



December 15, 2016

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## From the President's Desk

As we bring this year to a close I hope you are all enjoying a wonderful holiday season. It's always a good time to reflect on the events of the year. One of the things that I'm thankful for, and I know I speak for the entire board, is your committed and engaged participation in this club. As I look back I am so impressed by the way in which you've represented KARC at local, regional, national and international running events. While the Katy area is your home, it's clear that you enjoy destination events as much as I do. Also, your contributions to and sharing with others over coffee at Corner Bakery Café, on the club's FB group, and at group runs is truly inspiring. I see new friendships form and old ones strengthen every week. Only one year ago we had hoped to build a small kernel of a local running community. You have done that in spades! In fact, we have become a real running presence with 140 members today. That presence is due to your participation. This is your club!

So, enjoy the holidays, be safe in your travels, enjoy the love of your families, and bring your enthusiasm back to us in 2017. Remember - most of you have a marathon or half marathon to run in January!

I wish you happy and health running.

## Rick's Training Corner

If you are following a training program focused on the Chevron Houston Marathon or Aramco Houston Half Marathon, by the time you read this, you are approaching the tapering phase of the training cycle. Tapering applies to all race distances in which you trained hard for - even the 5K. During this phase, you are coming off the week of peak mileage (both in terms of total miles and in the length of your long

run). It is the phase that most runners look forward to because it comes after weeks of continued build-up and challenging workouts.

During the tapering phase, mileage is gradually reduced. Despite the reduced mileage, your pace should be the same. Avoid going too fast (to avoid the risk of injury) or too slow (which could alter your form). You have trained for too long for you to make a mistake that could reduce your race performance. You will need to balance the need to maintain your fitness base, while giving your body the chance to build the reserves necessary to meet the challenges on race day. The "reserves" here refers to both the physical and mental aspects of running a great race.

Tapering applies to all race distances in which you have trained. The length of the tapering phase equates to the distance of your race. The longer the race distance, the longer the tapering period. One of my "go-to" running reference books is "The Competitive Runners Handbook" by Bob Glover and Shelly-Lynn Florence Glover. When discussing the tapering phase, they equate the length of the tapering phase in days generally to the distance of the race in miles. Thus, it is around 3 days for a 5K, 6 days for a 10K, 13 days for a half marathon, and around 26 days for a full marathon. We have generally built in this philosophy into the training programs on the KARC website.

Because mileage is gradually reduced during the tapering phase, the calories you burn during this time also are gradually reduced. Thus, your diet during this time should reflect this. Gradually reduce your caloric intake to avoid unnecessary weight gain during this period. Also, be sure to get plenty of rest. This will also be helpful to make sure you are fully prepared, physically and mentally, for optimal performance on race day.

In the week leading up to the big day, start to visualize the course and the race. Study the course map. Establish your goal pace and checkpoints along the course to make sure you are on track. This is not the time to experiment with anything new or different. Go with what worked on your long training runs. This relates to your pre-long run routines (including diet and rest). Some runners like to carbo-load the day before a race. This is great, as long as you have done this in advance of your long runs. I generally eat more carbs the day before a race (as I do the day before my long runs). These are consumed at lunch and followed by a light, early dinner (in which I have more protein). This works for me; a different routine might work

better for you. The day before a race, stay off your feet as much as possible. A short, easy run to reduce stress is fine. Walking around for long periods of time is not a good idea. Save your energy for the race.

It is common to feel anxious the night before the big race. This has happened to me. For my first few marathons, the anticipation of what might happen on race day affected my sleep patterns (and I am not a good sleeper anyway). A few years ago before my first Boston Marathon, I came across a technique that helped me overcome pre-race anxiety. The night before the race, I told myself over and over "This is just another long run. You can do it." This mantra really helped me overcome the pre-race jitters, and I have used it ever since.

On race day, do not alter your routines for hydration, fuel (gels, shot blocks, etc.) or equipment as this could potentially lead to problems. Be confident knowing that all your hard work, training and preparation will lead to success on race day. When you cross the finish line, celebrate your achievement. You earned it! Good luck!

Rick Bozanich

## New Members

Please join me in extending a warm welcome to our new members:

Anne Damiecka

Melissa Moore

Carlos Pacheco Murillo

## Member Profile

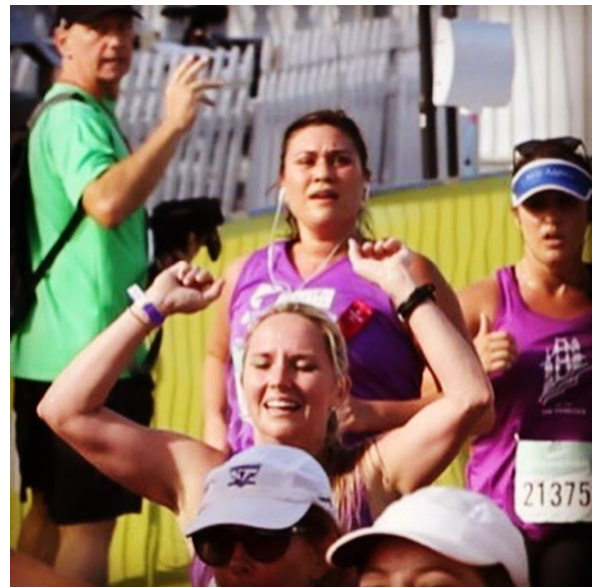
Not everybody has a "Wow" story about their running journey. But, Kaysley does! For many of us, running is something that we came to do in gradual ways. It was not a sea change in our lives. Rather, it was something that we began for modest reasons. We found we liked it. And, over time our interests and habit of running grew. But, for others it is more significant. Perhaps running forms the foundation of their being or it is adopted as a metaphor for other battles or it is a needed activity to quiet an overactive mind or body. Whatever the case, running is essential to that person's identity. I think you'll agree that Kaysley's journey falls in this second category. Here's her story.

## Cancer, Kids & Running



Would I consider myself a runner? Most days, probably not... not as much as I should be. I consider my "running" exercise to be chasing after 2 toddlers now 3 & 5 and a very energetic Labrador. I was always interested in running in my younger years but very intimidated by my schools running groups and extracurriculars, instead I took to the one thing I knew I was good at - cheerleading. Freshman year in high school I friended another new fellow classmate who always made running look so fun and easy... So I gave it a shot... it still wasn't for me as much as it was for her- but I made an effort to do it to stay in shape. Fast forward to my college years, I moved from Tulsa, Oklahoma all the way up to Anchorage, Alaska- where running is hard the majority of the year... so running quickly fell on the back burner.

About 8 years ago, being very unhealthy, my older sister- in the same position, challenged me to a mini all-woman triathlon to support women's cancer. "A what?!?" I asked her, proceeded by "are you feeling okay?" She thought this would be a fun way for us to bond being in different states, have a goal/reward, somewhere fun to meet and vacation. And, more than anything else it would be something to help us lose weight and get back in shape. She and I in those recent years had both had cervical cancer. So why not? I obliged her because what did I really have to lose?... let me tell you - a lot of weight! It was great! I became SO healthy that my body thought my husband and I needed to have a baby... and cancer cells - so my training got put on hold. After our son, William, was born, my cells thankfully subsided but it got me thinking really hard about cancer and the effect it would have on my new little family; I kept getting random letters in the mail from The Leukemia &



Lymphoma Society, and while I had probably gotten them for several years and just discarded them, it finally caught my attention because I now had a little boy of my own and leukemia was not something to be taken lightly. I decided to join LLS's Team in Training program as a way to get back in shape after a baby and meet some new like-minded folks. I figured this would be an easy transition group and less hardcore... safe to say, I found my home of people and started training for my first Half Marathon!!! Guess what? Yep, I shed the baby weight, my body became healthy again and... I got pregnant... and sadly, due to high risk complications yet again, I had to stop running. At this point I swore I would never train for an event again! Ha! After baby Emma was born, my cancer came back - I went through some treatment to be in remission (YAY-4 months!) - and that's when my husband looked at me with crazy eyes and says... "you know what you need to do, you need to get back out there and train and finish your marathon". So kRaysley 'ol me got out there and started training, it was at this point in my life I had some pretty incredible, very supportive neighbors, Mike and Rebecca Masse, who helped me get my feet wet again, aided in lots of answers to all my crazy questions, sent me hilarious emails and runner jokes as well as informative tips and tricks about running. Soon I was set back off to join my TNT family!



2013 was a great year, I had my second baby and beat cancer for a second time. Four months later I crossed the finish line at Nike Women's in San Fran and felt on top of the world, which in some ways I guess you could say I was - those hills, I'll tell ya. Every year since then I have found my reasons for running and those reasons are to find cures for cancer and always to make my way back to San Fran for Nike. I love having a running group, because I imagine, like most of us, it's sometimes hard doing it on your own - having the accountability helps. I ultimately think what helped me to continue running was my running group families. Becoming a Mentor and now a Coach (brand new, still figuring out this role) for LLS has helped me in so many ways. There is something to be said about a forced friendship - getting to know someone when you are constantly training with them, pounding pavement. I've met some of my bestests friends through running, who are members of both KARC as well as TNT; I find it easier to run when I know I am



running for those fighters, heroes and warriors fighting blood cancers... for those amazing angels who have lost their battles - that's what keeps me running. Also, knowing my kiddos watch and mock my every move, my every word... and they see me as their role model. I run for them. I run to instill a legacy that they may soon want to follow, a passion for a sport that requires nothing but love, desire and dedication.

I look forward to getting to know this ever-growing group of members in 2017, learning from some of the best runners and athletes around!! Thanks for allowing me to share my story and my reason and passion for running!

Kaysley Hoff-Strain

## 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

Our first annual Club Holiday Party was held on Wednesday, December 14<sup>th</sup> at El Jarrito Restaurant. What a turn-out! Seventy club members and their guests got together to enjoy fajitas, margaritas, and camaraderie. Some even went home with door prizes.



You also dutifully executed your right to elect your officers for 2017. They are:

President - Mike Masse

Vice President - Rick Bozanich

Treasurer - Gary Sullivan

Secretary - Kim McClintic  
Director - Lorna Bradley  
Director - Natalie Perry  
Director - Sarah Priest

Our amendment to the By-Laws was also adopted. Yay! Only waivers (and the membership fee, of course) will now be required for renewing members.

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 8:30 AM. 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.

It is also becoming a thing to go out for a bite after our Thursday evening runs. El Jarrito and Rudy's BBQ seem to be favorites. If we do go out then we're normally there by about 7:40 or 8:00pm. Watch the group Facebook postings or post yourself for info about the Thursday evening get-togethers.

## Club Runners Review

Yep, it's running weather. You can tell by the number of runners we have out on the courses and the number of races they did. Whether you did your first 5k ever or you've just completed your 50 state marathon quest we want to hear about it. Fast or slow, long or short, you're all impressive. And, if you don't run road or trail races we don't want to leave you out. Let us know about your favorite runs - send us a pic - and we'll highlight those, too!

Here are the results I could find:

### November 19<sup>th</sup>, [Shiner Half Marathon](#) - Shiner, TX

Pam Sullivan	2:31:07
Gary Sullivan	1:59:38
Jacob Nielsen	1:44:47



Toni Smith	2:03:30
Delton Friedman	1:52:46
Matthew Hess	1:53:31
Bob Trout	2:37:24 (first half marathon!)
Angela Siebe	2:09:40
Gordon Christie	1:29:56 (1 <sup>st</sup> in division)



Members of the Sulli-van (Toni Smith, Gary Sullivan, Pam Sullivan, Jacob Thymann Nielsen, Delton Friedman) enjoy the spoils of a good run in Shiner, TX.

November 19<sup>th</sup>, [Wild Hare 25k Trail Run](#) - Warda, TX

Jonathan French                      2:18:10



Member Jonathan French with Venture 'Ace' Gallegos at the Wild Hare Trail Run  
(photo credit: Julie Blackwell)

November 20<sup>th</sup>, [La Porte by the Bay Half Marathon](#) - Laporte, TX

Marie Rappa	2:51:48
Cindy Davis	3:25:50
Jill Seltzer	3:25:49
Bronwyn Turner	3:25:42
Holly Mayson	2:36:27
Pamela Willmon	2:31:51 (1 <sup>st</sup> in division)
Nakia Coy	2:20:48



The Three Amigas (L to R: Bronwyn Turner, Jill Seltzer, Cindy Davis) complete the third leg of the Texas Bridge Series at La Porte (photo courtesy Cindy Davis)

November 24, 2016 - [Katy YMCA Turkey Dash 10k/5k](#) - Katy, TX

*5k*

Rick Bozanich	35:21 (pacing KSR)
Mark Bradley	24:34
Marjorie Broussard	25:00
June Castronovo	35:23
Gordon Christie	19:09 (3 <sup>rd</sup> in division, dressed as a turkey)
Devon Coy	56:54
Kaysley Hoff-Strain	32:50
Susan Hutson	32:26
Bob Milner	21:41 (1 <sup>st</sup> in division)
Ryan Perry	33:49
Yvonne Prevallet	59:47
Marie Rappa	33:13

Arturo Reyes	23:33 (pacing Diego)
Paige Siemers	1:00:02
Rosa Christie	43:31
Nick Waak	21:07

#### 10k

Courtney Bauerlein	1:03:55
Michelle Blackman	1:27:41
Karen Boman	57:49
Stephen Brassette	55:11
Leanda Bruner	1:06:16
Tanya Byington	1:13:45
Dana Cashman	1:09:25
Tony Castronovo	54:38 (pacing John Austin)
Paul Chapman	42:33
Nakia Coy	59:43
Walter Davis	1:04:20
Sonia Dhodapkar	49:23
Delton Friedman	47:02
Robert Furman	59:44
James Ingram	41:08 (3 <sup>rd</sup> in division)
Torrey Kramer	57:15
Rebecca Masse	1:03:32 (2 <sup>nd</sup> in division)
Mike Masse	52:30
Jason Ondruch	42:24
Lisa Ozsdolay	53:21 (3 <sup>rd</sup> in division)
Arpad Ozsdolay	52:37
Natalie Perry	44:29 (2 <sup>nd</sup> in division)
Craig Prevallet	44:07
Jenn Rienstra	1:07:26
Jill Seltzer	1:26:51
Angela Siebe	55:27
Shawn Siemers	45:18
Scott Spencer	57:18
Pam Sullivan	1:05:29
Gary Sullivan	51:38

Lisa Stine	1:09:23
David Thurman	1:16:29
Lillian Wanjagi	1:00:22
Pamela Willmon	1:07:45 (1 <sup>st</sup> in division)



Some KARC members celebrate after the Turkey Dash (photo courtesy Leanda Bruner)



Rebecca, Natalie and Pamela display their age group awards (photo courtesy James Ingram)

November 24, 2016 - [CRC Thanksgiving Day Run](#) (5k) - Fort Worth, TX

Kristi Mayces 42:35 (with Reagan, Abigail and Silvia)



November 24, 2016 - [Sugar Land Turkey Trot \(5 miles\)](#) - Sugar Land, TX

Jeff Howard 34:55 (3<sup>rd</sup> in division)

December 3, 2016 - [Run Houston 10k](#) - Sugar Land, TX

Walter Davis 1:30:23

December 3, 2016 - [Cajun Coyote 20 mile trail race](#)- Chicot State Park - Ville Platte, LA

Maryann Ramirez

Emma Valentine

December 4, 2016 - [California International Marathon](#) - Sacramento, CA

Holly Mayson 5:26:56

December 11, 2016 - [BMW Dallas Marathon/Half Marathon](#) - Dallas, TX

*Half Marathon*

Rick Bozanich 2:10:05

*Marathon*

Mike Masse 4:39:47

December 11, 2016 - [Fort Bend KIA 30k](#) - Sugar Land, TX

Dana Cashman 3:38:58

Jeff Howard 2:37:35

Jacob Thymann Nielsen 2:32:15

Craig Prevallet 2:25:08

Ed Ritchie 4:04:19

Danny Skinner 4:05:17

December 11, 2016 - [Baylor Scott and White Half Marathon](#) - College Station, TX

Matthew Hess "HazMatt" 1:49:18

Please remember to send us notice of your race/event participation. We'd love to include your accomplishments in future newsletters.

## Area Running News

By now most of you will have learned about the imminent closure of Luke's Locker's Katy store. They'll be completely shuttered by New Year's Day. It's a sad time for runners in Katy. We'll no longer have all those friendly faces at La Centerra that we've come to depend upon. And, it's going to be a long drive to get to their West Gray or Woodlands location. But, I fully expect to see Luke's maintain a presence in the Greater Houston running community. Their participation in and support of many local races and running events have been and will be invaluable. So, bye-bye Luke's. Your local presence will be sorely missed.

There is some good news. The bridge in George Bush park has been completed. I'm hearing conflicting stories about the gates. I think the consensus is that they are still closed but that runners can "by-pass" them to get into the park. The trail is still a mess, though, due to the passage of heavy equipment to the bridge construction site. I've seen from your Garmin postings that some of you have made it through the park. If you do attempt that please be watchful of your footing. Just ask Susan Freeman about that. This is still not something that you'll want to do in the dark.

Also, Willowfork Park, adjacent to Cinco Ranch High School is now open. The paved paths are clear and make for a nice run. There are a couple of short loops in the park. At some point there is supposed to be a 5k cross country trail in the park. It's not obvious where that is if it is indeed now constructed. While there is lighting along the trail it is intermittent and you might want to wear a cap light if you do this one after dark. The bathrooms may not yet be open, though. The last time I went through they were closed due to a lack of electricity. Hopefully, that will be corrected soon if not already.

## Upcoming Event Calendar

The following running events are suggested for club participation. Each month we'll have a "focus race" where we expect a group of club runners will compete. December's race has passed and was the Texas 10 Katy. Unfortunately, that one was cancelled due to rain. In January our focus races are those associated with marathon weekend: the ABB 5k, the Aramco Half Marathon and the Chevron

Houston Marathon. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**January 14<sup>th</sup> - ABB 5k** - George R. Brown Convention Center, Houston. Race registration and info [here](#).

**January 15<sup>th</sup> - Chevron Houston Marathon and Aramco Half Marathon** - 7am, George R. Brown Convention Center, Houston. Race info [here](#).

**January 29<sup>th</sup> - Memorial Hermann USA Fit Marathon & Half Marathon** - 7am, University of Houston, Sugarland Campus, race registration information [here](#).

**February 4<sup>th</sup> - Surfside Beach Marathon/Half Marathon/5k** - Stahlman Park, Surfside, TX - race info and registration link [here](#).

**February 4-5 - Rocky Raccoon 100 mile trail race** - Huntsville State Park, Huntsville, TX - race info and registration link [here](#).

**February 11<sup>th</sup> - Rocky 50 - (50 mile / 50 km)** - Huntsville State Park, Huntsville, TX - race info and registration link [here](#).

**February 11<sup>th</sup> - Run 4 the Children (4 mile race)** - The Fellowship at Cinco Ranch - 9am - Race info and registration link [here](#).

**March 4<sup>th</sup> - The Woodlands Marathon / Marathon Relay / Half Marathon** - race info and registration links [here](#).

**March 11<sup>th</sup> - Law Week 8k** - 8am - Sam Houston Park, downtown Houston - race info and registration link [here](#).

**March 18<sup>th</sup> - Bayou City Classic 10k/5k** - 8am - City Hall, Houston - race info and registration link [here](#).

**March 18<sup>th</sup> - Seabrook Lucky Trail Half Marathon** - Seabrook, TX - race info and registration link [here](#).

**March 19<sup>th</sup> - Seabrook Lucky Trail Marathon** - Seabrook, TX - race info and registration link [here](#).

**March 25-26 - Texas Independence Relay - 200 mile relay race** - Gonzales to San Jacinto - race info and registration link [here](#).

**April 1<sup>st</sup> - Hells Hills (50 mile / 50km / 25 km / 10km)** - Rocky Hill Ranch, Smithville, TX - race info and registration link [here](#).

**April 2<sup>nd</sup> - Run for the Rose 5k** - race info [here](#).

**April 15<sup>th</sup> - Green 6.2 10k/5k** - 7:45am - City Centre, Houston - race info and registration links [here](#).

**April 17<sup>th</sup> - Boston Marathon** - Boston, MA - race info [here](#).