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Volume 2, Number 3

From the President's Desk

There's a lot in this newsletter. I'd taken it as a goal to make it exactly 3.14159 megabytes. Sadly, I've failed. But, isn't that the way of the pi? Who can figure it? It's irrational.

Spring running season has so many aspects. You'll see from the content of this newsletter that people are out on the roads and trails running distances from 5ks to half marathons and marathons and beyond. And the social scene is heating up. With days of good weather upon us and the big training days of fall and winter behind us we're having more fun together. We're going to continue trying to make this a hallmark of the club. Whether it's a planned KARC in the Park run or an impromptu visit to a brewery or movie theater it's clear our members enjoy the social aspect of the club. Your club directors certainly do!

While getting together off the trails is important, having running buddies for our fitness and training runs is an essential part of the membership. You've heard before about our desire to form running communities of similar pace. In this newsletter you'll hear a little bit more about it. While we don't have the depth of membership today to offer formalized, individual coaching we do have the capacity to provide overall training schedules for various distances and abilities. And we do have members who already now coordinate small running groups within the membership. We're ready to build on that. So, read on and see what Rick has to say about all of that.

One part of the newsletter that we keep getting positive feedback about is the race results. Your fellow club members like seeing your performances and your race pics! Though, I feel bad that I miss some of your fine efforts on the roads and trails. Our intention is to give all of you the recognition you deserve! So, help

us out by sending us notification of your participation in races and we'll be sure to include it in this newsletter.

We must be doing something right. We've picked up more new members this month than in a few of the previous months combined. If you're an existing member please make sure to say hello to our new friends and give them your hottest running pointers.

I wish you happy and health running.

Rick's Training Corner

After a local race a few weeks ago, I struck up a conversation with a runner from another area. Not surprisingly, we ended up talking about running and training programs. He mentioned that he had been a runner for many years and had run several marathons (as well as races of other distances). He also mentioned his goal was to qualify for the Boston Marathon (although he was uncertain as to whether he would achieve this because his race performance over the past year or so had hit a plateau). When I asked him about his training program, he responded that he "just ran" 5 - 6 days per week, always at the same pace. I just nodded my head and kept my thoughts to myself. Inside, I was thinking that he probably won't achieve his goal unless he changed his routine. Following the same routine year after year and expecting different results is fantasy.

If you want to improve your race times, you need to train with a purpose. Most distance training programs incorporate at least four types of runs: Interval training on a track to build speed, tempo runs to build stamina, long runs to build endurance and easy runs to aid recovery and to maintain basic cardiovascular fitness. The pace and intensity of each of these types of runs differ. In future columns, I will discuss each of these types of runs in greater detail. In this column, I will discuss only pace.

At one time or another every runner focuses on pace. I am frequently asked by those new to running "what pace should I run". The answer depends on the individual's fitness level and the type of run. There are several tools out there that can guide you to the proper pace for you. The two I've used most often can be found on the McMillan Running website (www.mcmillanrunning.com) and the Runner's World website (www.runnersworld.com/pace-calculators/training-paces). The

starting point for these tools on both websites is to enter a recent race result. Both have drop-down menus for common race distances. You just choose the appropriate distance, enter your time and click on "calculate". A simple list of paces will appear immediately on the Runner's World site. For the McMillan site, after hitting the "Calculate my Paces" button, you will see a table showing equivalent race times (which is interesting). To see the list of the training paces appropriate for your race performance, you will need to click on the "Training Paces" tab on the left side of the webpage.

I've played around a bit on both websites. The data is shown in different ways and formats. The McMillan Running site provides more data. In general, the paces indicated for a given race performance on the McMillan Running website are faster than those shown on the Runner's World site.

The following tables were made using the Runner's World pace calculator tool. The first table shows suggested training paces based on half marathon race times; the second shows suggested training paces based on 10K race times

Training Paces based on Half Marathon Time					
Half Marathon		Pace (min/mi)			Yasso 800's (m:sec)
Race Time (h:min)	Race Pace (min/mi)	Easy Runs	Tempo Runs	Long Runs	
1:40	7:38	8:57	7:27	8:57 - 10:06	3:26
1:50	8:24	9:46	8:08	9:46 - 11:00	3:46
2:00	9:10	10:34	8:50	10:34 - 11:54	4:05
2:10	9:55	11:22	9:31	11:22 - 12:46	4:25
2:20	10:41	12:10	10:13	12:10 - 13:38	4:44
2:30	11:27	12:57	10:54	12:57 - 14:29	5:04
2:40	12:13	13:43	11:35	13:43 - 15:19	5:23
2:50	12:59	14:30	12:15	14:30 - 16:09	5:42
3:00	13:44	15:16	12:56	15:16 - 16:58	6:02

Source: www.runnersworld.com/pace-calculators/training-paces

Training Paces based on 10K Race Time					
10K		Pace (min/mi)			Yasso 800's (m:sec)
Race Time (h:min)	Race Pace (min/mi)	Easy Runs	Tempo Runs	Long Runs	
0:45	7:15	8:55	7:25	8:55 - 10:04	3:26
0:50	8:03	9:50	8:12	9:50 - 11:05	3:48
0:55	8:51	10:44	8:58	10:44 - 12:04	4:09
1:00	9:39	11:36	9:43	11:36 - 13:01	4:30
1:05	10:28	12:28	10:28	12:28 - 13:58	4:52
1:10	11:16	13:19	11:13	13:19 - 14:53	5:13
1:15	12:04	14:09	11:57	14:09 - 15:47	5:34
1:20	12:52	14:58	12:41	14:58 - 16:40	5:54
1:25	13:41	15:47	13:24	15:47 - 17:32	6:15
1:30	14:29	16:35	14:08	16:35 - 18:23	6:36

Source: www.runnersworld.com/pace-calculators/training-paces

There are several take-aways from these tables. One is that the pace of your easy runs should be slow relative to your half marathon pace. Easy runs are typically scheduled following the harder workouts (i.e., track, tempo runs or long runs). It is important to take it easy to enable your body to recover from the more strenuous workouts. In a similar vein, the long runs should be done at an easy pace, since the focus is usually on building distance. This is particularly true during the ramp-up phase of a half-marathon or marathon training program. Tempo runs (the speed portion of the run between the slower-paced warm-up and cool down), should be done at a pace slightly faster than your pace in your goal race (that is, slightly below your half marathon pace, if training for a half marathon; slightly below your 10K pace, if training for a 10K). The "Yasso 800's" refers to 800m speed repeats done on a track with a 400m recovery interval.

The paces shown on these tables are a good place to start, especially if you are new to running and training. The important thing to remember during your training is to train with a purpose. Plan your schedule to incorporate different types of runs each week. This will elevate your prospects for continued improvement.

Pace Groups and Training Programs

On our Club's membership application form, we ask applicants to list their interests. Nearly everyone checks the boxes for Group Runs, Social Events, Training Partners

and Training Programs. This is expected - we aspire to be a full-service running club and are responsive to meeting the stated needs and desires of our members.

Last year, we put together training schedules for the Chevron Houston Marathon and Aramco Houston Half Marathon and sent out weekly training emails to those who requested to be on that distribution list. We had a small core group that ran together; but most club members appeared to train on their own or joined other training programs for the marathon season.

Since then, we have received feedback from a number of members about both our program and the programs offered by other groups. In general, those training for the January marathon or half marathon are looking for two things: 1) they want to follow a well-designed program; 2) they want people to train with who share their goals and level of commitment and who train generally at a similar pace. Some have indicated that the programs they had trained with in the past have become stale and were looking for an alternative that offered fresh ideas to help motivate them in achieving their training goals.

We have thought about our training offer and how we can best meet the needs of our members. Over the past few months, we have put together a list of our members sorted by training pace as a means for members to identify others with similar abilities. This list can be found on our website (www.KatyAreaRunningClub.com/members-by-training-pace). To access it, you will need to enter this year's website password (let me know if you need a reminder), as the list is only available to our members. This list will form the basis for organizing training groups in preparation for the fall marathon/half marathon training season.

Our marathon and half marathon training programs this year will begin on Saturday July 15. Our plan is to identify one or two "pace team leads" for each pace group. The leads will be responsible for communicating with others in their pace group on a weekly basis about the training runs and locations. Nominally, the meeting places for the runs will be at Cinco Ranch Jr. High (for the Tuesday track workouts), Rick Rice Park (or another location) for the Thursday tempo runs, and at the Cop Shop on Saturday morning for the long run. The Club will support the runs by providing fluids and other support along the course. However, to promote a degree of variety, the pace groups can decide to alter both the start times and locations of these runs. For example, if a pace group and its members decide to change the

start time to adjust to weather conditions or to alter the location of a run (for example, they decide they want to do their long run at Bellville to incorporate hills into their run, or if they want to do an occasional run in the Cinco Ranch area), the Club will respond by supporting this decision by putting out fluids along the course. Also, we would want to encourage flexibility in the composition of the pace groups. All members should feel free to run with any pace group at any time, "switching" between groups as they like. The groups should be fluid. In this way, we hope to support the motivation of our members by providing variety in the training runs while continuing to support a structured program.

So, this outlines our offer for a fall training program. We think it is a significant enhancement of the service level provided by the club, but we would like to hear your thoughts about how this can be tailored to better meet your needs. Please give us your feedback. Do you think this will work for you? Do you have any questions, issues or concerns with this approach? What are your ideas for improving our program? If you would like to provide us with your perspectives, please send an email to training@KatyAreaRunningClub.com, or contact any of the Board members. We would love to hear from you.

I hope to see you out on the trails!

Rick

New Members

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

Antonio Orendain	Jennifer Smith	Keilah Whitley
Nancy and Cullen	Rebekah Swick	Janpen Ritchie
Gibbs	Susan Smith	Colleen Saltus
Betsy Seltzer	Shannon Horner	Anne Mullaly
Jim Surles	Deidre Echols	Louis Lucko
Rafael Brazo	Janice Mueller	Tammy Bearden

Member Profile

"I was born a runner. My first awareness was of my desire to run. From my very first moment my legs ached to hit the pavement and propel me into the future." These are not lines I've ever read in any biography of any runner. It just doesn't

happen that way. What I've commonly read and experienced tells me that there is some epiphanic moment when we come to realize that we're motivated to run - for whatever reason. And those moments and reasons, while sharing a common thread among runners, do vary.

This month Karen Boman tells us about her running journey. I'm sure you're going to recognize elements common to your own experience and find yet another source of inspiration for your runs.

Here's Karen's story:

Hi, my name is Karen Boman. If someone had told the younger version of me that I would one day run 19 marathons, 13 half-marathons, two 50K trail races, three relays and several 10Ks and 5Ks, I would have laughed and called them crazy. But I've really done these things, and I couldn't imagine my life without running today.

I did not grow up as a runner. In fact, I hated gym class as a child. I did spend a lot of time outside, riding my bike and playing with friends, but I couldn't do a pull-up to save my life! I always flunked the President's Physical Fitness Tests they made us take, and I was always among the last picked for teams. In my early years, I was more involved in music - I took piano lessons from third grade onwards, sang in children's choir at my church, and joined band in sixth grade. Besides enjoying music, playing flute in the high school marching band got me out of gym as it counted as a physical education credit in the fall - an added bonus!



My journey with running started when I was in my 20s. I was looking for a way to shed pounds that had crept on from too much sitting at my office job. I had friends who ran, including one who had finished the Houston Marathon. I thought, 'if they can do it, why can't I?' In 2000, I bought running shoes, and started on my first goal: running the Memorial Park loop without stopping. Now, it seems easy. At

the time, it seemed impossible. I could hold the first mile, then found myself struggling. As I caught my breath, I would look with envy at the speedsters who left me in a wake of dust. But through a combination of running, walking and patience, I eventually accomplished my goal.

I then made my next goal the 2001 Houston Marathon. I joined Houston Fit and started making Saturday morning treks down to Memorial Park. I learned a lot that first training season, including what shoes to buy. I learned about hydration belts, chafing, and lost toenails. I also first heard the term iliotibial band syndrome, or IT band syndrome, which plagued me that first season. I never realized how many muscles I had before I started running, particularly after I aggravated some of them!

I also learned another big lesson: don't overdress on race day! I wore long sleeves and tights, which was fine at the start. But as the temperatures soared, I found myself sweating profusely. I walked a lot towards the end, thinking my idea to start this marathon was a huge mistake. My parents waited anxiously for me at the finish line, worried I wouldn't make the 5-and-a-half hour cut-off time. But my stubbornness paid off, and I crossed the line just under the limit. From there, I was hooked on marathons.

My IT issues would lead me to my second marathon and one of my most favorite running adventures, the 2001 Paris Marathon. The sports clinic where I was getting



treated had organized a 10-day trip for runners to participate in the marathon, plus sightseeing in and around Paris before and after the race. The marathon, which started and finished at the Champs-Elysees, took me throughout Paris. Except for the slippery cobblestones, the marathon provided me with the best tour of the City of Light. I have so many good memories from that trip - enjoying Paris at night on a dinner cruise, seeing priceless art treasures at the Louvre, touring beautiful chateaus in the Loire Valley, and visiting the beaches at Normandy where Allied troops mounted the D-Day invasion in 1944. I

also got to see Claude Monet's home at Giverny; the gardens there served as the inspiration for Monet's water lily paintings.

Most of the running adventures I've undertaken have been with KatyFit, first through the Advanced Training Program (or the Pirates as we were known), then with the Blue/Green group. I first joined the group after moving to Katy in late 2003. Being a runner not only has provided me with exercise and stress relief, but a community of friends. I've gotten to know Katy in a way I would have missed out on if I didn't run. I've had the chance

to travel to marathons in Chicago, Albany, and Wichita, Kansas, to a name a few places. I experienced trail running for the first time, which brought me another first: an age group award for a 30K trail race in 2008. It was the best moment - the kid who was always last in gym class winning an athletic award! My other Katy athletic adventures have included riding in the MS 150, sprint triathlons, and participating three times in the Bayou City Classic's centipede costume contest. (One year, I was on a team of 27 bridesmaids and one bride. I had never, and have not since, run in a used bridesmaid gown).



Again, if you had asked the younger Karen if she would undertake these things, she would have given you a strange look.

I've had my ups and downs as a runner. A few years ago, I had an amazing season where I came close to breaking the four-hour mark. At this year's Houston Marathon, I was happy to finish, but had to visit the medical tent afterwards for dehydration due to the day's hot, humid weather. The marathon was my first after coming back from back surgery I had three years ago. I'm definitely starting over

in terms of pace and strength, but am slowly making my way back. I look forward to running this year's Texas Independence Relay with the team 2 Slow to Win, 2 Dumb to 2 Quit (which describes me perfectly).

Running not only is an integral part of my life; I see running and marathons as metaphors for life. Life is not a sprint, but a journey. And while I enjoy marathons, I think the training seasons themselves are the most fun for me. To quote Ralph Waldo Emerson, life is not about the destination, but the journey. I look forward to more running adventures as a member of the Katy Area Running Club. The journey is far from over!



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

On Saturday, February 18th the club held its first **KARC in the Park** event. Runners met early at the pavilion near the Cinco Ranch Beach Club and did their weekly long runs on pre-determined loops ranging from 1.5 to 8 miles. Then they finished with kolaches, breakfast tacos, hot steaming coffee from Starbucks, lots of fruit and baked goods - and maybe even a mimosa! It was a fun time for everyone - walkers, runners, non-runners, kids and dogs. If you missed it make sure to watch the calendar for our next KARC in the Park. We might just do this quarterly!





There seems to be something about runners and beer (maybe wine, too). Science would say that it's the carbs that draw us - but maybe it's just that we run for beer. Motivation by beer? Beervation? Anyway, a few members hit the Baa Baa Brewhouse in Brookshire on Saturday, March 4th for their release of their latest brew, The Cow Jumped Over the Moon. Though a cool and misty day, I hear it was a fun time. See if you can find Jack McClintic in the picture below!



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

Marathon and half marathon season continues! There were some really impressive results this month in the longer distances. Our club runners at the Phoenix Marathon in particular posted some speedy times - and Steve Brammer not only placed 1st in his division but he received a 9.9 in quality points for performing a roll

without breaking 3:10 finishing pace. Ask him about that - but make sure there are no cones on the road when you do!

We also had some members on the podium in the shorter distances, too! Apparently, it's time to bust out our speed!

But, it's not all about being quick. It's the journey that matters and just being able to participate by walking, running or volunteering is the real prize. So, to all of you who got out to the races this month - Well done!

Here are the results I could find:

February 25th, [Phoenix Marathon](#) - Phoenix, AZ

Steve Brammer	3:27:25 (1 st in division)
Susan Freeman	3:32:19 (Boston Qualifier! and PR)
Bob Milner	3:29:54 (Boston Qualifier!)



Susan Freeman rings the PR bell after her finish at the Phoenix Marathon (photo credit: Bob Milner)

February 25th, [Graeme's Run](#) - No Label Brewery, Katy TX

Leanda Bruner

February 25th, Jail Break Run Half Marathon & 5k - Baytown, TX

Anne Damielka	1:56:18 (3 rd in division)
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February 26th, Wellness Project 5K - Freedom Park, Katy, TX

Michelle Blackman	53:10
Doris Bozanich	48:58
Rick Bozanich	24:57
Paul Chapman	20:27
Vangie Ibbotson	(not timed)
Jack McClintic	(not timed)
Jim Surles	38:40
David Tomfohrde	51:02
Bob Trout	33:20

February 26th, Republic of Texas Republic Run Half Marathon, Quarter Marathon and 5k - College Station, TX

5k

Tina Seaman	51:22
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March 4th, Conoco Phillips Rodeo Run 10k and 5k - Houston, TX

5k

Michelle Blackman	48:25
Doris Bozanich	47:40
Jane Wallace	47:40
Terry Waltrip	26:37 (1 st in division)
Tina Seaman	(not timed)

10k

Rick Bozanich	51:25
Leanda Bruner	1:02:40
Paul Chapman	38:33 (2 nd in division)
Vangie Ibbotson	1:09:00
John Saunders	56:40
John Sladic	57:12



Terry Waltrip gets ready for the Rodeo Run (photo courtesy of Terry Waltrip)



Tina Seaman and Michelle Blackman and friends (Photo courtesy of Tina Seaman).



Leanda Bruner and team (Photo courtesy of Leanda Bruner)



John Saunders and Jane Wallace (Photo courtesy of Jane Wallace)

March 4th, [The Woodlands Marathon, Half Marathon and Marathon Relay - The Woodlands, TX](#)

Marathon

Buddy Baudoin 3:13:39 (BQ and PR!)

Half Marathon

Nakia Coy 2:49:41

Jacob Thymann Nielsen 1:43:09

Norma Scott 2:12:57

Lillian Wanjagi 2:23:22

4 Person Marathon Relay

Natalie Perry, Ben Shepherd, James Ingram, Eric Coleman
3:10:50

Neil Ruocco, Marne Shafer, Art Fresquez, Gordon Christie,
2:52:30 (1st overall)

5k

Lauren Quast 27:08 (2nd in division)



Buddy Baudoin celebrates his 3:13 finish at The Woodlands Marathon with his wife Lisa on March 4th. (photo courtesy Buddy Baudoin)



Neil Ruocco runs his leg of the 4-Person Marathon Relay at The Woodlands (photo credit: James Ingram)



Team Hail Kale (James Ingram, Eric Coleman, Jacob Thymann Nielsen and Natalie Perry, L to R) at the finish of the 4-Person Marathon Relay, The Woodlands (photo courtesy of James Ingram)



Lauren Quast on the podium for her 2nd place AG finish at The Woodlands 5k.

March 4th, [Illuminations Half Marathon](#) - Lost Pines Resort, Bastrop, TX

Ed Ritchie	2:47
Janpen Ritchie	1:23:34 (3 rd in division, 10K)

March 5th, [NYRR Salsa, Blues and Shamrocks 5k](#) - Washington Heights, NYC

Mike Healey	33:58 (pacing daughter Lindsey)
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March 14th, [KARC PI Day Challenge](#) - Willow Fork Park, Katy TX

Josh Ring	3.13 miles	Torrey Kramer	3.25
Gary Sullivan	3.14	Nancy Gibbs	3.14
John Saunders	3.15	Cullen Gibbs	3.14
Jane Wallace	3.12	Jacob T. Nielsen	3.15
Colleen Saltus	3.16	Lucas T. Nielsen	3.14
Doris Bozanich	3.09	Rosa Christie	3.15
Jan Rupe	3.09	Gordon Christie	3.14
Jim Surles	3.14	Richard Nicholls	3.14
Karen Boman	3.14	Lisa Stine	3.14
Rebecca Masse	3.13	David Tomfohrde	3.14
Dana Cashman	3.15	Jenn Rienstra	3.14

Henry Rienstra	1 + playground	Susan Freeman	3.15
Tina Drewke	3.13	Carol Berry	3.06
Nic Drewke	3.15	Antonio Orendain	3.14
Jax Coles	started	Alex Orendain	3.14
Lynette Coles	3.14	Ann Orendain	3.14
Carlos Pacheco	3.14!	Deidre Echols	3.11
Ed Ritchie	3.13	Steve Brammer	7 or 8
Janpen Ritchie	3.11	Bob Trout	3.23
Nick Waak	3.14	Sarah Priest	5 (pies, that is)
Mike Healey	3.15	Rick Bozanich	6D (Canon)
Jill Seltzer	3.16	Natalie Perry	Pie Desk
Eirin Ekeberg	3 something	Mike Masse	Pie Desk



The pie winners (from L to R holding pies) - Alex Orendain, Lucas Thymann Nielsen, Jim Surles, Colleen Saltus, Cullen Gibbs (photo credit: Rick Bozanich)





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

Area Running News

Most of you have heard the disappointing news about The Woodlands Marathon. While the course was properly laid out and certified, the course marshals messed up and directed runners to a short cut leaving out 0.8 miles of the course in the first couple miles. The upshot of this is that the finisher results will not be recognized by the Boston Athletic Association as eligible qualifying times for the 2018 Boston Marathon. This is especially disappointing to those, like Buddy Baudoin, who ran great races and would have posted a Boston Qualifying time otherwise.

The Woodlands Marathon is offering a discount to anyone who would have posted a BQ. They need to send an email to admin@thewoodlandsmarathon.com with the subject line reading "Boston Qualifier - Evaluation". It's not clear what that discount will be and it certainly doesn't erase their faux pas. But, it's something.

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.

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

April 8th - Texas Children's Hospital Fun Run 1k/5k - Looking for KARC volunteers
- see run info [here](#).

May 6th - Cow Patty Classic 10k/5k - 7:30am - Tompkins HS, Katy, TX - check
out this FB page for more [info](#).

June 7th - KARC National Running Day Event - Katy, TX - watch this newsletter
for more info later.

June 17th - No Label Brewing 1st Street 5k - 7:30 AM - Katy, TX - race info
[here](#).

September 5th - KARC Back to School 5k - Katy, TX - watch this newsletter for
more info later.

October 29th - Houston Half Marathon & 10k - Sam Houston Park, Houston, TX -
race info [here](#).

November 23rd - YMCA Turkey Dash 5k/10k - Monty Ballard YMCA, Katy, TX -
race info [here](#).