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## From the President's Desk

Marathon season is coming to an end. And what a way to cap that off by the great showing of Club members at the 120<sup>th</sup> running of the Boston Marathon on April 18<sup>th</sup>. You'll see later in this newsletter that we had several Club members do us proud in Bean town. With the warmer weather we're looking to do shorter races and more social events. We're fortifying ourselves for the upcoming, long fall/winter racing season! Take advantage of that and recover now from a hard year of running.

So, as the summer months go on look for more short races - you'll find them on our calendar and as suggested Club focus races (if you haven't yet signed up for the NLB 5k on June 18<sup>th</sup> you'll want to do that soon since it will sell out!) - and get ready for marathon training schedules. Many of you have expressed an interest in marathon/half marathon training and we will be providing training schedules. With our club now standing at over 110 members we expect that you'll be able to find a group running your paces and distances. I'm sure that many of you will want to train for the Chevron Houston Marathon or the Aramco Half Marathon. But, there will be others who will train for marathons in Chicago, Dallas, New York and other exciting destinations. We'll help you get there. Watch for future announcements about marathon training and check out Rick Bozanich's Training Corner in this and upcoming issues. We hope to get everyone together soon to talk about what's available from the Club in the way of training and to hear about your ideas and goals.

But, in the meantime you might want to reassess your physical and mental condition and think about what motivates you. Why do we do this thing that so many people find foreign and incomprehensible? That's one of the things that Scott Spencer will help us with this month. You'll find his "Member Profile" in this issue and we

hope it gives you food for thought. You certainly will learn more about one of our most respected runners and Club members!

As always, we want to hear from you (and run with you). So, please come out and let us know what you like about the Club and what we can do better. And never worry about your pace or fitness level. The Club is here to serve everybody.

I wish you happy and healthy running!

## Getting Together

Spring weather can be really great in Katy. And so it was on May 7<sup>th</sup> for the club outing to No Label Brewery. Members Pamela Wilmon and her husband Donald, Jane Wallace, John Saunders, Courtney Bauerlein, Ed Ritchie, Scott Spencer, Shawn, Paige and Anna Seimers, Craig and Yvonne Prevallet, Jacob Nielsen, Gordon Christie and Rosa Thomas and their dogs, Eric Coleman, Del Friedman, Tony Castronovo and Mike Masse enjoyed the brewed samplings, live music and fine camaraderie. I'm sure I heard a suggestion that we do this one more often!



## Club Runners Review

Winter running can be some of the nicest here in Texas. But, if you like cold like Sonia Dhodapkar does, then you head north and run over frozen ground. On April 3<sup>rd</sup>, Sonia competed in the Ann Arbor Michigan Half Marathon. She finished in 1:52 for 11<sup>th</sup> in her age group.



Sonia in the Ann Arbor 13.1 (Photo credit: Race company)

And who doesn't like ice cream? Or a race with a promise of ice cream at the finish? Continuing her "cold" race theme, Sonia Dhodapkar ran the Blue Bell 10k on April 9<sup>th</sup> in Brenham. She finished in 46:30 for 2<sup>nd</sup> in her age group and 12<sup>th</sup> female overall.



Sonia with her 2<sup>nd</sup> place award at the Blue Bell 10k (photo credit: Nick Olson)

Ling-yuan Kong has been a long time participant in the Run for the Rose 5k. This race benefits a great cause - MD Anderson and brain cancer research. The April 10<sup>th</sup> running of the race celebrated its 14<sup>th</sup> anniversary. Over the first thirteen years they've raised \$4.75 million. It's amazing what can be done for a good cause when people get behind it. Anyway Ling finished 3<sup>rd</sup> in division with a time of 23:04.

Denise Voyles ran the Disney Star Wars Half Marathon - The Dark Side on April 17th. With Darth Vader and a battalion of storm troopers chasing her how could she not have a quick time. The force was strong in her. Well done, Denise!

The club had a number of runners compete at the 120th running of the Boston Marathon on Patriots' Day, April 18th. Scott Spencer completed his 10th consecutive Boston Marathon along the Hopkinton to Boylston Street course in 4:12:42. Other club members also running were Gordon Christie (3:38:50), Sonia Dhodapkar (3:57:58), Eirin Ekeberg (4:29:13), Susan Freeman (3:40:26), Natalie Perry (3:36:18), Craig Prevallet (3:58:57), Delia Salinas (3:45:58), and Michelle Vaughn (4:50:17).



KARC-ers pre-race celebration in Boston. From L to R: Natalie Perry, Jill Smyre, Tricia Abbott, Delia Salinas, Michelle Vaughn, Eirin Ekeberg, Scott Spencer, Craig Prevallet, Susan Freeman and Sonia Dhodapkar (photo credit: Mark Vaughn).

Delton Friedman spends lots of time in London. So, why not run their marathon? On April 24<sup>th</sup> he completed the course in 3:46:32. Ask him about physiological experiments during the marathon. He might even show you pictures.

Our spring marathoners continued their quest in Oklahoma City. On April 24<sup>th</sup>, Cesario Fredes ran the Oklahoma City Marathon in 4:14:02. He had the support of his wife, Delia, and son, Diego, who ran the 5k in 28:56 and 28:54, respectively.



On May 1<sup>st</sup>, Torrey Kramer and Dana Cashman continued their tour of local triathlons by competing in the Springs Back Triathlon in Cross Creek Ranch. Torrey finished the Olympic distance course with a time of 2:41:04 - good for 8<sup>th</sup> in his division. Dana finished with a time of 2:55:45 for 1<sup>st</sup> place in her division!!!

There was serious bling to be had at the May 7<sup>th</sup> Cow Patty Classic. All the runners received a finishers medal and those that placed got really nice trophies made by the Tompkins students in their metal shop class. The race was for a good cause, benefiting the Tompkins HS FFA program. James Ingram finished the 10k in 43:31 for 1<sup>st</sup> place in his division. Mike Masse ran the 10k (as the last 6 miles of his weekly 18 miler - that was some warm-up!) to come in 3<sup>rd</sup> in his division at 50:54. Pamela Wilmon ran the 5k and took 1<sup>st</sup> place in her division with a time of 35:56. Lilian Wanjagi finished 2<sup>nd</sup> in her division in the 5k with a time of 29:17. John McKinzie finished the 5k in 4<sup>th</sup> place with a time of 38:42.



## Area Running News

We had been looking forward to the nice, peaceful, shaded, soft-surfaced run into George Bush Park on Saturdays. Well, we still can't go there. The flood has taken care of that. There's no saying how long it's going to take for the water to subside. When it does you can be sure we'll have to run fast to avoid the mosquitoes!

Anyone who drives down the Grand Parkway can see that the Willow Fork Park is still under construction. They're making good headway on the pavilion. But, the rest of the grounds need finishing. Initially, the projected finish date was spring of 2016. But, WFDD is now saying late summer 2016.

## Training Corner

Many of you have a goal to run a marathon or half marathon in the fall. Making that decision (and signing up for a race) is the first step in achieving that goal. There are many training programs out there. Most map out programs that run from 4 to 6 months. It takes that long to adequately prepare for a marathon. Trying to run that distance with less training time (unless you are an experienced runner) elevates the potential for injury. While there are no guarantees, your chances of finishing a marathon are nearly certain as long as you are healthy enough to make it to the starting line. The key is to follow a program that enables you to build strength and endurance incrementally and continuously, peaking about 3 weeks before your goal race.

On our website ([www.katyarearunningclub.com](http://www.katyarearunningclub.com)) you will find half and full marathon training programs. These can be found under the "Training" tab. While these were built with the Chevron Houston Marathon and Aramco Houston Half Marathon in mind, they can be customized to any race by changing the date of the goal race. To request a copy of the original file, send an email with your request to [training@katyarearunningclub.com](mailto:training@katyarearunningclub.com).

Our club's training program for the Houston Marathon/Half Marathon will start the week of July 18. However, if you are planning on running either of these events there are things you should be doing now to prepare you for the start of the training program. You should focus on building your base mileage. That is, running consistently 3 - 5 days/week. One of your runs (usually on the weekend) should be long. As you build up your base, follow the "10% Rule" - that is, do not increase your mileage from one week to the next by more than 10%. Similarly, the length of your long run should not be increased by more than 1 mile from one week to the next. Over the next 2 months, your goal (if you are planning to run a marathon) should be to build to a base of between 20 - 30 miles/week. The length of your long run should be 6 - 8 miles. For the half marathon training program, your weekly mileage base should be 15 - 20 miles, with a long run of 4 - 6 miles.

In future months, the Training Corner will provide more information on the individual components of our training programs (including increasing strength through hill repeats, increasing speed through interval training on the track, and increasing endurance through tempo runs and long runs). If there are topics you would like to see addressed, please let us know!

## Member Profile

Last month we heard from Craig about his journey to Boston. And we see from his result that it turned out really well! This month we hear from **Scott Spencer** who ran his tenth consecutive Boston Marathon on April 18<sup>th</sup>. That's a lot of Boston experience. I'm sure you'll agree that really comes across in his story.

Here it is:

In the movie American Flyers (a great 80's flick about bicycle racing) there is a Latin phrase which plays a central theme to the movie. "Res Firma Mitescere Nescit". Roughly translated it means "Once you got it up, keep it up". On April 18, 2016 I completed my 10th consecutive Boston marathon, having started my "streak" in 2007. However my first experience with the Boston marathon was actually in 1986 and it did not end well. I did not reach the finish line, and it would take me 21 years to make it back. Now that I am "back", I never want to leave. "Once you got it up, keep it up". This is my Boston story.

I have been a runner since high school, and finished my first marathon in 1983 while still a junior in college. I had done a lot of high mileage running in college. Fortunately I had a good group of fraternity brothers who liked to run a lot, as well as drink a lot. After college I moved to Chicago and started my career, and I was quickly immersed into the local Lincoln Park running scene. This was my first introduction to a serious running group with serious goals. It seemed everyone was trying to qualify for the Boston marathon. Everyone was travelling to "fast courses" to gain an advantage. After trying Chicago a couple of times, and Grandma's once, I eventually flew to Houston in 1986 to run the marathon. Even then the Houston marathon had a reputation for being a flat, cool and fast course. It did not disappoint. Houston '86 ended up being my marathon PR, and the ticket to my first Boston marathon.

Life then happens. Shortly after the Houston race, I accepted my first big promotion at work. Suddenly I no longer had time to run as many miles. Work pressures made it difficult to keep a clear mind and stick to training schedules. I arrived in Boston '86 under-trained, and surprisingly un-enthusiastic. Getting the BQ had somehow become the goal, and running the race was an after-thought. Alas, it did not end well. Boston was my first DNF, ending right before the 13 mile mark (but after the girls of Wellesley!) I returned to Chicago, more focused on my job and gradually spending less and less time with my running buddies. Within 3 years I had relocated to Cleveland, gotten married, moved to England, enjoyed mass quantities of beer and pub food, and generally forgot that I had ever been a runner.

Life still happens. In '94 a good friend of mine had a heart attack. He survived, but it was a massive wake-up call for me to take better care of my health. I started running again, just to stay in shape and lose some weight. I got the triathlon bug and did a few of those, but never ran more than 25 miles per week. Our family moved to Katy in 2002, and I found Katy Fit. Suddenly I remembered what it was like to be part of a strong running community, and how much I loved running with other people. I was running with the Blue group, my weekly miles were increasing, and I was with people who were once again talking about BQs. The Boston marathon, which was a distant memory to me, and still the source of my only DNF, crept back onto my radar screen. But now things were different. The Boston marathon represented not only a race, but an opportunity for me to "get closure" on unfinished business, and perhaps re-open a chapter from my past that I thought would never appear again. It took a few years, but I finally made it back to Boston in 2007, and I have been back every year since.

Running Boston has now become my personal metaphor for staying connected to my running roots, and helps me maintain the enthusiasm to put the mega-miles in every week. I am not entirely sure but I think my obsession stems from the fear of never making it back if I miss a year.

So what is it like to finish 10 Boston marathons? People are often surprised to hear it is not my favorite marathon. (Houston is). Chicago and New York are more fun (in my opinion). Boston is not a fast course (and the hills are brutal). Taking the bus to Hopkinton and waiting 3 hours for the start is a real PITA. Boston is more about the total experience, not just the race. The history, the course, the fans, it all



combines into an experience that is hard to describe, and one that I want to experience as many times that I am able.

Some Boston's have been memorable. '07 (Nor'easter). '09 (Painted nipples. Don't ask). '11 (Tailwind). '12 (Hot!!). '13 (Bombs). '14 (Stress Fracture). '15 (Headwind). '16 (Not my day). Two I have no particular memory of ('08, '10).

Ironically, now that I have reached the milestone of 10 Boston's in a row, I now find myself without a BQ for 2017. Although I am signed up for a race on Sept. 10 called the "Last Chance BQ" in Geneva, IL, I have not yet fully committed. More and more things have generally been breaking and falling off my body the last few years, and not sure I am committed to train through another Houston summer to chase that elusive BQ. Perhaps it is time for a Boston break. Ask me in 3 months! "Once you got it up, keep it up".

## 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 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 various times from 6:00am to 7:00am for slow runs of various paces and distances. Find your running partners on FB. And for those who have the time and inclination, meet after the run at Corner Bakery and Café on the south I-10 feeder road and Greenhouse.

## 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. Coming up in June, the focus race is the 1<sup>st</sup> Street 5K which starts and finishes at the brewery. And don't forget about our first, quarterly Shoes and Brews at Luke's Locker. This is an exclusive event hosted by our sponsor, Luke's Locker. Come and hear Rob Goyen talk about trail running and opportunities for local trail racing. Oh, and did I mention pizza and beer?

**May 25<sup>th</sup>** - "Brews and Shoes" - Exclusive social event for KARC members - Pizza, Beer and a 20% discount at Luke's Locker (7pm)

**June 1<sup>st</sup>** - Global Running Day - KARC Club Event

**June 18<sup>th</sup>** - No Label Brewing 1<sup>st</sup> Street 5K at the Brewery in Katy (sign up [here](#))