12
Jackie Bunce	1:56:46
Dana Cashman	3:30:58
Marisely Chanax	3:20:12
Maria Colon	2:37:30
Tomiaka Coker	3:12:19
Nakia Coy	2:41:04
Anne Damiecka	1:52:44
Adam Daniels	1:26:00
Cindy Davis	3:24:53
Joel Davis	1:32:29
Josie Deckelman	2:13:39
Miriam Denton	2:55:50
Anita Deuel	2:05:57
Sonia Dhodapkar	1:44:52
Tina Drewke	2:56:21
Ashley Dubbelde	2:00:50
Coby Dycus	3:12:13
Larisa Ferguson	3:12:23
Susan Freeman	1:49:25
Delton Friedman	1:34:39
Lynn Furman	3:28:11

Tim Goedeker	2:08:46
Tyson Hann	2:03:50
Cathy Harris	2:53:45
Charlotte Harris	1:40:28
Angie Hartwell	2:36:33
Mike Healey	1:42:58
Matthew Hess	1:43:36
Dana Hill	3:31:16
Vangie Ibbotson	2:21:27 (PR)
James Ingram	1:33:46
Wendy Klatt	2:04:44
Torrey Kramer	2:56:21
Jennifer Lightsey	2:30:38
Bryan Lightsey	2:08:12
Bob Milner	1:56:45 (pacing KSR)
Rebecca Masse	2:23:46 (PR)
Candace Massengill	2:31:21
Holly Mayson	3:00:07
Kim McClintic	2:18:00
David Moore	1:48:43
Edward Moncur	time not recorded
Arpad Ozsdolay	2:02:26
Lourdes Paschal	1:51:08
Cindy Price	2:39:13
Marie Rappa	3:10:59
Josh Ring	1:35:58
Jose Rivera	3:03:29
Martha Saravia	2:37:30
Jill Seltzer	3:24:55
Ben Shepherd	1:45:11
John Sladic	2:16:05
Scott Spencer	1:54:48
Katie Storts	1:44:14
Robin Sturgis	3:12:13
Pam Sullivan	2:35:22
David Thurman	3:03:32

Bronwyn Turner	3:24:55
Lillian Wanjagi	2:33:41
Keilah Whitley	1:47:20
Jocelyn Williams	2:56:23
Pamela Willmon	2:46:36 (2nd in AG)

Marathon

Curtis Albitz	4:18:19
Tim Barnett	3:09:23
Buddy Baudoin	3:27:36
Rafael Brazo	4:05:45
Toni Castronovo	4:25:38
Yi Chen	3:43:09
Gordon Christie	3:27:19
Mark Darnell	4:30:28
Jeffrey Dean	3:21:31
Eirin Ekeberg	3:46:52 (BQ)
Bob Furman	5:54:45
Nancy Gibbs	5:05:48 (PR)
Rowena Hay	4:33:40
Jen Ingram	3:40:11 (BQ)
Kim Johnson	5:31:42
Nilesh Kulkarni	5:28:28
Yan Liu	3:59:01
Louis Lucko	4:08:05
Maria Mainieri	4:27:34 (First marathon!)
Mike Masse	4:21:21
Khurram Mir	3:30:20 (First marathon!)
Richard Nicholls	3:29:33
Lisa Ozsdolay	4:19:30
Carlos Pacheco	4:23:22 (First marathon!)
Craig Prevallet	3:36:06
Lauren Quast	5:18:43 (First marathon!)
Jenn Rienstra	5:06:16
Niel Ruocco	3:21:27 (BQ and NYCMQ)
Marah Retherford	4:26:58 (First marathon!)

Arturo Reyes	4:23:23
Michael Roberts	4:05:18
Crystal Self	5:38:48
Shawn Siemers (and Anna)	3:57:38 (3rd in division)
John Simpson	5:50:18
Danny Skinner	5:37:03
Toni Smith	4:36:27
Matt Smyk	3:09:58 (BQ)
Lisa Stine	5:23:50
Chris Strohman	3:10:49
Gary Sullivan	4:43:29
Bob Trout	6:08:27 (First marathon!)
Curtis Turner	3:13:58
Terry Waltrip	5:23:15

PR = Personal record for distance
BQ = Qualifying time for the Boston Marathon
NYCMQ = Qualifying time for NYC Marathon

Mile 15.5 Water Station

Beverly Marshall (Captain)	Nancy Holcomb
Ty Halstead	Deborah Vazquez
Carletta Lloyd	Lisa Lowrey
Chrysta Lloyd	David Lowrey
Bekah Swick	Dave Tomfohrde
Ally Swick	Denise Voyles
Lynne Skoyles	Caryl Coronis
Derek Skoyles	Hyder Hasan

A collection of KARC members at the George R. Brown Convention Center before the marathon and half marathon

Bob Milner paces KSR students (right photo)

Josie Deckelman, Anne Damiecka, Wendy Klatt and Wendy's daughter (left photo).

Carlos Pacheco and Arturo Reyes along the marathon course

Curtis Albitz after the finish of the marathon

When isn't Dana Cashman smiling?

Edward Moncur and Marjorie Broussard

Eirin and Knut Ekeberg in the GRB

Jen Ingram (2nd from R) celebrates a great marathon finish with friends

Katie Storts races to the finish

Khurram Mir looks thoroughly satisfied with his 3:30 marathon finish

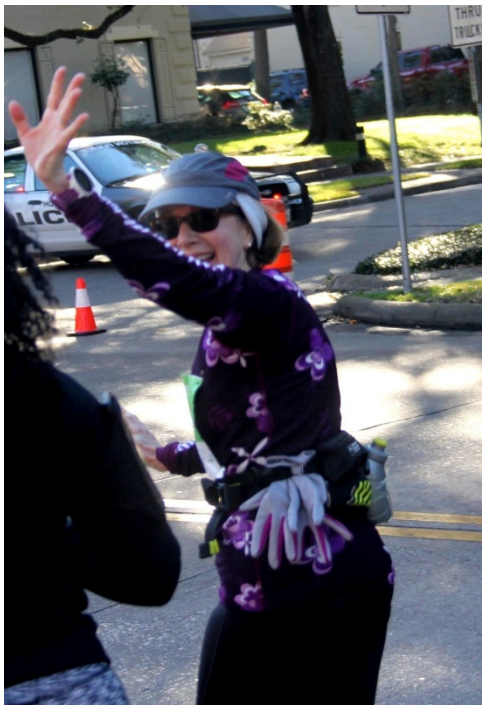
Club members Robin Stugis, (friend Gwen Wheeler), Larisa Ferguson, Coby Dycus and Jocelyn Williams

M stands for Marah, Maria and Marathon!

Shawn and Anna race the marathon

Steve Brammer paces a KSR student

The Three Amigas – Bronwyn Turner, Cindy Davis and Jill Seltzer with Amigo Adam Seltzer



Rebecca Masse along the course the half marathon course

Neil Ruocco runs to a BQ

Richard Nicholls charges to the finish of the marathon

Rick Bozanich paces a KSR student

The KARC water station volunteers pause to take a selfie

Dave Tomfohrde (L) and Nancy Holcomb (R) work the water station

Lynne Skoyles fills the cups

KARC volunteers in action

Ty Halstead hands out water at the KARC water station (photo credit: Derek Skoyles)

Happy KARC Ladies before the crack of dawn at mile 15.5 (photo credit: Derek Skoyles)

Let the cup filling begin!

Ling makes us safe at the marathon/half marathon split

January 14th – Louisiana Marathon – Baton Rouge, LA

Jill Clark	4:43:04 (marathon)
Julie Dading	2:28:45 (half marathon)

Area Running News

Marathon weekend was significant for many reasons. One of which was that Molly Huddle set an American record in the half marathon. She finished the race in 1:07:25 breaking Deana Kastor's record by 9 seconds. Molly finished 7th among all the women half marathon competitors. Along the way she also broke the American women's 10 mile and 20k records. Not bad for a single day of racing! Those of you following road racing will know that it was a real competition between Molly Huddle and Jordan Hasay. Jordan finished behind Molly in 8th place with a time of 1:08:38. Becky Wade was the third American woman finisher coming in 12th overall with a time of 1:11:15.

So, today both the men's and women's American half marathon records stand as having been posted on the Houston course. The men's American record of 59:43 was set on the Houston course by Ryan Hall in 2007.

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.

February 18th – Austin Marathon – Austin, TX – race info and registration here.

February 24th – Surfside Beach Marathon – Surfside Beach, TX - race info and registration here.

March 18th – Bayou City Classic 10k and 5k – City Hall, Houston, TX – race info and registration here.

March 24-25th – Texas Independence Relay – Gonzales to San Jacinto, TX – race info and registration here.

April 14th – Cow Patty Classic 10k/5k – Tompkins High School, Katy, TX – check here later for updated race and registration info.