May 15, 2018 Volume 3, Number 5

From the President's Desk

Mark your calendars! We'll have our next KARC After Dark social event on Wednesday evening, May 23rd. Again, the folks at Good Times Running company will be the hosts for the event. We'll have Doug Storey Board Member of HARRA come and tell us about HARRA, who they are, what they do and how we and the running community, in general, benefits from our membership in HARRA. For those of you inclined to shop it'll be a good opportunity to take advantage of the discount offered by GTRC. And as always there will be munchies and some adult beverages and even a door prize or two. So, come on out

And don't forget our target race for the month of June. It's the 1st Street 5k from No Label Brewery on June 16th. You can find more info about that in the Upcoming Events section at the end of this newsletter. If the last years are any indication there will be a big turn-out from the Club. Yes, it will be hot. But, the recovery beverages will make that all better. So, sign-up, meet your fellow members under the Club tent, and run the streets of Katy.

Every month I think I've gotten the best contributions from our membership to this newsletter. Every month I'm impressed with the quality of your thoughts and columns. This month is no exception. Keep reading. There's great training advice, and inspiring member profile and some real gems from our Boston Marathoners. And do take a close look through the Club Runners Review. It's incredible how much you all participate in local, regional and national running events

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

There is an old saying that the only things certain in life are death and taxes. Well, if you are a runner, you might add getting injured to that list. Beginning runners are particularly prone to injury. The good news is that once a runner develops a regular routine of running at least 20 minutes three or more days per week, the risk of injury can actually decrease, provided that additional risk factors (e.g., increasing mileage too aggressively, racing or speedwork without adequate preparation) are not introduced.

Every injury has one or more root causes. So, to minimize the risk of injury, be aware of the more common root causes and address them so they don't become a problem. The most common root causes can be categorized in three broad areas - behavioral, biomechanical or environmental. Behavioral elements are the easiest to control. These are things a runner does (or doesn't do) that elevates the risk of injury. These include inadequate or incorrect warm-up and cool-down before and after workouts, increasing speed more mileage too quickly, overtraining (too much mileage or speedwork without incorporating enough recovery time), and inadequate stretching (poor flexibility). Returning to running too quickly after injury (that is, not letting the injury fully heal) can also fall under the behavior category because you can control this.

Biomechanical issues relate to your body and include things like uneven leg length, muscle imbalance, joint, feet or back issues. Some of these can be mitigated. For example, muscle imbalance can be mitigated through stretching or weight (strength) training. Some leg and foot issues can be mitigated through the use of orthotics or lifts. For some issues, there is not an easy fix and we are left to address them (or at least learn to coexist with them) in different ways. For example, a few years ago, I was experiencing some issues while running (pain and weakness on one side). I was putting in a lot of mileage and training quite hard at the time. When I finally made the decision to see a doctor I found out the root cause was something that could not be fully corrected short of risky surgery. Physical therapy and time off helped. But, basically I had to live with it. I learned to recognize the

symptoms which nearly always were addressed by cutting back on the length and intensity of my runs.

The final category, environmental, refers to situational issues. Slippery surfaces due to weather, uneven surfaces (cracks in the road; uneven sidewalks), and obstacles are included in this category. Mitigation is to continually be aware of your surroundings. Watch the path in front of you. If you run the neighborhoods before sun up or after dark, wear a light that adequately illuminates the path ahead of you. On your long runs, especially toward the end when fatigue builds, focus on your form and concentrate on picking your feet up. These are all common sense, but I can't tell you the number of times I've fallen or stumbled on runs because I wasn't paying attention to my surroundings. In fact, the worst ankle injury I had was when I rolled my ankle after stopping for a traffic light. I stepped to the side and didn't realize that half my foot was off the sidewalk until it was too late. I was running with your president, Mike, and I felt bad that he had to end his run due to my stupidity. Finally, while running on concrete probably can't be totally avoided, you should seek out softer surfaces (asphalt, crushed gravel or dirt) for your runs to the extent possible. Your knees and joints will thank you.

I want to end with a word about shoes. Finding the right shoe is key to avoiding foot-related injuries. Make sure you get the shoes that are right for you. It's best to go to a running store to get properly fitted for shoes. Sure, you can probably find cheaper prices online, but if you end up with a pair of shoes that isn't right for you, it can create bigger (and more costly) problems down the line. In addition to being fitted properly, a shoe expert at a running store can keep you apprised of new developments (new models or newer versions of existing models). I've gone to the same person to be fitted for shoes for years. He knows my needs and always keeps me informed of new products that best meet those needs. You can't get that type of valuable service from an online account.

Beyond being fitted for the right shoes, make sure you don't continue to train in your shoes beyond their "due date". Shoes lose their cushioning with time. One study concluded that midsoles can lose up to 35% of their cushioning ability after about 100 – 150 miles. Reduced cushioning increases the stress

on your joints with every step. It's said that most running shoes are designed to last 300 – 400 miles of running. At 25 miles/week, that is 12 to 16 weeks (or 3 to 4 months). Loss of cushioning is gradual, so chances are you won't notice it from day to day. But the effect is readily apparent once you lace up a new pair of shoes to replace your old ones.

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: Lisa Anne Sanders, Alex Doukakis, Carrie Askew-Walker, Chris Whinham, Emma Jeter, Eve Garcia, Tristan Sarremejane, Deepthi Bonam, Karen Buckley, Lauri Kay, Chi Ngene, Warren Koshak, Kelly Broadbent and Nachiketa Anand.

Member Profile

I've known Arpad Ozsdolay for several years now. We've spent a lot of time on the trails and at races together. And I knew he had an interesting story to share. It's a good one. Give it a thorough read. You'll learn something about Arpad and you may take home some insights on injury prevention or recovery from injuries. If anyone can tell you that even after catastrophic injuries you might just be able to come back and run again, it's Arpad

Here's Arpad's story:

My running story started out differently than it probably did for most of you. I didn't run in high school or college. In fact, I was the short skinny kid who was in the math club and hung out at the school library. It's not that I didn't enjoy sports or wasn't competitive, but it's tough to enjoy playing football or basketball when everyone else is two feet taller than you and twice your weight; most of that being muscle mass. However, I hope my story still resonates with many of you.

The trigger for my interest in running was my wife and fellow KARC member, Lisa. Shortly after moving to the Houston area, she heard about Katy Fit, a local running club, from a friend. It sounded like a great way to exercise and

meet people in a new city where we didn't know many people. At this point, I was just trying to figure out my new work location and dealing with the daily grind of Houston traffic. By the end of the week I was exhausted, but early Saturday morning Lisa would wake up and slip out to go for a run. I'd notice that when she came home, she was always in a better mood, whereas I was usually still in a fog. This seemed to happen every time she ran, whether it was an early morning run, or an afternoon track or hill workout. I started attended some running social events where everyone was excited about running. In fact, that's all they talked about!

Anyway, being around people who seemed to really enjoy running, I thought, I can do this. How hard could it be? I started running with Lisa (or should I say, behind her!). I'd run a mile or two but just as I was starting to experience some endorphins, my shins and IT band reminded me that I'm trying to use parts of my body that had been dormant for over forty years. I switched between periods of rest and trying to run for the next 6-12 months until I was able to do a 2-3 mile run and not be in pain.

In January, 2008, Lisa was running her first marathon (Houston). Since I'd been running somewhat regularly, I signed up for the EP5K, which at that time was run on the marathon Sunday, starting after the Full and Half marathons. It was my first race, and what a place to do your first one with all the excitement of a big city marathon! Off I went. I don't even recall my time. I just remember hoping that my shins wouldn't hurt and my IT band wouldn't seize up. After about 2 miles, we rounded the turn and heading back to the George R. Brown convention center I saw the finish line. We were finishing on the same course and under the same archway as the elite marathoners would be finishing an hour or so later! Wow, this is exciting! I was hooked!! I stayed to watch the elites finish and then the faster runners, then Lisa. They all had that same look on their faces; excited, exhausted, determined, and accomplished all at the same time.

Shortly after, and still on the runners high, I signed up for my first marathon; the 2009 Houston marathon. I joined Katy Fit that year to help me train and build up for the marathon. After all, 26.2 miles is a little further than 5K! Since I'd been running 3 miles fairly regularly, the start of the season wasn't a problem, but as I ramped up my mileage, plantar fasciitis came along with the

shin and IT band issues. I was able to push through most of this with some enforced rest breaks. I ran my first half marathon in October 2008 and my 2nd half marathon in November 2008 followed soon after by my first 25K. All of them were PRs! The wonderful thing about starting to run is that all races at a new distance are PRs!!!

I was ready to take on the marathon. I was as trained as I could be and all I had to do was finish to get a PR. Of course, all the training in the world doesn't prepare you for just exactly how far 26.2 miles really is until you try to do it. Race morning was really exciting. I started somewhere near the back of the pack. I had no idea what to expect. I think I ran the first few miles just on nerves. I remember around mile 6 crossing over Allen Parkway and seeing the helicopters overhead following the lead runners back towards the convention center. Wow those guys are fast! I kept pushing and actually felt pretty good. I was gu-ing and drinking on schedule and ready to wrap this thing up. Around mile 19, I remember starting to feel a little tired so I decided to walk a little until my energy came back. Well you can probably guess what happened next. After 19 miles, you have no energy left to come back. As soon as I tried to start running again, everything had stiffened up and it wasn't much fun. I decided to run/walk as much as I could but I really wasn't enjoying it. At mile 20, I watched as the paramedics were loading a runner in to an ambulance and it hit me that what I was attempting to do is extremely hard on the human body. Around mile 21, exhaustion was overcoming me. I was angry with emotion wondering why I would ever do something so stupid in the first place and just wanted to be anywhere but where I was. Nonetheless, here I was, and I figured the sooner I cross that finish line, the sooner I can stop this stupid running. I vowed then never to run another marathon! The miles kept going and around mile 23, one of my fellow runners commented that it's just another 5K to the finish. I don't know if I was amused or that it really helped but at least it made me feel like I could get to the finish and be done with this running thing forever! Eventually I made it to the final stretch, the same stretch that I had run a year before in the EP5K. I was delighted to see the finish line. As I approached the finish line, I heard people cheering and encouraging me to keep going. Finally I crossed the finish line. I was completely overcome by the emotional reality that I had just finished a marathon, one of the greatest personal achievements that a human can

accomplish! Needless to say, I couldn't wait to run my second marathon just so I could beat my first marathon time!

Fast forward to January 2010, another season of Katy Fit under my belt and I'm at the start line in Houston for my 2nd marathon. Now I know what to expect. I'm ready and I had a much better run this time, knocking 37 minutes off my time. Lisa was unable to run because of surgery. So, 6 weeks later we're both lining up to run the New Orleans marathon. It wasn't a PR but we ran together and both finished strong. This marathon thing is easy, right!!! In October, I ran the Mohawk Hudson marathon in Albany, New York, setting a new PR, and 3 months later ran the 2011 Houston marathon. Four marathons in 12 months! What could possibly go wrong?

Well I've already mentioned injury problems. I had been dealing with bone spurs in my right heel for a while but I was determined to keep running. Towards the end of 2011 and determined not to miss the Houston marathon, I started physical therapy to loosen and stretch out my Achilles. It worked and got me through the training season and another Houston PR! I signed up for

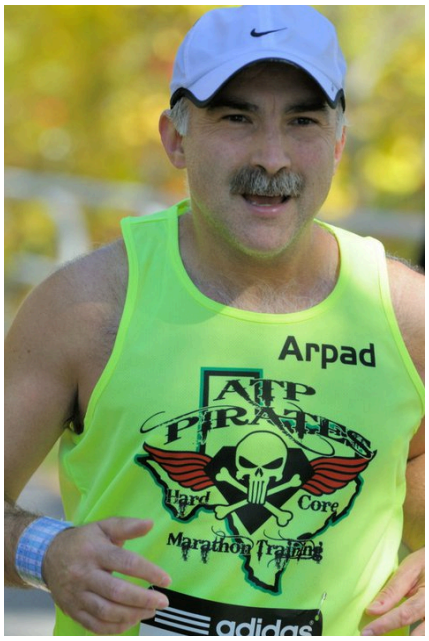
the Chicago marathon since I'd beaten this injury thing. Or had I? My right Achilles/bone spurs hadn't repaired themselves. In fact, by continuing to run, I was subconsciously favoring my right foot and causing my left shin to start hurting. Of course, being the pig-headed marathon runner that I am, I kept pushing. After all, I had a marathon to train for. One day, about 6 miles into my run, I had to stop. I tried to walk but my left shin was still painful. I tried to run but couldn't as the pain was unbearable. I turned around and walked back the 6 miles. An MRI confirmed a stress injury – the doctor called it a stress reaction! That doesn't sound so bad, and I do have a marathon coming up.

Anyway, I thought I'd do the right thing and stop running for a few weeks and take up cycling to keep me in shape for the marathon. As I was testing out new bikes, I stepped down wrong off the bike and immediately felt my left tibia and fibula snap. My foot was dangling in ways it's not meant to and I was in excruciating pain. A short ambulance ride and next day surgery repaired my broken leg but 3 months off my leg and another 3 months before I could run really messed up my marathon plans. Nonetheless, I was determined that I wouldn't miss two Houston marathons in a row so I struggled through the long recovery and successfully completed my 5th Houston marathon and 7th marathon overall in January 2014, 17 months after breaking my leg.

I suppose by now you've forgotten about my Achilles and bone spurs that started all of this but my body didn't. The build up to marathon training had re-ignited the injury and steadily became worse. By September, I was ready for surgery and fortunately I did have surgery before having a probably more serious injury. About a third of my Achilles had shredded and there wasn't much holding my heel in place. The surgeon repaired my Achilles and shaved down my bone spurs, which were being caused by the excessive load being placed on my foot by the Achilles injury. I missed another Houston marathon due to my surgery but I was determined to keep running.

It's now 3-1/2 years since my Achilles surgery. I haven't run any marathons since but I've run 7 half marathons. Personally I think it's a sensible distance – you get all the physical and mental benefits of distance running with less wear and tear on the body. I'm not suggesting anyone stop running marathons, but I do highly recommend listening to your body. You see, what most people don't

realize is a stress injury doesn't just mean little stresses on your bone. What it actually means is that the solid bone has turned to a mushy, almost fluid-like substance that doesn't do a great job in supporting your body weight, especially under stressed conditions like running. Please listen to your doctor's advice and take a break if you need to. I learned the hard way but I'm now able to enjoy running more. Joining a group like KARC with friendly, supportive runners who share my passion for running is a great way to keep me motivated, especially on those hot, steamy Houston summer mornings.



Arpad Ozsdolay

Boston Insights

The Boston Marathon is an iconic race. You have many fellow Club members who have qualified for and run that one in the past. And you share the trail and track with many Club members who aspire to qualify and run Boston. Last month we published the results of six of our members who ran the race on Patriot's Day 2018. But, that was such a limited view of their experience. This month we get some of their reflections on the race. I'm sure this will inspire us to aspire. It may be to follow in their tracks and qualify for Boston or to break 30 minutes in a 5k or to complete a 10 mile (double digits!) training run or to lace up our shoes and get out there for the next windy, rainy training run. They are all accomplishments!

<u>Here are Neil Ruocco's insights</u>:

This year's Boston Marathon was my second and it was memorable in other ways than my first. A runner probably never forgets their first Boston Marathon. Mine was an incredible experience, so no touching that. This year was special in another way. Sure it would not have been the same without

having my wife and some friends there with me but this one was special for the pure running experience.

We took a Marathon tour on Sunday. My wife said she enjoyed it, too. It gave her a sense and better understanding of what I experience race day. It also gave me a chance to visualize my run and take in all the magnificence of Boston and the Marathon history you miss during the race. With the tour behind me, I felt confident of my race plan for the next day. I ran it last year in the heat and humidity. What could be any tougher than that, I reassured myself. When it comes down to it on race day something always comes at you that you didn't plan for and of course the weather, ugh; cold, strong driving headwinds and 100% rain. I love to run in rain but not with cold high winds coming at me. Oh well, go embrace it I thought. Everyone else will be experiencing the same thing, even the elites.

Well race day did not disappoint. With some last minute adjustments to my throw away attire to wear pre-race (at what was sure to be miserable experience at the cold, wet, and muddy Runners' Village) and race gear the run ended up being the challenge it was hyped up to be on the local news before the race. With the conditions, I adjusted my expectations of my finish time but stayed basically with my plan to be slightly aggressive the first 15+ miles net downhill and a controlled attack of the 6 miles through the Newton incline and up Heartbreak Hill. I left just enough to really enjoy the last miles at an even more exciting pace. This was spurred on by the cheering crowds at Boston College. Despite the hills in the last half of the course, I think I just missed a negative split by less than a minute. I threw all I had at the last 5 miles and enjoyed every one of them, especially the last half of a mile, "right on Hereford, left on Boylston". Last year I was so exhausted from the heat and humidity that I didn't enjoy that last leg to the finish line. This year I took it all in despite the cold, wind and rain. I was so hyped at the end. I really felt I could have continued on. What an amazing experience. Thank you God, Boston and all those that supported and trained with me.

<u>Here are Kyle Ki-won Kang's insights:</u>

It was the most exciting experience in my marathon life. I could feel that Boston is really the city of marathon! All the citizens greeted and cheered at me at every corner. Bad weather was not a big deal for me.

One episode was a big deal for me and will always be memorable for me about the Boston Marathon. That is our school bus driver who was supposed to drop us off at the start line got lost and finally dropped us off at a course path 3 miles away from the start line after several struggles! And when I walked and arrived at the start line, there was only 10 minutes left for me before the run.

Here are Natalie Shelton's insights:

Marathons are like birthdays. It's a day to celebrate… after you get spanked 26.2 times! The 26.2 miles (or spankings) might be easy and get more difficult or every single one might hurt and sting, it depends on the course, weather, and your physical condition how hard (or softly) those miles might spank you.

This year on Patriots day, I experienced one of the most difficult, if not the most difficult, physical challenges of my life. The weather, mid 30's, 20-30 mph winds, and constant downpour of rain, was not exactly the most enjoyable to run in. On top of the unfavorable weather, I had a very bad upper respiratory infection that caused me to think twice about running the marathon at all. I woke up feeling awful, but I didn't travel all the way to Boston to watch everyone else run the race that I had worked so hard to get to. This was my 4th consecutive Boston Marathon and each year the weather seems to get worse. 2015 brought a steady rain, heavy winds, and temps in the low 40s. 2016 was my first hot marathon with temps in the low to mid 70s. 2016 was even more of a scorcher with temps in the mid 70s peaking at 80 degrees. This race begins for the elites and fastest runners at 10am. There are 4 waves that start every 25 minutes, 10:00 am, 10:25 am, 10:50 am and 11:15 am. Because of the late start times it's hard to avoid the heat when you are still running at 3pm.

The race itself this past Patriot's Day was an experience of joy and pain. The pain was the marathon and the joy was finishing. I wanted to quit at mile 3. I stopped to use the port o potty at mile 10 and that was the most comfortable

I was the entire race. I've never wanted to stay in a port o potty until then. It took me a few minutes to muster up the courage to go back out for more spankings. I walked a little bit during miles 14 and 15 and thought that would be the way the rest of the race went for me. Then I gave myself a pep talk. I wanted to run up every hill. The year before was the first time I had walked at a marathon and I walked on and off the last 12 miles, likely a result of the heat. This year, no matter how badly I felt, no matter how dreadful the weather was, I wanted to run this race. So, I got in a good headspace and ran, and ran, and ran. I ran up every hill. I cried the last two miles, not because I was hurting (which of course I was), but because of how proud I was that I was going to finish a marathon. I have attempted 9 marathons and I have completed 7. Two DNF's, one this past January, are motivation to finish. Every time I run a marathon it's like the first time. I'm nervous, scared, and while I am running I ask myself what I was thinking and tell myself I am never doing this again… until I finish. And this day was no different. When I crossed that finish line, I could not have been prouder of what I accomplished. This was the most difficult race of my life to date and I conquered it.

This race is one of the most amazing experiences I have ever had the honor of taking part in. The volunteers are happy, encouraging, and cheerful, even in hypothermic conditions. The spectators are like no others. They are genuine in their cheers and support. They look right at you and yell your name, the color of your shirt, shorts, socks and make sure you know that they are proud of you and that you are amazing. They make you feel like a rock star in a crowd of more than 30,000 runners. The city of Boston comes together this day to celebrate and remember. How lucky I am to have been a part of this? How lucky is anyone to be in Boston anywhere from Hopkinton to the Boston Public Library on Patriots Day? I hope that I am fortunate enough to get to that starting line again. Whether I toe the line at Boston again or not, I am blessed to have been a part of this phenomenal race.

I want to extend a HUGE CONGRATULATIONS to all the KARC members who ran this year's Boston Marathon. It was tough. And you did it! Now on to the next race…

<u>Here are David Moore's insights:</u>

My first Boston Marathon experience was fantastic despite the weather and my conditioning. I'm from northeast Ohio, I've run in bad weather. Boston was brutal. I was not in marathon shape, far from it. Injury and motivation to train (due to injury) were the culprits. The result was a finish time just under 5 hours. I just wanted to experience it with my wife & daughters and finish. So, mission accomplished!

Two highlights of the weekend weren't necessarily running related. First, Sunday morning I went to a beautiful church service titled "Blessing of the Athletes" at the Old South Church located at the finish line. It was the fifth anniversary of the bombing, so the service was a remembrance of the victims and celebration of the athletes in attendance – packed house, seemed like a hundred runners stood in recognition. Last, I had an incredibly inspiring conversation with a runner who has run Boston numerous times. It was a chance meeting at a coffee shop but one I won't forget. The running community, certainly including here in Katy, is an incredibly supportive place.

The entire Boston experience has reinvigorated me. I just started an 18-week plan to BQ in early September for next year's race. Hope to run with the KARC group more often.

David Moore and his girls at the Boston Marathon.

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

There's a lot of stuff in here. With over 230 members we've got a lot of KARC representation going on at races near and far. If you've let us know

about your recent participation then that info will have found its way into this report. If we've missed you then please make sure to respond to Lillian's Sunday FB post or send me an email directly letting me know about your participation. Congratulations to all – whether you're listed or not!

While not a race, being trained as a RRCA Coach is a significant achievement. Caryn Craig and Caryl Coronis got that one done this month.

Caryn and Caryl coaching up.

April 20th – Disney StarWars Half Marathon Weekend – Disney World, Orlando, FL

Denise Voyles	52:32 (5k)
	3:38:01 (half marathon)

Denise just loves Star Wars and Disney

April 22nd – Divas Half Marathon – Galveston, TX

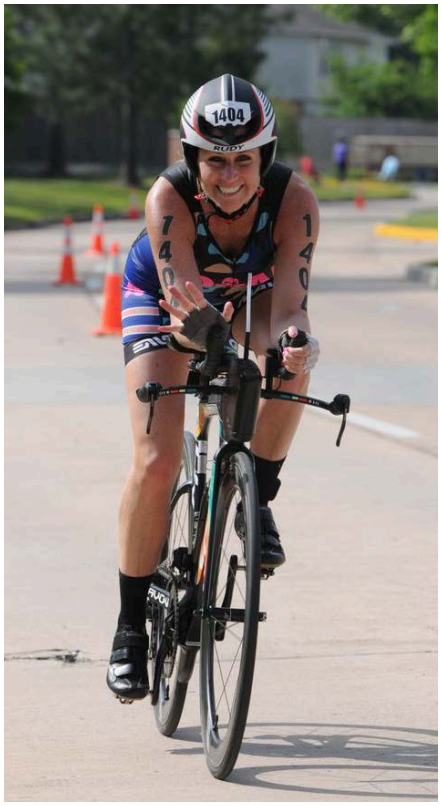
Lisa Lowrey	3:11:31

April 28th – Ironman Texas – The Woodlands, TX

Jackie Bunce	15:41:20
Kyle Priest	11:27:16
Les Roberson	14:35:57

Kyle Priest is "caught" by volunteer Torrey Kramer in the finishing chute of the Texas Ironman

Les Roberson on the run at the Texas Ironman



Jackie Bunce is happy about the ride at the Texas Ironman

April 28th-29th – MS 150 – Houston to Austin, TX
Anne Mullaly

April 28th – Kentucky Derby Half Marathon – Louisville, KY
Tim Goedeker 2:06:57

April 28th – Novo Nordisk New Jersey Marathon – Oceanport, NJ

Nicole Berglund	34:22 (5k)
	5:30:59 (marathon)

April 28th – Nashville Rock n' Roll Marathon/Half Marathon – Nashville, TN

Lynn Furman	46:07 (5k)
	14:15 (1 mile)
Bob Furman	5:37:46 (marathon)
	9:45 (1 mile)

April 29th – Messina Hof Wine and Roses Half Marathon – Bryan, TX

Jill Clark	1:40:36 (2nd in AG, PR)

Nice age group award Jill!

April 29th – Eugene Marathon – Eugene, OR

Rick Bozanich See Rick's FB post

April 29th – Sienna 10 Mile – Missouri City, TX

Jocelyn Williams 1:52:53

Pamela Willmon 2:04:49 (2nd in AG)

April 29th – Texas Exes Lone Star Stampede 10k – Houston, TX

Mark Darnell 59:01

April 29th – Oklahoma City Marathon – Oklahoma City, OK

Michael Martin 2:31:32

May 4th – May the 4th be with You 5k – San Antonio, TX

Lynn Furman

Bob Furman

May 5th – Cinco de Mayo 5k – Bear Creek Park, Houston, TX

Cleo Lloyd

Beverly Marshall

Jocelyn Williams

Cleo and Jocelyn show off their awards.

May 5th – Impact a Hero 5k- Houston, TX

Dana Cashman	46:06
Lynn Furman	47:25 (3rd in AG)
Bob Furman	30:08 (2nd in AG)
Nancy Holcomb	46:57 (2nd in AG)
Torrey Kramer	time not recorded (bib 3178)
Lisa Stine	36:20

Torrey and Dana

Bob, Lynn and Nancy

May 5th – Wildflower 50k – Bastrop, TX

Jennifer Bernard	1:26:24 (10k)
Angy Newell	1:15:37 (10k)
Jessie Rollow	9:37:34 (50k)
Curtis Turner	4:40:23 (50k)

May 5th – Pittsburgh Marathon and Half Marathon – Pittsburgh, PA

Hyder Hasan	2:15:56 (half marathon)

May 5th – Hachie 50 Mile Endurance Run – Waxahachie, TX

Kim Johnson	11:32:32 (2nd Masters Woman & PR)

May 6th – Lincoln National Guard Half Marathon – Lincoln, NE

Tim Goedeker	2:08:03

May 6th – Santo de Mayo 5k – Houston, TX

Lynn Furman	45:47 (2nd in AG)
Bob Furman	29:45 (2nd in AG)
Nancy Holcomb	46:55 (3rd in AG)

Nancy, Lynn and Bob's haul of hardware.

May 12th – Flower Country 10k – Fredericksburg, TX

Pamela Willmon 1:14:59 (1st in AG)

May 12th – Throo the Zoo 5k – Louisville, KY

Charlotte Harris	22:37 (1st in AG)

May 12th – Women's Quarter Marathon – Katy, TX

Lynn Furman	1:37:51
Dana Hill	1:32:26
Jenn Rienstra	1:26:46

Dana Hill at the Women's Quarter 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.

May 19th – Beach to Bay Marathon Relay – Corpus Christi, TX – race and registration info here.

May 23rd – KARC After Dark – 6:30pm, Good Times Running Company.

May 27th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

June 16th – 1st Street 5k – No Label Brewery – Katy, TX – race and registration info here.

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 - 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.