October 16, 2018 Volume 3, Number 10

From the President's Desk

We have finally gotten our reward for running through all the heat and humidity of another Houston summer. I so welcome 50°F, clouds and mist after the last several months. Let's hope it lasts – or at least returns every few days for the coming months. Otherwise, I'm gonna have to escape to Maine or something like that. Five months of frozen ground doesn't sound so bad when the temperature on our October 14th reaches 91°F.

So, if you've felt like your running hasn't been up to par it could be that we just haven't gotten to temps that allow good running. Your paces will improve with the cooler temperatures. That's what I've experienced over the last decade of my distance running life. September struggles turn in to November successes. So, keep at it and enjoy the cooler temps.

Another reward you get is our Mid-way party. Whether you're training for the Houston Marathon/Half Marathon or not we're throwing you a party! Tomorrow evening (Wednesday!) we'll have our next KARC After Dark event at Good Times Running Company. This time we're pulling out all the stops. We'll have sliders courtesy of grill master Steve Brammer. We'll have some veggies, too, if carnivorous feasting doesn't agree with you. Did I mention adult beverages – yep, they'll be there. And, the door prizes will be the best ever. Our primary goal is to give back to the club. So, come and get it. You deserve it!

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

Decades ago (long before I was born), cardiologists first discovered that one way to strengthen the hearts of patients was to engage in exercise that alternated elevating the heart rate to 150 beats or more followed by recovery intervals that allowed the heart rate to reduce to below 120 beats per minute. For a runner, a stronger heart means better performance. Thus, interval training soon became a key component of most training programs for races of all distances.

For those training for a marathon or half marathon, repeat 800's, or "Yasso 800's", had become perhaps the most important and popular workout. Where did this name come from? They are named after Bart Yasso who worked for Runner's World magazine. Bart was an excellent runner and kept a log of his training runs. When he was training for a marathon, his program included one day a week where he would run 800m speed repeats, each followed by a recovery interval of 400m. Over the course of his training he progressively increased the number of 800m speed repeats to 10. One day, after reviewing his training logs for the past few years, he noticed a relationship between the average time it took him to run the 800m speed repeats and his resulting marathon time. In his case, he noticed that the time he averaged 2 min 40 sec for each of ten 800m speed repeats, his resulting marathon time was 2 hrs and 40 minutes; the year he averaged 2 min 50 sec for the 800m speed repeats, his resulting marathon time was 2 hrs and 50 minutes.

Over the years, Bart initially kept this observation to himself, but continued to use it to predict his times for each of his marathons. Eventually he shared it with a few people, one of which was Amby Burfoot (at the time, he was an executive editor of Runner's World). Burfoot took the idea and ran with it (so to speak). He tested it out with a variety of runners. Burfoot found that the relationship between the average time it takes a runner to finish the ten 800m speed repeats to their resulting marathon time was generally true for a wide range of paces. He published an article discussing this relationship in the October 1994 issue of Runner's World (more than a decade after Yasso first identified the relationship). Burfoot termed the workout "Yasso 800's" in honor of his friend Bart Yasso. Turns out Yasso didn't know his name was attached to this workout until he saw the article in print. Anyway, his name will forever be tagged to this workout which has become a staple of marathon training programs.

Mike and Rick with Bart Yasso at the Big Sur Marathon Expo, April 2015 (photo courtesy of Mike Masse)

We use Yasso 800's (along with speed repeats at other distances) in our marathon and half marathon training programs. If you are relatively new to track workouts, and want to incorporate 800's into your training, it's a good idea to start with a few (just 2 or 3) and then gradually increase the intensity of your workouts by adding another 800m speed repeat every week or two. Strive to run each speed repeat in the same amount of time and at a constant pace. The ideal pace is one where at the end of the last repeat, you felt like you gave it your all to complete it at the same pace in which you completed your first repeat of the workout. The very first time you do this workout, use your most recent marathon time to get your target time for the 800m speed repeats using the relationship developed by Yasso. For example, if your marathon time was 4 hrs 38 min, use 4 min 38 sec as your target for the 800m speed repeats. Be sure to give it your all during the last speed repeat. At the end of your workout, record the times you achieved in each of the speed repeats. Take the average and use this average as your goal pace for the next workout. You will find as you get stronger as a result of the training, you should be able to increase the number of speed repeats while maintaining the same (or faster) pace. If you are able to build up to the penultimate track workout of

ten 800m speed repeats, by taking your average time to complete each you should have a good idea of your marathon goal time.

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: Christina Namaki, Jenifer Stockdick, Victor Tafolla, Gourav Kumar, Maria Jayakumar, Amanda Harwood and Tina Jiang.

Member Profile

If we are new to running how do we know what's possible for us? We simply don't know. I'm confident that each of us can do more that we think, though. Time and again I've seen runners surprise themselves as they progress from non-runners to consistent runners. But, how do we get that spark of inspiration to propel us on our running journey? For me, learning about other people's experience always gives me something uplifting. Jen Ingram's story is one that any of us can use for inspiration. From mom of 4 to triathlete and cycling champion, hers is an amazing journey. So, do enjoy her member profile and please do let her know how it touched you next time you see her!

Here's Jen's story:

I recently ran into Rick at a party and as we got to chatting he asked me how I became a runner. I told him a little about my background and he asked if I would share it with the club so here it is!!

In the spring of 2012 I had had my fourth baby, he was about 10 months old. I was still wearing maternity clothes because nothing else fit, I was over 200 pounds and absolutely didn't want to buy even bigger clothes. I had always been overweight, from the time I was about 12 years old but with each pregnancy I got bigger. I did not have any athletic background other than middle school sports. I was a confirmed couch potato. I was having some health problems related to the pregnancies and one of the ways to combat that was to lose weight. So that is what I set out to do. I downloaded the MyFitnessPal app and started to track food and I committed to exercising 3 times a week for 30 minutes. I made my goals really small so I wouldn't set myself up for failure. On one of my 30 minute walks one day I spontaneously decided to run. I probably ran for 2 minutes. But it was a spark, I wondered if I could learn to run? I had a friend who had done Couch25k and so I asked her about it and I downloaded that app too. I began the program. As an incentive to not quit I signed up for the ABB5k in January. It was currently May. I honestly thought it would take that long to work my way up to 3 miles. As we all know, it doesn't take that long. By week 5 of the program I had the 20 minute continuous run, I ran 30 minutes instead. After that I ditched the app. I just ran 30 minutes at a time. That summer we went home to Canada and I mapped out a 3 mile route at my parents place and I ran that every other day. As I continued to run I continued to track my food and by the time we returned to Houston at the end of July I was down to 170 pounds.

One day in October of 2012 I went for a run and instead of running my now 4 mile route I did 6. And then I texted everyone I knew and told them about it. I saw an ad for the YMCA Turkey Dash 10k and decided to sign up for that. I had only run the 10k distance a couple of times but I went for it. I ran my very first race there, 10k in 1:03, but it felt like eternity. Completing that race was probably one of the proudest moments of my life. It was after running that 10k that I decided I was going to run a half marathon for my 37th birthday, 3 months away.

Turkey Dash 2012 It was hot that day!!

I signed up for another race in December, the Gingerbread Jog. My husband, James, who had also started running, told me to just go out as hard as I could and try to hang on. (Side note, there was about a 3-4 month period where I could run faster than him) I went with that race strategy, almost threw up at the finish line but I ran it in 25:30.

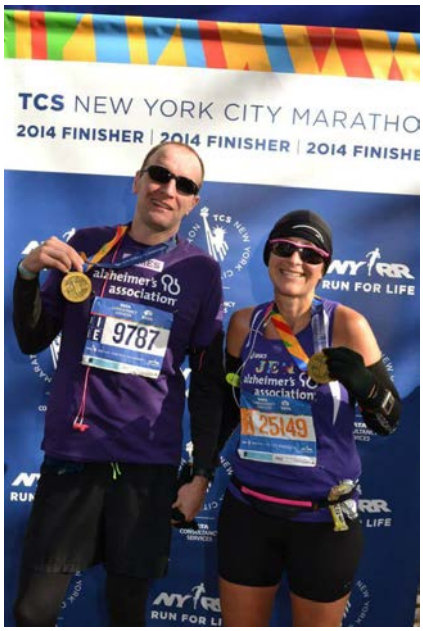
James and I ran the ABB5k together, finishing about 30 seconds apart. There was something magical about being downtown and seeing the finish line for the Houston Marathon to be held the next day. It made me want to be a part of that. I ran the Surfside 10k later that month and got my first podium! Second in Age Group. That was exciting. And the next month I ran the Surfside Half marathon. I had trained

with a Hal Higdon program and had run up to 12 miles in training. That 13.1 miles was so painful, I remember shaking and barely being able to walk at the end.

Surfside Half Marathon February 2013

I decided to enter the lottery for the Houston Marathon. I think that was the last year they had a lottery. I got in. James signed up for it too. I trained all that year, ran some shorter races as well. Did the Turkey Dash again, this time in 52 minutes. Did the Houston Half and the 25K as a lead up. January 2014 we ran our first marathon. I finished in 4:05 and can remember thinking I only need to take 25 minutes off that time to qualify for Boston.

I entered the lottery for the NYC marathon never thinking I would get in but I did!! James signed up with a charity team and we raised over $5000 for the Alzheimer's Association. Running New York was an amazing experience and a dream come true as I had wanted to go to NYC my whole life and had never been.



It was also in 2014 that I heard about something called Ironman. My first thought was that is impossible, no one can do that! And second thought was I want to do that. I had met some runners and triathletes online and was learning a lot about the sports. I signed up for the iTri 3 triathlon series even though I didn't know how to swim and didn't own a bike. I started to teach myself to swim, borrowed a bike and did my first Sprint tri in March, the No Label tri. I ended up with a 3rd in Age Group and I was hooked. I did the Springsback and was 2nd AG and then the Oktoberfest in October and got top spot on the podium.

2015 and 2016 I completed 5 half Ironman (70.3) races. Galveston, The Great White North, Arizona, New Orleans and Augusta. I also continued to do running races and set new PR's at every distance. I've run the Turkey Dash 10k every year and I kept chipping away at my marathon time, I've run the Houston Marathon every year since 2014. I had also dropped all the extra weight and was smaller than when I was 12 years old. In the fall of 2016 my baby was now in preschool 3 days a week and I had the time to commit to training for the full Ironman. Texas 2017 was the goal.

April 22, 2017 I crossed the finish line at Ironman Texas in 11:11. I had a horrible swim, a strong bike, and an amazing run, doing the marathon segment in 3:52. That was an incredible day. I had my sights set on Boston next. I had done the Houston

Marathon that January in 3:46 and my qualifying time was now 3:45 since I was now over 40. It was also during this time that I was asked to get certified as a USAT coach and join Sonic Endurance as one of their coaches. I was going to take the course in September. Well, as we all know, hurricane Harvey hit in August and we were one of the ones who flooded. All my plans went on hold while we dealt with the aftermath and rebuilt our home. Throughout that whole time though I continued to run. Running helped me deal with all the emotions and stress of the flood and rebuild. We had to make 1000 decisions a day and it was incredibly stressful and chaotic. We moved back into our half built house in October and as things began to settle a little I upped my training for the marathon.

January 2018, Houston Marathon. Freezing cold, couldn't ask for better running weather. A little bit of magic happened that day, I ran my most perfect race, even 8:19 splits the whole way for a 3:40:11 finish. Boston Qualifier with a 4:49 cushion. I had done it, the girl who started over 200 pounds and never run a day in her life.

June of 2018 I went to Boulder to compete in the Boulder Ironman. My training leading up to it had been less than good as I had been injured once and seriously ill twice, including bronchitis 10 days before the race. Race day was ridiculously hot, over 100 out on the bike course. I had a great swim but about halfway into the bike my right leg started to hurt. And it got worse and worse and worse. Boulder has some big climbs and my bike was not geared right for climbing at all. There was no way I could finish. At mile 83 I called it quits. That was a terrible decision to have to make as I had never voluntarily quit a race before. I think it was the right call to make though. However, after I got home and had time to process everything I just felt like I HAD to do another Ironman and finish. I signed up for Chattanooga in September. And I got back to training.

September 27th, 2018. As we were driving to Chattanooga (13 hours!) I got the news about Boston. I missed the cut off by 3 seconds. My 4:49 minute cushion wasn't going to cut it. And to add insult to injury they raised the standards so even running another 3:40:11 wouldn't be good enough for the new qualifying time. The news was crushing. We also found out the swim for the Chattanooga Ironman had been cancelled due to unsafe conditions. My Ironman redemption race was now a bike/run. But you take what you get. I finished the race which is what I set out to do.

Ironman Finisher x 2!

I love running for the sake of running. My favorite thing is an hour easy run, I don't enjoy the speedwork or the races but I continue to do them to test the boundaries of what my own capabilities are. Races give me a goal and keep me focused and on track. But I mostly just love to train. I will never forget where I started. Struggling my way through a 5k run, never thinking I would ever get under an 11 minute mile. We all have so much more potential than we ever realize. I love coaching because I get to help people see their own potential. I want my children to see me do incredibly difficult things and know that Anything Is Possible. We just have to work hard. Running has changed my life in so many ways, one of the most significant is the friendships it has given me. I love my running friends and community and I'm so thankful I took that first step years ago. I hope to continue to swim, bike and run for many many years.

Jen Ingram

Group Runs

Remember to come out and join other Club members for our group runs. We meet three days each week. While none of the group runs are "mandatory" we think that as members of a running Club you'll appreciate the opportunity to join a group on the run. And, you can always use the Facebook group to arrange for running partners – similar pace, similar distance.

Tuesday – Groups meet at 5:00am and 6:30pm, Beckendorff JH track. This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running – no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 of a mile away from another runner!

Thursday – 6:30pm, Crosspoint Community Church parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace. 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

On a rainy September 29th the club gathered for our bi-monthly KARC in the Park. Even though the temps were still warm it was actually nice to dry up a bit with a hot coffee and a kolache while chatting with friends.

Every once in a while some of our members make the journey out to Bellville to do their long runs. It's a nice change from the flat trails we have here in Katy. There are lots of gentle, rolling hills and plenty of country side scenery. Always nice. Last Saturday (10/13) several members hit the Bellville hills and then Newman's Bakery for breakfast. Both the run and the breakfast looked fun!

You can find a link to their route here.

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

Fall racing season has arrived in earnest. With so many members we just can't be out there at all their events to cheer them on. So, take a look below to see what they've been up to.

September 16th – Tunnel Light Marathon – Seattle, WA

Jennifer Bernard	4:47:43
Alain Ducante	3:53:53
Charlotte Harris	3:20:56
Les Roberson	5:03:30

September 29th – Ironman Chattanooga – Chatanooga, TN

Jen Ingram	10:23:11
	(5:55:13 bike, 4:22:29 run)
Kyle Priest	10:46:37
	(6:13:04 bike, 4:26:02 run)

Swim was cancelled due to brain eating bacteria (or some such thing)

September 30th - Texas 10 Huntsville – Huntsville, TX

Lynn Furman	1:20:04 (1 in AG, 5 mile)
Bob Furman	57:28 (2nd in AG, 10 mile)
Cathy Harris	59:46 (2nd in AG, 10 mile)
Charlotte Harris	38:21 (1st in AG, 10 mile)

October 7th - Chicago Marathon – Chicago, IL

Merry Armentrout	3:34:27
Jill Clark	4:15:47
Caryn Craig	
Yan Liu	3:50:24
Khurram Mir	3:24:04
Norma Scott	5:06:18
Lillian Wanjagi	5:06:22

October 7th – Oktoberfest Triathlon – Fulshear, TX

Buddy Baudoin	1:20:26 (2nd in AG, sprint)
Lisa Baudoin	3:09:47 (Olympic)

October 7th – Space City 10 Miler – Houston, TX

Natalie Shelton	1:29:46
Christopher Strohman	1:11:23
Keisha Tanner	1:59:07
Jocelyn Williams	2:17:27

October 7th – Come & Take It 5k - Gonzales, TX

John Pankey	24:13 (3rd in AG)

October 7th – Crazy Horse Half Marathon – Hill City, SD

Tina Seaman 4:56:51

October 6 - 7th – Medtronic Twin Cities Marathon – Minneapolis/St Paul, MN

Kim Johnson 4:48:37 (marathon)

45:01 (5k)

1:23:12 (10k)

October 13th – Orion Ultra – Freeport, TX

Dana Hill	4:28:55 (half marathon)

October 14th – Texas 10 Cypress – Cypress, TX

Lynn Furman	1:19:31 (3rd in AG, 5 mile)
Bob Furman	1:56:05 (1st in AG, 10 mile)
Cathy Harris	1:59:15 (1st in AG, 10 mile)
Charlotte Harris	1:16:06 (1st Overall Masters Woman, 10 mile)
Lillian Wanjagi	1:48:46 (10 mile)

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.

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

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

October 27th – Keller-Williams 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 12th – KARC Ladies Night Out – Kendra Scott Jewelers – City Centre, Houston.

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

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

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

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

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

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

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