



April 16, 2018

Volume 3, Number 4

From the President's Desk

I'm impressed by the participation of our club members in spring racing. Y'all have turned out in droves at local and not-so-local 5k's, 10k's and half marathons. And, all of that was capped by the Boston Marathon. There aren't many folks - runners or spectators - that would call a rainy, 40°F day with a 14 mph headwind an ideal one for a marathon. But, our club members really did us proud. (See the results section for their finishing times.) It takes a lot of physical and mental toughness to race to a Boston-Qualifying performance, train for the race itself and then run it in tough conditions. Neil, Natalie, Christopher, Buddy, Kyle and David - you've all earned that jacket!

Those of you regularly coming to the track workouts will have realized that the Cinco Ranch JH track is closed for maintenance. We've moved our regular Tuesday evening workouts to McMeans JH. Even though we're approaching the end of spring racing, it's always a good time to come to the track. If you're just starting out it's a great place to run with other runners because you're never farther than 200m from another runner. And, you don't have to run fast or do speed intervals. You can walk, run/walk, or just run loops. Did I mention the soft surface? The rubberized surface is kind to our legs and that especially applies to new runners or those returning to running after a layoff or injury. So, come on out and give it a try.

I already inferred that there have been a lot of races this month. A few of you have sent your results in for the newsletter. The others have benefited from the hard work of our data mining elves to find and collect those. It takes some time to get that done. So, you'll see a new thing this coming week. On Sunday, Lillian Wanjagi will send out a Facebook post asking for you to reply with your results and

pics from the weekend. If you send them in we'll publish them! If you don't have a Facebook account then make sure to send them by email to me. I think that it's very encouraging to all club members to see your participation. Never underestimate that. If you had a finish time slower than you expected then that still may be impressive to others. And, it's not all about speed. Just to have participated is a well deserved accomplishment! So, send 'em in!

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

At the track recently, I met a couple who had come out to join us for a workout. I asked them what their plans were for their workout. They in turn asked what we were planning on doing. Mike was there, and said they were going to start with the usual 1-1/2 mile warm-up followed by repeat 400's. The man said "1-1/2 mile warm-up? I'm not sure we can go that far!". I asked them how far they planned to run that evening. He said that he didn't know. He and his wife had never run before, but they wanted to start. Well, that certainly changed the perspective on what should be done that evening. I suggested they alternate running (slowly) and walking for a total of about one to one and a half miles. I checked in later with them as they were finishing up. They said that approach seemed to work for them. I hope we will see them at one of our runs again.

That incident got me thinking. We all started somewhere. Some of us more than once due to extensive layoff or, more commonly, injury. When injuries force us to stop running for longer than a week or so, the fitness gained through running begins to get lost. The more highly trained you are, the steeper the rate of fitness loss when running stops. It always seems to me that it's harder to get back into shape than it is to get out of shape. Turns out, this is backed up by research. Unfortunately, when we stop running, we all lose fitness at a faster rate than we can regain it. This can be mitigated by substituting other forms of aerobic activity while our running injuries heal. The news isn't all bad - experienced runners will ramp up their fitness at a faster rate than those just starting out. Still, it takes patience to regain fitness properly.

So, how should one safely return to running after a long layoff? Take it slow and easy. Avoid the temptation to return to your routine without building an adequate base. In building your base, start with a combination of running and walking (e.g., alternate 2-3 minutes of running with 2-3 minutes of walking). Gradually increase the amount of time running relative to walking until you can comfortably run about 3 miles or so. Don't try to run every day - 3 days a week is fine for the beginning. Slowly build up to a base that you can tolerate and maintain it for a few weeks. This will most likely be less than the weekly mileage you were running when the injury occurred. Your goal at this point is to build up to a level where your body feels strong. During the build-up, avoid racing and speedwork. Focus on getting stronger.

During the re-build period, spend some time reflecting back to the time in your training program when your injury occurred. Were there some early warning signs that were symptoms of your injury? Could the root causes have been predicted? Were there things you did or didn't do that, in hindsight, may have contributed to either the injury or its severity? The importance of asking yourself these types of questions is to be better prepared and to take the steps necessary to reduce the risk of the same type of injury returning.

So, whether you are a new runner, or have had to take an extended "holiday" from your running routine, it's important to exercise patience in re-building your base. Trying to do too much too soon adds unnecessary risk to achieving your goals. However, everyone's situation is different. If you have any questions about your situation, please let me know. We are here to help.

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: Les Roberson, Carolina Berry, Trey Eckerman, Susan and Vince Ibanez, Denise Sadberry, Charlotte Martinez, Levent Karabulut, Victoria Chaves and Molly Storm.

Member Profile

This month we hear from Matthew Hess. Some of you know Matthew well from distance training the past few years. And, those of you beer enthusiasts may even have run a beer mile or two with him! Even so, we always learn something from our members' profiles and this is no exception.

Here's Matthew's story:

Howdy all! My name's Matthew Hess, and I'm excited to share my running story with you this month. Although I've been in Houston for about 9 years now, I grew up in the Dallas area, and am the oldest of 9 children. I ran cross country and track (the 400 meters and 4x400 relay) through middle and high school, and was able to continue my running while at Texas A&M.

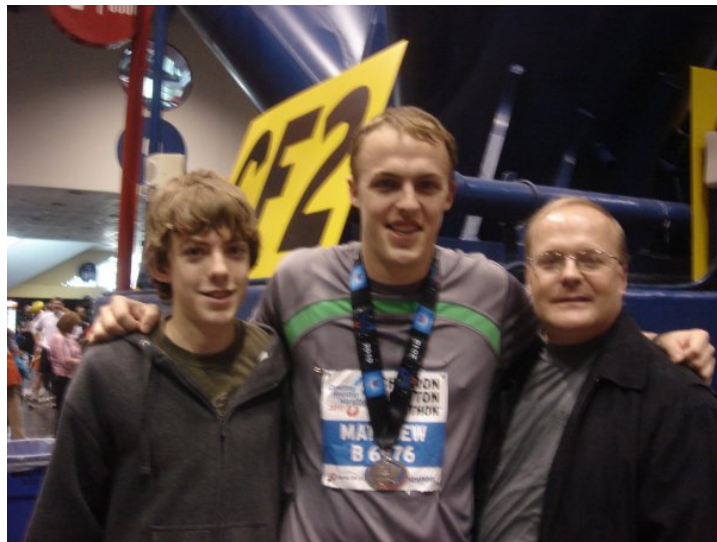
I didn't really delve into the distance running world until after college and my move to Houston. While working at a coffee shop before starting my desk job life, a coworker of mine suggested that I should try running a marathon. She'd done a half marathon and it'd been fun. So, it seemed like I would really enjoy doing the full (we're still friends, even after that). With some further egging on, I found myself logging onto the Houston Marathon site that July and signing up!

That first marathon was a definitely a learning experience. Just to summarize:

- My watch was a cheap Timex IronMan.
- The training schedule was the beginner plan I downloaded off of Hal Higdon's website.
- I planned my distances via Google Maps and MapMyRun (which led to some interesting 'being lost' experiences in The Woodlands).
- My training fuel was Ziploc bags of jelly beans and Snickers bars.
- There were no track or speed workouts, and my longest run was 17 miles.
- I never raced a distance farther than a 10K prior to the marathon.

Despite all of that, I had a truly great race. The weather was perfect, my pace group leader was great, and that Houston Marathon is still my marathon PR. It was that result that kick-started the distance running bug for me, and I

was registered for the Dallas Marathon at the end of that year within just a few weeks.



I was blessed to be able to train with the enthusiastic running community in The Woodlands. When we moved out to Katy I didn't know of any organizations out here. My wife heard about Katy Fit at work and suggested I give it a try. That first run with the Blue/Greens was a real eye-opener to the realities of a true in-depth marathon training regimen. It was a great introduction to a pretty fantastic and welcoming group of runners, many of whom I'm able to still train with here in KARC.

With the highs, though, have come the lows. I've had to learn the hard way about a variety of injuries - from tendonitis to bone spurs bad enough that they required surgery. It was these kinds of setbacks through which I've been able to learn those less-enjoyable lessons running can offer: the frustration of starting from scratch and not being able to accomplish what you think you should be able to do, followed by the pure joy of that first smooth back-to-form run.

After 4 marathons, 15 half marathons (including one run in the sand at Surfside), and a variety of other endurance events, I hope to be able to add onto this list for years to come. Although, my main goal is to run a half in all 50 states (seconded only by trying for a BQ time somewhere in the future). The main lesson from these cycles of trial and error? That it takes those two

to make the successes really worthwhile. Just remember, though - PR or the ER!



Matthew Hess

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, [McMeans 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

Club members got together for another KARC in the Park on March 31st following our long run in great weather. It was cool, in the 50's before sunrise and it sure was nice to have one more blast of comfortable running weather before the heat and humidity settles in to stay. Coffee, Kolaches, Camaraderie, and Door Prizes - what's not to like?



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

Spring racing season is in full swing. There's a race or two every weekend day it seems. And, some of you are doing one each weekend. Way to represent the club!

As I mentioned earlier in this newsletter, you'll want to reply to Lillian's Sunday FB post or send your results directly to Mike by email in order that your results are included in this newsletter. So, please do. We want to recognize as many of you as we can.

March 17th - [Bayou City Classic 10k/5k](#) - Houston, TX

5k

Nancy Holcomb	47:06 (1 ST in AG)
Denise Voyles	43:33
Jane Wallace	47:58
Donald Willmon	51:20

10k

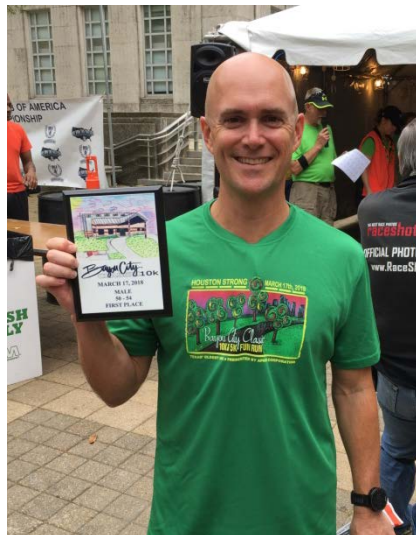
Tim Barnett	41:30
Buddy Baudoin	40:19 (3 rd in AG)
Doris Bozanich	1:30:52
Rick Bozanich	1:30:53
Mark Darnell	56:49
Joel Davis	41:15
Brenda Davis	1:10:10
Mike Healey	49:31
Paul van Helmond	1:04:32
Rebecca Masse	1:06:58 (2 nd in AG)
Mike Masse	56:32
Kim McClintic	56:31

John Saunders
Pamela Willmon

1:02:06
1:14:56 (1st in AG)



Another good turnout for the Bayou City Classic



Buddy Baudoin



Pamela Willmon and Rebecca Masse

March 17th - [Lucky Charm 5k](#) - Houston, TX

Toni Benevides	57:00
Michelle Blackman	49:37
Caryl Coronis	55:15
Lynn Furman	55:40
Christi Hepler	36:36
Susan Ibanez	43:42
Vincent Ibanez	43:41
Tina Seaman	58:00
Deborah Vazquez	56:09

March 16th - 18th - [Lucky Trails Marathon/Half/Quarter/5k](#) - Seabrook, TX

Nancy Holcomb	1:48:47 (1 st in AG, $\frac{1}{4}$ marathon)
Pamela Willmon	3:04:13 (1 st in AG, half marathon)
Donald Willmon	1:44:40 ($\frac{1}{4}$ marathon)

March 18th - [St. Paddy's Half Marathon](#) - Sugar Land, TX

Natalie Shelton	1:43:52 (1 st in AG)
Christopher Strohmman	1:31:41 (2 nd in AG)
Nicole Zucker	1:51:12



Natalie and Chris stay race ready with wins at the St. Paddy's Half Marathon.

March 24th - [Run Houston! Minute Maid Park 10k/5k](#) - Houston, TX

5k

Toni Benavides	52:28
Nancy Holcomb	47:57
Adam Hunt	47:21
Deborah Vazquez	51:47
Denise Voyles	43:58

10k

Dana Hill	1:34:31
Lisa Lowrey	1:39:52
Colleen Saltus	1:37:49
Suzzane Cook	45:20 (3 rd in AG)
Jill Seltzer	1:37:48

March 24th- 25th - [Prairie Spirit Trail 100 Miler](#) - Ottawa, KS

Kim Johnson	27:25
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Kim on the run at the Prairie Scout Trail 100 miler.



Kim's very nice award for the 100 miler.

March 24th - 25th - [Texas Independence Relay](#) - Gonzales to Houston, TX

2 Slow 2 Win 2 Dumb 2 Quit (#2222) 27:19:26

Rick Bozanich

Gary Sullivan

Mike Masse

Mike Healey

Eirin Ekeberg

John Saunders

Kim McClintic

Rowena Hay

Deborah Pirruccio



Beer View Mirrors (#42)

24:02:44

Natalie Shelton

Christopher Strohman

Jill Smyre

James Ingram

Marjorie Broussard

Khurram Mir

Edward Moncur

Delton Friedman

Jason Ondruch

Matthew Hess



Other KARC members also running the TIR:

Tim Barnett - Tarahumara Runners (#1) - 19:48:26 (2nd place overall)

Jennifer Bernard - Better Chafe than Sorry (#200) (29:42:58)
and Merry Armentrout

Paul van Helmond - Texas Bolts (#202) (27:44:37)

Susan Freeman - Eat, Drink, Run, Sleep, Repeat (#150) (27:43:57)

March 31st - [6.2 Green 10k/5k](#) - Houston, TX

5k

Toni Benavides	55:27
Michelle Blackman	55:52
Cindy Davis	48:41
Lynn Furman	49:48 (1 st in AG)
Nancy Holcomb	52:15 (3 rd in AG)
Jill Seltzer	48:40
Bronwyn Turner	48:40 (2 nd in AG)
Denise Voyles	55:23
Jocelyn Williams	37:43

10k

Jennifer Bernard	1:03:52
Bob Furman	1:05:54 (2 nd in AG)
Susan Ibanez	1:27:01
Vincent Ibanez	1:27:01
Lillian Wanjagi	1:01:57
Pamela Willmon	1:10:24 (1 st in AG)



The Three Amigas do the Green 6.2



Pamela and Jocelyn at the Green 6.2

March 31st - [No Label Triathlon](#) (300m Swim/14mile Ride/3mile Run) - Katy, TX

David Thurman	1:40:06
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April 1st - [Austin Rattler 66K/33k](#) - Rocky Hill Ranch - Smithville, TX

Mark Darnell	3:41:37 (3 rd in AG, 33k)
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Adam Ring	7:14:11 (66k)
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April 7th - [Brazos Bend 50](#) - Brazos Bend State Park - Needville, TX

Nicole Berglund	13:13:06 (100k)
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Julie Dading	2:56:46 (25k)
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Brenda Davis	1:13:43 (10k)
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Yan Liu	5:07:41 (3 rd overall woman, 50k)
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Yan Liu happily competes at the Brazos Bend 50k.

April 7th - [Color Run 5k](#) - Katy, TX

Nancy Gibbs	39:53
Cullen Gibbs	39:52
Sarah Hutson	52:14
Mike Hutson	55:35
Gay Waltrip	53:25
Terry Waltrip	53:27

April 7th - [Bentonville Half Marathon](#) - Bentonville, AR

Tim Goedeker

April 7th - [Cooper River Bridge Run 10k](#)- Charleston, SC

Larisa Ferguson	1:13:06
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April 8th - [Vintage Park Half Marathon](#) - Houston, TX

Jennifer Bernard	2:23:04
Rafael Brazo	1:52:33
Adam Hunt	2:44:06
Chao Li	1:54:25
Maria Mainieri	2:03:12 (PR)
Marah Retherford	2:03:06 (PR)
Michael Roberts	1:40:13(1 st in AG)
Jessie Rollow	2:59:19

Denise Sadberry

1:55:45 (3rd in AG)

Natalie Shelton

1:32:55 (2nd place coed relay)

Christopher Strohman

Lillian Wanjagi

2:23:35



Mike Roberts reaps the benefits of running hard in a new age group!



Natalie and Chris take second in the coed relay



Maria and Marah satisfied with another finish and a PR!

April 8th - [Run for the Rose](#) - Houston, TX

Ling-Yuan Kong

21:33 (1st in AG and PR!)



Ling with the giraffe mascot (or is that a dragon?)

April 8th - Half Ironman 70.3 - Galveston, TX

Jen Ingram

4:49:02 (4th place relay team)

April 14th - [Cow Patty Classic 10k/5k](#) - Tompkins HS, Katy, TX

5k

Michelle Blackman

52:39

James Ingram

19: (PR!)

Heather Lovell

35:05

Tina Seaman

52:39

Jill Seltzer

42:51 (1st in AG)

10k

Tim Barnett

40:16 (1st in AG)

Mark Darnell

59:11 (1st in AG)

Brenda Davis

1:08:03 (2nd in AG)

Tim Goedeker

56:48

Susan Ibanez

1:25:53 (3rd in AG)

Vince Ibanez

1:25:53

Rebecca Masse

1:08:04 (1st in AG)

Mike Masse

50:24 (2nd in AG)

Matt Smyk

42:35 (3rd in AG)

Katie Storts

48:38 (3rd in AG and PR!)

Bob Trout

1:08:38

Jason Wiley

40:02 (2nd in AG)



KARC members get ready to hoof it along at the Cow Patty Classic.



It's beef all around with Tina and Michelle. But, is that a mixed message? Eat mor chikin?

April 14th - [Blue Bell Fun Run Half Marathon/10k/5k](#) - Brenham, TX

Susan Freeman	1:54:58 (half marathon)
Gay Waltrip	50:18 (5k)
Terry Waltrip	50:18 (5k)
Lillian Wanjagi	1:03:51(10k)

April 14th - [Confetti 5k](#) - San Antonio, TX

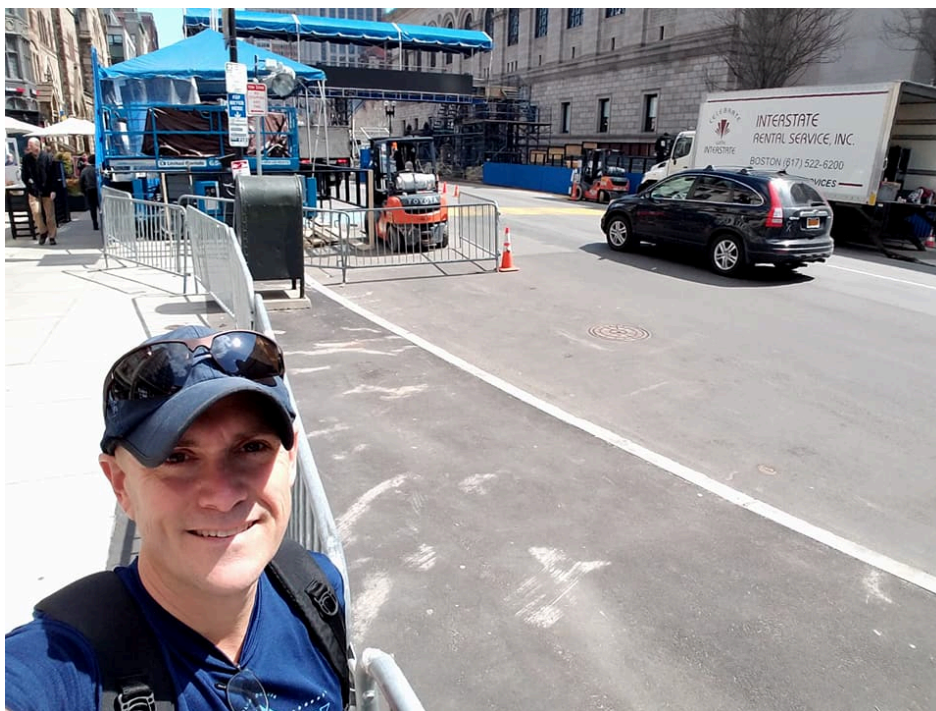
Lynn Furman
Bob Furman



Lynn says they don't call it the confetti run for nothing.

April 16th - [Boston Marathon](#) - Boston, MA

Buddy Baudoin	3:20:52
David Moore	4:52:36
Kyle Kang	3:21:55
Neil Ruocco	3:26:52
Natalie Shelton	3:49:45
Christopher Strohman	3:10:24



Buddy inspecting the finish line construction.



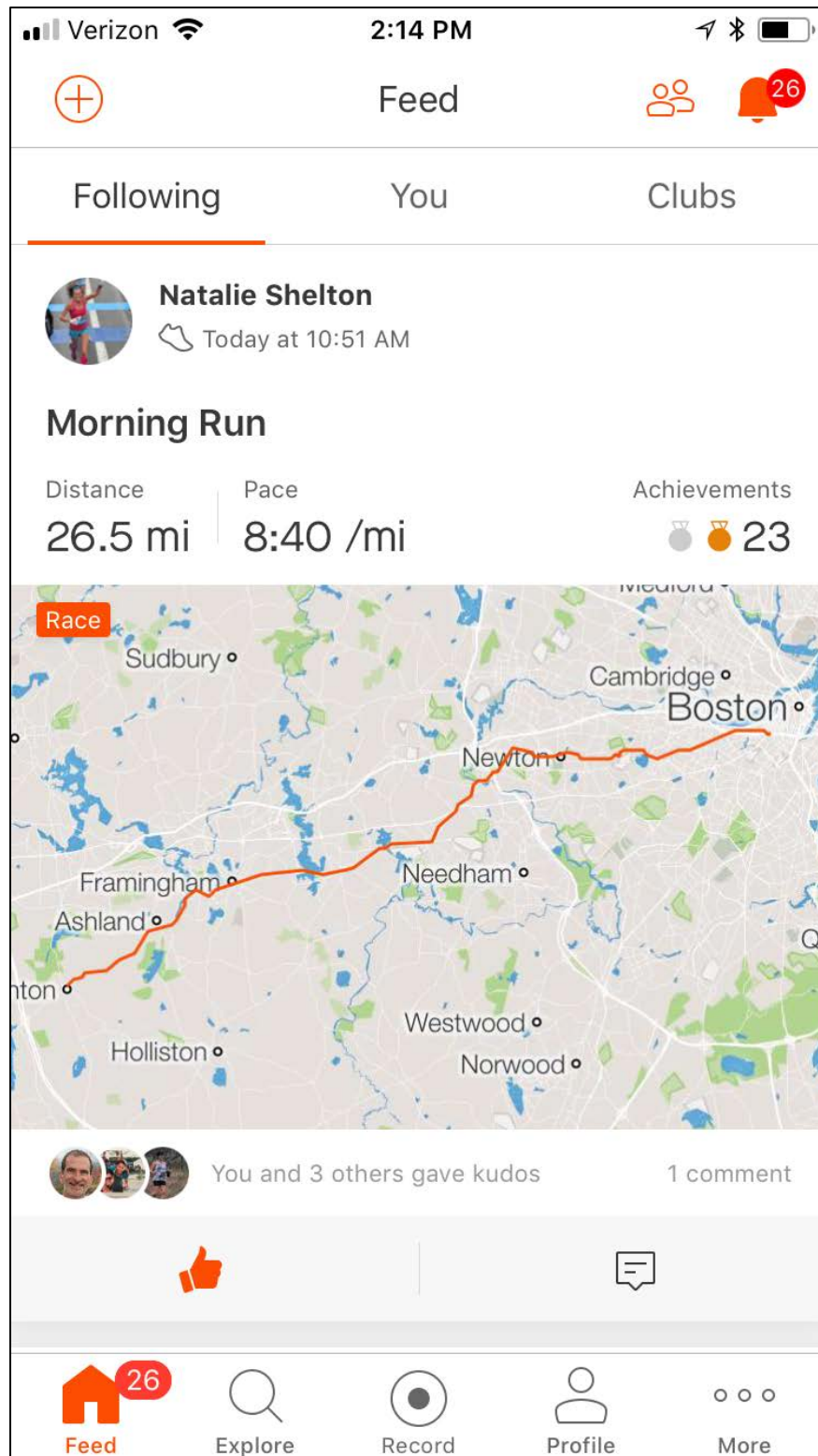
Neil at packet pick up.



Kyle at the Boston Marathon Expo



Natalie and Christopher at the finish line.



Just another rainy day run - Natalie makes it look easy.

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.

April 22nd - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

May 5th - 6th - Wildflower Trail Runs - Bastrop State Park, Bastrop, TX - race and registration info [here](#).

May 19th - Beach to Bay Marathon Relay - Corpus Christi, TX - race and registration info [here](#).

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

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

June 16th - 1st Street 5k - No Label Brewery - Katy, TX - race and registration info [here](#).

June 24th - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

July 22nd - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

August 18-19th - Habenero Hundred (100M, 100k, 50k, 30k, 10k and relay) - Cat Spring, TX - race and registration info [here](#).

August 26th - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

September 3rd - Katy Back to School 5k - The Villagio, Katy, TX - race and registration info [here](#).

September 23rd - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

October 28th - Houston Half Marathon and 10k - Houston, TX - race and registration info [here](#).

October 28th - Run for Wellness Free 5k - FFPS Fields, George Bush Park, Katy, TX - race and registration info [here](#).

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

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

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

December 9th - KIA 30k - Sugar Land, TX - race and registration info coming in future newsletters.

January 20th 2019 - Chevron Houston Marathon/Aramco Half Marathon - Houston, TX - race info and registration [here](#).