November 16, 2018 Volume 3, Number 11

From the President's Desk

Our big social event of the year is fast approaching! The Club will host our Holiday Party and Annual Meeting on Thursday evening, December 6th. Check your email inbox for links to sign-up. We endeavor to put on a really nice evening for our members. There will be a buffet dinner with chef carved beef tenderloin and chicken parmesan, risotto, and veggies – and a dessert, too! In addition to the buffet there will be a cash bar, live music, and plenty of door prizes. The cost of the evening is subsidized for club members so you'll only have to pay $10. Guests of members pay $30. So, come on and sign up before the November 28th deadline!

I don't know about y'all, but I have always found running to ground me well in reality. Listening to all the sensationalized things that are going on in our highly polarized world can be downright dispiriting for me. I find real value in life when I'm out on the trails running with friends or at social events with them. This is one of the things I really like about running, in general, and our club, in particular. We come from all backgrounds and experiences and find common ground together in running. There is no "us versus them" in running. What I've seen is that, if anything, it's "me versus myself" with us trying to do better than before – whatever that means for each of us. And, we're encouraging and supportive of each other in that goal.

So, please keep doing what you're doing. You are making this club a community, a family. You're doing what is truly important in life – sharing of yourself and supporting others.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

If you have been following our training program targeting the Chevron Houston Marathon or Aramco Houston Half Marathon in January, congratulations! You are now through about two-thirds of the program. You have built up a good base and have been increasing both your weekly mileage and the mileage of your long run. Now you are entering the final third of the program. In some respects, this will be the most difficult part of your training.

This phase of your training is difficult, at least in part, because the length and intensity of the workouts is continuing to increase. You are placing greater demands on your body. If you have been following the workouts, the build-up has been gradual, and your body should have made the adjustments to get stronger and increase your stamina and endurance. Still, you have been at it for four months. Sometimes training fatigue sets in and motivation wanes. If this happens, focus on your goals and think about all the benefits you saw when you made the commitment to embark on the training program. Have confidence in the training program and take it one day at a time. Recognize that each training run has a specific purpose. Run each workout to achieve the intended goal of that workout.

I find that it also helps to be part of a larger community that you can draw upon for support. I've found that I'm more likely to achieve my workout goals if I link up with others with similar goals. I am less likely to skip workouts if I know that others are expecting me to show up. This happened recently on an early Tuesday morning at the track. It was dark, very cold and windy - not the conditions that were conducive to an enjoyable workout. Still, I resisted the temptation to skip it because I knew others may have been counting on me to be there. Turns out, one of my training partners told me that morning the same thing (that she was thinking of skipping the workout but didn't because she knew that I was counting on her being there). There are great benefits in developing mutually supportive training relationships. In hindsight, I've never had any regrets after a workout when I had to use all my willpower to overcome significant motivational issues, but I can't tell you the number of times I regretted letting those motivational issues interfere with completing a quality workout. There's something about powering through and forcing yourself to just gut up and do it. Training with others definitely helps.

One of your other challenges in this phase of the training program relates to the time of year. The length and intensity of your training runs just happens to peak during the holiday season. This presents several challenges, and it's important to balance the competing priorities for your time and attention. While it's important to get your training runs in, don't do it in a way that creates conflicts with your family. Be sure to thank them and to express your appreciation for the support they have given you for you to achieve your goal. When planning your training runs, try your best to work around their schedule. In the past, I found it best to do my runs early in the morning (often before others wake up) so that it doesn't interfere with activities later in the day. Also, all the festivities around the holiday season offer us many temptations to overindulge in either food or drink (or both). Go ahead, enjoy yourself; just don't go crazy. Be sensible in what you eat and drink and you will be fine. When January rolls around, you will be well into the tapering mode and will refocus your attention on running a successful race. In fact, race day preparation and the keys to running a successful race will be the subject of next month's column.

I hope to see you out on the trails!

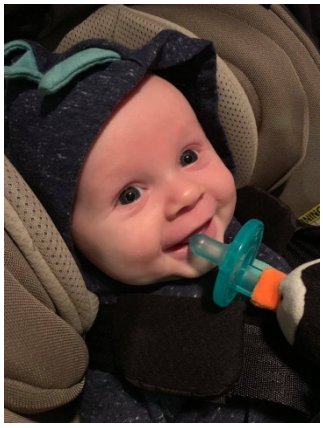
Rick Bozanich

New Members

Please join me in extending a warm welcome to our new members: Katherine Brunner, Manoj Kumar Singh, Carolyn Hall, Chang Li, Esmat Farajpour, Liliana Delgado, Genesis Rivas-Ponce and Per Johansen.

Over the past few months we've had an infusion of new little people to the club. I feel remiss that we haven't recognized those little folks before now. Here are few pics of babies and a grandbaby born to members.

Marek Turner – Son of Curtis and Anna Turner



Riley Kramer – Daughter of Torrey Kramer and Dana Cashman

Molly Daniels – Daughter of Jana and Adam Daniels (maybe she'll be a singer in the band?!)

Evelyn Edmonds – Grand-daughter of Rebecca and Mike Masse (daughter of Caitlin Masse Edmonds)

Member Profile

Have you ever heard of a place on the trail referred to as "Tony's Landing"? It's that slippery spot just on the south side of the footbridge going over to the Terry Hershey Park gazebo. Well, that's named after our own Tony Castronovo who shares his member profile with us this month. Tony has a great story about why he started running and some of the things that keep him motivated. And, if you want to know why that spot is called "Tony's Landing" then you'll just have to find him at a group run or social event and ask him. It'll make you tread lightly at any potential slick spots along the trail!

Here's Tony's story…

Let me start by saying how honored I am to share my story with you all. It's the part of the newsletter I usually jump to first as I really enjoy getting to know all my running buddies. But I also recognize that I've got a couple hundred more issues to get through if I hope to learn more about each of you. Here's my story…

My start to running was for punishment. I jest a bit, but there is truth to that. Starting in the 7th grade through part of my college years I was a wrestler. And running was a part of our conditioning program (or punishment for slacking off in practice). I actually enjoyed running in high school and starting running my hometown race every year…the Utica Boilermaker 15k. (I highly recommend this race, which is the largest 15k in the U.S.).

It wasn't until 2001 that I got interested in marathons. But I kind of stumbled into this. One day in June 2001 I started having incredible pain and drove myself to the hospital. Diagnosis: kidney stones! I was too young to have kidney stones (so I thought). But the doctor said it was from chronic dehydration. And it was true….I never drank anything but coffee and beer (still my favorites). I tried to think what I could do to start drinking more water. When I got back to the office that afternoon, a colleague was hanging flyers for a new running club…a marathon training group. I thought, hmm…when I used to run I used to drink water. Running + Water = No Kidney Stones. It was simple. But running a marathon…that was for crazy people! I

figured I would get to about 10 miles, then just coast through the program. But of course I caught the marathon bug.

In July 2001, I started training for my first marathon. It was amazing every Saturday running the "most I had ever run" week after week. Then in September 2001, the world stood still! The terrorist attacks of 9/11 put fear in many Americans, especially those involved in major sporting events. But running provided a constant and a bit of "therapy" with all the support of friends. Needless to say, that my first marathon had plenty of emotion. I will never forget the patriotism and how it made me feel.

Like 9/11, there have been many tragedies that running has gotten me through…hurricanes, job loss, deaths, and divorce. Running is therapy!

I am proud of all the marathons I have run because they are a testament to all the hard work that goes into this sport. I have run 22 marathons (including 1 ultramarathon). My first marathon was a 4:45 and I was able to finally break 4 hours after about my 6th or 7th race. For many years thereafter, I was a perennial 3:50 marathoner with a PR of 3:44 in 2009. I've run 15 Houston Marathons and am proud to be a Legacy Runner. I've also run the following: Salt Lake City, Chicago (twice), Bar Harbor (Mount Desert Island), Ottawa, Twin Cities, and Sunmart (ultra).

The last few years my pace has slowed, I have put on weight, and find it very challenging to find time to train. I have a pretty busy career working for a management consulting firm (Ernst & Young), working long hours, travel, and stress. I've also developed a passion for Real Estate Investing and started a company on the side about 4 years ago. I started buying distressed single-family houses, fixed them up, then flipped or rented them. This year I traded in the smaller green ones for a larger red one, picking up an apartment complex in Bryan / College Station. I work nights and weekends on my business…so if you don't see me at breakfast on Saturdays there is a good chance I am hanging a kitchen backsplash or wiring/plumbing something. No excuses, just challenges. The easy thing would be just to hang up my running shoes, but running is a part of me and I just can't let it go.

A blessing these last few years has been the opportunity to run with my wife, June and my son, John Austin. We've done many fun runs together and have been creating great memories that I will cherish.

Color Run with June Piney Woods 10-mile Trail Race Breckenridge 10k Trail Race

Perhaps one day my faster pace will return and I'll drop those pesky extra pounds. For now, I am happy to still call myself a runner and share this passion with friends and family. I have met so many dear friends through running and so thankful for this organization we call KARC. See you all on the trails…

Tony Castronovo

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.

And sometimes we do a road trip and run in Bellville or other hilly or scenic locations on Saturday mornings.

Getting Together

On October 17th we held our most recent KARC After Dark event. Steve Brammer brought out his cooktop again and this time was acting as our grill master making sliders for the attendees. Lucky members went home with door prizes of gloves, running lights, or a $150 gift certificate to Good Times Running Co – and members enjoyed a 20% discount on shoes, apparel and nutrition that evening. Trey Eckerman from The Stretch Factor came out with his crew and provided free stretching to those who wanted it. It was a good time enjoyed by all. If you've never attended one of these events I highly encourage you to do so. It's a great time to catch up with your running friends!

Good Times

Club member Angy Newell – and certified USAT Level II Endurance Coach of Aloha Multisport – put on a running form clinic on November 11th at Good Times Running Club. Angy led about two dozen members through form drills and then captured our running form on video. It was a really informative session. If you'd like to learn more about running form please don't hesitate to contact Angy at coachangyn@gmail.com.

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

With the cooling weather comes increased participation in races of all types and distances. It's been hard to keep up with your accomplishments. Keep sending them in!

October 27th – Pune Flo 5k – Magarpatta City, Pune, India
Jacob Thymann Nielsen

Jacob and son, Lucas

October 27th –Misson Tejas Trail Run 25k – Grapeland, TX

Tony Castronovo	3:46:20

October 27th – KW Premier 5k – Katy, TX

Michelle Blackman	44:28
Doris Bozanich	47:55 (2nd in AG)
Rick Bozanich	47:55
Matthew Hess	23:44 (1st in AG)
Susan Hutson	34:26 (2nd in AG)
Eliton Luz	22:07 (3rd Male Overall)
Jenn Rienstra	34:00

Eliton (center) and Matthew (left)

October 27th – Monster Mash Run (10k/5k) – Houston, TX

Janet Fritz	1:04:00 (10k)
Ellen Harris	1:01:59 (10k)
Skip Koshak	22:21 (5k)
John Pankey	25:57 (5k)

Skip and John

Ellen and Janet

October 28th – Monster Mash Cupcake Dash – Corpus Cristi, TX

Buddy Baudoin	18:55 (1st in AG)

October 28th – Marine Corps Marathon – Arlington, VA

Tina Drewke	6:18:07
Maria Mainieri	5:16:39
Marah Retherford	5:16:38

Tina flanked by the Marines

Marah and Maria enjoy a well-deserved recovery beverage

October 28th – Houston Half Marathon & 10k – Houston, TX

Half Marathon

Charles Allen	2:15:43 (First HM)
Nachiketa Anand	2:29:59 (First HM)
Merry Armentrout	1:49:52
Jennifer Bernard	2:26:01
Karen Boman	2:25:05
Rick Bozanich	2:15:52
Stephen Brassette	1:54:09
Marjorie Broussard	1:51:47
Rosana Bryant	2:35:54
Belle Butler	2:29:21
Fernando Carlevaro	2:06:54
Jennifer Cisneros	2:46:31
Kris Colquette	2:07:00
Mark Darnell	2:10:05
Valerie Davis	2:14:32
Gustavo de la Pena	2:17:24
Anne Gandini	1:57:12
Carolina Hernandez	2:08:42
Matthew Hess	2:03:42
Dana Hill	3:42:19
Jen Ingram	1:36:46
Levent Karabulut	1:39:42
Skip Koshak	1:59:46
Gourav Kumar	2:09:01
Chang Li	1:53:40
Jennifer Lightsey	2:17:59
Heather Lovell	3:21:18
Charlotte Martinez	2:16:27
Jessica McDaniel	1:44:35
Carl Mountford	1:51:59
Lisa Ozsdolay	2:08:39
John Pankey	1:58:47 (PR)
Arturo Reyes	1:57:46
Jenn Rienstra	2:35:08

Josh Ring	1:40:46
Mike Roberts	1:40:33
Denise Sadberry	1:56:00
Natalie Shelton	2:01:36
Manoj Kumar Singh	1:49:57
Danny Skinner	2:58:55
Lisa Stine	2:34:52
Katie Storts	1:43:24 (PR)
Christopher Strohman	1:29:38
Erica Strohman	2:46:52
Paul van Helmond	2:17:50
Lillian Wanjagi	2:15:42
Chris Wetherholt	2:12:29 (PR)
Huan Yang	1:48:49 (PR)
Emily Zavinsky	1:38:10

10k

Carolina Berry	1:04:01
Michelle Blackman	1:32:21
Deepthi Bonam	1:13:53
Larisa Ferguson	1:15:18
Munira Gandhi	1:58:38
Nicole Hunt	1:14:20
Russell Hunt	55:58
John Saunders	1:42:08
Jill Seltzer	1:40:15
Frazana Sulemanji	1:41:09
Bronwyn Turner	1:40:17
Debbie Vazquez	1:49:56
Jane Wallace	1:42:07
Jocelyn Williams	1:11:54 (PR)
Pamela Willmon	1:14:04

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Good Times
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October 28th – Ironman 70.3 Waco – Waco, TX

Jen Ingram	4:40:58
	(2:39 ride / 1:58:17 run)
	Swim canceled due to high current

October 26-27th – Capital to Coast Relay – Austin to Corpus Cristi, TX

Joel Davis

Charlotte Harris

November 3rd – Run 4 the Children (4 mile) – Katy, TX

Toni Benavides	1:10:33
Doris Bozanich	1:03:36
Rick Bozanich	34:41 (3rd in AG)
Patricia Dean	53:53
Maria Gorosito	43:59
James Ingram	26:19 (2nd in AG)
Craig Prevallet	28:20 (1st in AG)
Jenn Rienstra	44:56
Les Roberson	39:43
Jan Rupe	1:03:36
Jill Seltzer	1:00:16
Gary Sullivan	30:24 (2nd in AG)
Mohamed Thowfeek	33:38 (2nd in AG)
Phyllis Vargas	52:37
Denise Voyles	44:50
Terry Waltrip	41:21 (1st in AG)
Jenny Woolen	58:02
Deborah Wright	32:36 (1st in AG)

November 3rd – Tour de Gruene – Greune, TX

Dana Hill

November 3rd – Alex's Five K for Autism – Houston, TX

Skip Koshak	22:06(PR)
John Pankey	23:30 (2nd in AG, PR)
Pamela Willmon	33:44 (1st in AG)

November 3rd – Candy Trail Run 10k – College Station, TX

Charles Allen	1:11:22 (1st in AG)

November 4th – New York City Marathon – New York, NY

Carolina Berry	5:34:50
Deborah Pirriccio	4:13:52
Sal Pirruccio	5:22:52
Neil Ruocco	3:23:00

November 4th – Rock 'n Roll Savannah Half Marathon – Savannah, GA

Tim Goedeker 2:06:41

November 4th – McKinney Half Marathon – McKinney, TX

Charlotte Martinez	2:04:57 (PR)

November 4th – Texas 10 Katy – Katy, TX

Bob Furman
Jenifer Stockdick
Lillian Wanjagi

November 11th – Cypress Half Marathon – Cypress, TX

Half Marathon

Charles Allen	2:18:29
Jennifer Bernard	2:18:09
Jill Clark	1:58:28
Liliana Delgado	2:06:59
Janet Fritz	2:59:56
Ellen Harris	3:02:05
Kim Harvey	2:07:39
Carl Mountford	1:47:08
John Pankey	1:55:15
Les Roberson	2:18:05

Mike Roberts	1:38:30 (1st in AG)
Jessie Rollow	2:44:59
Shane Rowe	1:37:52
Denise Sadberry	1:55:55
Delia Salinas	1:48:29
Natalie Shelton	1:34:16 (Relay)
Chris Strohman	
Lillian Wanjagi	2:16:37
Chris Wetherholt	2:07:38
Quin Yu	1:37:06
Nicole Zucker	1:43:25

5k

Keisha Tanner	26:44 (3rd in AG & PR)

CYPRESS
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CYPRESS

November 10th – Houston Half Tough Mudder Run – Houston, TX

Maria Mainieri

Marah Retherford

Maria, friend and Marah

November 11th – Monterey Bay Half Marathon – Monterey, CA

Larisa Ferguson

Charlotte Martinez

(canceled due to poor air quality – wildfires)

November 11th – Tunnel Hill Trail Run (100 miles) – Vienna, IL

Kim Johnson 26 hrs 53 min

November 11th – The Great Pumpkin Run – La Grange, TX

Jennifer Lightsey 34:26

Jennifer and daughter, Juliana

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.

November 22nd – Monty Ballard YMCA Turkey Dash – Katy, TX – race and registration info here.

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 here.

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