



September 15, 2016

Volume 1, Number 6

## From the President's Desk

Sometimes things just fall into place. On Labor Day, the club hosted its first road race - the Katy Back to School 5k. While this is the first time I've been involved in the organization of a race, it seems like putting it all together in 10 days is something of a miracle. What with chip-timing, insurance, online registration, a county permit, fliers, tee shirts, winner certificates, water station volunteers and a gaggle of other details, it seems like such a short time frame is simply impossible. It just goes to show that when you have someone with depth of experience (Jack McClintic) and a group of dedicated folks all with the same goal, big things happen.

One of the things that was so big about this is that the event raised over \$1500 for Katy Students Run. Many of you know of KSR. Through the passionate efforts of Jenny Demarest, the KSR program has provided mentoring support to several hundred students in Katy ISD over the past years. And the Club extends a big thank you to the KSR students and mentors for volunteering at the race. Without your help, we could not have done this.

All in all, it was a great event. We had just over 80 people run the race. The energy, enthusiasm, compassion, friendship, and brute athleticism of our club's members make me proud.

In our Training Corner this month you'll find plenty of useful information from Rick regarding tempo runs. Now that hills are over, it's speedwork and tempo season.

I wish you happy and health running.

## Training Corner

In previous columns, the components of a quality training plan were highlighted. These include hill repeats to increase strength; interval training on the track to increase speed and aerobic condition, and tempo runs and long runs to increase endurance. The July column provided additional details on speedwork through interval training. This column will provide additional information on another component - tempo runs.

Simply stated, a tempo run is a form of interval training that simulates a portion of a race. By running at your projected race pace, you will develop a better feel for the pace that would benefit you on race day. More important, this type of training will improve your aerobic capacity and lactate threshold pace, both of which will contribute to improved conditioning and performance during your goal race.

Tempo runs should be done at least once per week. When done properly, they are demanding workouts. On our training schedules, tempo runs occur on Thursdays which allows for a recovery day (or easy run day) after track workouts on Tuesdays, and another recovery day prior to the usual long run on Saturday.

The pace of the tempo portion of your runs depends on the race distance for which you are training. If you are training for a half marathon, your tempo pace should be your projected half marathon pace. If you are training for a marathon, your tempo pace could be either your marathon or half marathon pace. If you are training for shorter distances (e.g. 5K or 10K), your tempo pace should be your projected race pace at that distance.

There are several variations of tempo runs. The simplest form is a timed tempo run. An example of a timed tempo run from one of our training schedules is "35 w/15 @ HMP". In this example, the total length of the run would be 35 minutes. You would start by running 10 minutes at an easy pace. Then, pick up the pace to your half marathon pace (or targeted race pace) for 15 minutes. Finish by returning to your easy (recovery) pace for 10 minutes.

A distance tempo run is a variation that we have also included on our schedules for variety. For example, "1-2-1" on one of our schedules refers to a total run length of 4 miles. As in the timed tempo run, there is an easy run for the first and last mile. The middle two miles would be run at your goal race pace.

A variation I sometimes do is a progressive tempo run. After a warm up run of a mile or so, I gradually pick up my pace in subsequent miles, ending up at half marathon pace prior to my mile cool down.

Another form of tempo run is called fartlek (which is a Swedish word meaning speedplay). Fartleks are bursts of speed of varying intensities and distances during your normal endurance (long) run. With fartleks, you can be creative with the timing, pace and distance of your speed bursts. When starting out with incorporating fartleks into your long run, pick a pace no faster than your goal pace for your target race. With continued progress, you should be able to gradually increase the pace of your speed bursts. For the speed bursts, you can be creative in choosing the distance (typically 50m to 400m). You can (and probably should) vary the distance of the speed bursts. Upon completion of the burst, return to your normal long run pace to recover. Once your recovery is complete (i.e., your heart rate returns to its normal rate for a long run) you can attempt another speed burst.

We hope that you find this information useful. If you have any questions, or have any topics that you would like to see addressed, please let us know. Our email address is [training@katyarearunningclub.com](mailto:training@katyarearunningclub.com).

We look forward to seeing you on the trails!

## New Members

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

Yvonne Prevallet

John Sladic

Bob Milner

## 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 6:00am or earlier for slow runs of various paces and distances. Find your running partners on FB. We meet every Saturday after the run at Corner Bakery and Café on the south I-10 feeder road and Greenhouse.

## Member Profile

Well, the Olympics are over. But, those of you suffering gymnastics withdrawals will enjoy the picture below showing club member Lorna Bradley at the uneven bars. She's the one on the floor, spotting. This is from a few years ago. How many? You'll have to ask Lorna yourself. In the meantime you can enjoy Lorna's story below:



Why did I become a runner? I blame it on chocolate. Six years ago I created and then consumed a generous portion of a decadent chocolate dessert at a dinner party. Highly sensitive to caffeine, I slept a couple of hours and spent the rest of the night staring at the ceiling. It wasn't long before my thoughts turned to running, my recently discovered hobby.

In a show of support for a friend who was trying to lose weight, I had run my first 5K with her. It was a big deal to me to run more than two miles, especially in Houston in July. I'd dabbled in running off and on for years, but never more than a mile or two here and there.

Around 2 a.m. the thought popped in my head, "I wonder if I could run 5 miles." By 3 a.m. that changed to, "I bet I could do it if I ran slowly." Glancing at the clock, I decided it was far too early for a sane person to be out running. By 4 a.m. I was out of bed, raiding the banana bowl and lacing up my shoes.

In hindsight I should have left a note, and maybe carried a water bottle. I arrived home excited, sweaty and thirsty, to find a concerned husband.

"Where did you go? I checked the garage and your car was here, but I couldn't find you anywhere."

"I ran five miles!"

"Why?????"

I found once I made it to 5 miles, the mileage beyond that came easily. A little over two months later I ran my first half marathon in New Orleans armed with a Pampered Chef kitchen timer clipped to my waistband to track my time.

To feed my new running addiction I started reading articles related to running and wondered why so many of them talked about injuries. It wasn't too long until I found out. A poorly fitted shoe (I TOLD the salesperson I needed a wide!) created a tendon injury on the side of my foot. It made itself apparent at mile 6 of an 8 mile chilly morning run. It was a long and despondent walk back to the car, shivering in a sweaty t-shirt.

Being equal parts optimistic and stubborn, I signed up for my second half marathon while icing my foot at the start of four weeks of doctor-ordered rest. After all, new shoes would solve it and I had four months to prepare this time instead of two. No problem.

I was diagnosed with a foot injury in the other foot two days before the race. It turns out the joint removed from my foot following an injury in gymnastics is a pretty big deal for runners, as in a critical joint for toeing off while running. Six months of running culminated in what became a chronic foot problem. Warned of stress fractures and possible dislocation, I coerced the doctor into fashioning a support of some kind and ran anyway. Back to doctor-ordered rest after the race. Sigh.

Three podiatrists and multiple custom orthotics couldn't resolve the foot pain across the following three years. The goal for doctors became making it "manageable" with pain medication after long runs and lots of icing. Dissatisfied with that solution, persistence paid off. By watching Youtube videos I figured out where my foot needed support and built my own insert by adding padding to an off-the-shelf Spenco insert. Now that foot never hurts when I run and I can't recall the last time I felt the need to ice it. \$25 well spent two or three times a year, and much less than all of those co-pays!

Half marathon medals piled up. I've lost track, but it's north of twenty I think. Along the way another chronic issue, hip/hamstring pain. Another round of four different doctors who couldn't quite nail down the cause. Lots of rest. Lots of prescriptions. Lots of exercises that did not solve the problem. Lots of starting mileage over from zero. Finally, I was on the verge of two dreadful choices: quitting or becoming a bicyclist. Desperate, I attended Stanford's sports injury clinic in California (gait analysis, orthopedist, podiatrist, physical therapist and nutritionist). They noticed pronounced left leg weakness (how did all of the doctors miss that?), suggested I double my exercises on that hip (not the right solution, but I get their thinking), and referred me to Dr. John Cianca at Ironman Sports Clinic in Houston. \$250 for an initial appointment and he takes no insurance. Yikes! But desperate times...

Armed with a list of questions for what I assumed would be a 15 minute consult, I was ready to rapid-fire the info the minute he walked in the door. Much to my surprise, he spent over an hour developing a medical history. He likes cases that are hard to solve and he spent much time collecting the pieces to the puzzle. He then moved into an hour exam with a variety of tests for strength and movement.

"Hold your leg up and resist while I push down." I could barely hold it up long enough for him to start pushing and it hurt like crazy. "Okay. I see the problem." He had me do a stretch several times. Suddenly, I was pain-free. He repeated the leg resistance test.

"Are you pushing as hard as you did last time?"

"No. I'm pushing much harder."

His conclusion, there is nothing wrong with my hip and never had been. I have a nerve conduction issue in my back, probably due to falls in gymnastics or an unscheduled dismount from a horse, and it affects how my glute and hamstring fire (or not). It is treatable by a simple stretch, plus lots supportive core and hip strengthening. Finally, an answer, followed by a year of gradually working back to consistent pain-free running. I still tape my hamstring, though. It's my security blanket on a long run whether I need it or not.

Somewhere in the midst of all those half marathons, my husband starting running with me. A chilly December morning I will never forget, "I think I will join you for your first mile." "Really?!?" Looking back, it was my same answer when he asked me to marry him 31 years ago. Fast forward four years and thousands of miles of running together. Now our vacations as likely as not include destination races and he has completed lots of halves, plus four full marathons.

Along the way I got the itch to try a full, too. With chronic injury issues I'd thought it would never happen. As the pain subsided and did not recur I thought, maybe, just maybe, I could do it. Just once mind you. I'm half-crazy all the time, but only fully crazy once. I signed up for Chevron Houston 2016 and set three goals: 1) Don't hurt myself 2) First number a four 3) Run every step.



Somewhere in Houston on the evening of the 2016 Houston Chevron Marathon, there was a tired finish line volunteer in a bar with a story to tell about the lady who really liked her medal. In my defense, those open arms raising a medal to hang over my neck really LOOKED like they wanted to give me a hug. That shoulder was right there for the sobbing, "That was so HARD! Just REALLY, REALLY HARD!"

I suppose I may have misinterpreted his intent. I hope to re-evaluate the situation a bit before noon on January 15, 2017. So much for my plan for "one and done."



## Getting Together

On August 17<sup>th</sup> Luke's Locker hosted the second quarterly Brews 'n Shoes event for the Club. It was a real treat to hear Brant Kotch tell us about the challenges of hosting a world class marathon like the Chevron Houston Marathon. Over 50 members were in attendance and enjoyed the great talk, free pizza and adult beverages and the generous 20% discount offered by Luke's. These Brews 'n Shoes events are not to be missed! We figure that you can recoup your entire membership cost by the discount alone if you buy 3 pairs of shoes at these events over the course of the year - not to mention the free pizza and beverages.





Brant Kotch addresses club members at Brews 'n Shoes on August 17<sup>th</sup>.

On Saturday, August 27<sup>th</sup> KARC members came out for a run in Memorial Park as part of HARRA's Party in the Park. It was a fun run on a nice surface. Great food, drink and music were provided by HARRA. And there were plenty of give-aways - like I needed more tech shirts! This was a great event to connect with people looking for a running club. Several folks who live in Katy and are looking for running buddies stopped by to chat.



Club members enjoy a recovery beverage, courtesy of HARRA, after a steamy run at Party at the Park. (photo credit: Gail Webster)

## Club Runners Review

On the weekend of August 20-21<sup>st</sup> Gordon Christie competed in the Habenero Hundred in Cat Springs, TX. Gordon got through the 50k mark in 7:25:43. But, on his way to the 100 mile finish mother nature decided to throw in some summertime fury. Discretion being the better part of valor, Gordon stopped at the 100k mark. And, I had a hard time with a 10 miler on Saturday! Yikes. Well done Gordon!!! Very impressive.



On August 28<sup>th</sup>, Jonathan French ran Capt'n Karl's Reveille Ranch 30k in Burnet, TX. Jonathan finished with a time of 4:27:42.

On September 4<sup>th</sup> Gordon Christie ran the Glen Moray Marathon from the Glen Moray Distillery in Elgin, Scotland. Gordon finished 8<sup>th</sup> overall with a time of 3:46:44 over the 27.7 mile (!) course. Seems like the course marshals may have been partaking of the sponsor's wares while laying out the course.

We had a great turn-out of Club members at our inaugural Katy Back to School 5k on Labor Day, September 5<sup>th</sup>. It was a beautiful morning along a pretty course. As normal, the heat and humidity - even at 7am - added to the challenge of the 3.1 mile race. The results are below (all gun times). My apologies in advance to anyone I missed!

Paul Chapman	20:20 (1 <sup>st</sup> overall)
Rebecca Masse	31:44
Holly Mayson	finished, not timed

David Thurman	finished, not timed
Carol Berry	36:18
Denise Voyles	54:45

James Ingram	21:09 (4 <sup>th</sup> overall)	Tina Seaman	finished, not timed
Craig Prevallet	21:23 (6 <sup>th</sup> overall)	Marjorie Broussard	25:21
Lorna Bradley	finished, not timed	Maryann Ramirez	finished, not timed
Karen Boman	29:46	Nick Waak	finished, not timed
Josh Ring	20:36 (2 <sup>nd</sup> overall)	Rowena Hay	25:35
Jacob Nielsen	23:30	June Castronovo	34:56
Jana Daniels	23:40 (3 <sup>rd</sup> female)	Tony Castronovo	27:30
Jonathan French	23:55	Nakia Coy	28:40
Mohamed Thowfeek	24:28	Cesareo Fredes	33:02
Phil Trumbly	24:35	Maria Colon	33:03
Walter Davis	45:33	Cristina Hepler	34:49

On September 5<sup>th</sup> Jeff Howard ran the RRCA Southern Region 15K Championships in Fort Worth. Jeff finished 4<sup>th</sup> in his division with a time of 1:12:08.

On September 10<sup>th</sup> Tina Seaman ran the Franklin Mountains Trail Run in El Paso, TX.

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

## Area Running News

Cross-country and track athlete, Abigail Smith of Seven Lakes High School has been awarded the Susan Poorman Blackie Scholarship from Houston Marathon Foundation. That scholarship recognizes student athletes in the Greater Houston Region for outstanding performance in scholastics, athletics and extra-curricular activities and provides \$20,000 over 4 years for university tuition costs. Abigail plans to attend Baylor University.

High School Cross Country Season has begun. If you're not familiar with cross-country or the scoring, then here's a primer. Seven runners for each team compete over a 3200m or 5000m. The first five finishers for each team are scored. Their score is their finishing place. So, if a runner finishes 7<sup>th</sup> they score 7 points. A team score of 15 points is a "perfect score" and a real rarity. It means that a team's 5 scoring runners finished 1 through 5, beating all other runners. The winning team is the one with the lowest score. And there are sometimes several teams entered for a school - Elite, Varsity, JV, Freshman, for example. Ok, so now you're in the know!

**Cypress Ridge HS Meet (August 20<sup>th</sup>, 3200m course)**

*Elite Division*

Tompkins Lady Falcons - 1<sup>st</sup> place in the Elite Division with 28 points with Alyssa Balandran individually finishing in 2<sup>nd</sup> place with a time of 11:27.

Cinco Ranch Lady Cougars - 2<sup>nd</sup> place in the Elite Division with 37 points with Reagan Kappel finishing 1<sup>st</sup> with a time of 11:05.

Tompkins Men - 2<sup>nd</sup> place in the Elite Division with Daniel Figueroa finishing 2<sup>nd</sup> in 9:45.

Taylor Men - 4<sup>th</sup> place in the Elite Division with Daniel Laverde finishing in 4<sup>th</sup> in 9:47.

Cinco Ranch Men - 5<sup>th</sup> place in the Elite Division with Richard Saenz finishing at 10<sup>th</sup> place in 10:14.

*Varsity Division*

Mayde Creek Lady Rams - 2<sup>nd</sup> place in the Varsity Division with Hilde Tiliakos finishing 6<sup>th</sup> in 12:59.

Tompkins Men - 1<sup>st</sup> place in the Varsity Division with 73 points with Bryce Wily finishing 3<sup>rd</sup> with a time of 10:34.

Mayde Creek Men - 3<sup>rd</sup> place in the Varsity Division with Adam Abusnineh finishing 2<sup>nd</sup> in 10:31.

**Cypress Woods Invitational (August 20<sup>th</sup>, 3200m course)**

Seven Lakes Lady Spartans - 1<sup>st</sup> with 28 points with Laura Broman finishing 1<sup>st</sup> in 12:37.

Morton Ranch Lady Mavericks - 3<sup>rd</sup> with 93 points with Desiree Barriere finishing 8<sup>th</sup> in 12:57.

Seven Lakes Men - 1<sup>st</sup> with 45 points with Andrew Gandy finishing 1<sup>st</sup> in 10:29.

Morton Ranch Men - 3<sup>rd</sup> with 70 points with Olari Livingston finishing 6<sup>th</sup> with a time of 10:45.

**Seven Lakes Showcase (September 3<sup>rd</sup>, 5000m course)**

Cinco Ranch Lady Cougars - 1<sup>st</sup> (73 points) with Reagan Kappel coming in 1<sup>st</sup> in 18:21.

Tompkins Lady Falcons - 4<sup>th</sup> (98 points) with Alyssa Balandran finishing 2<sup>nd</sup> in 18:28.

Seven Lakes Lady Spartans - 6<sup>th</sup> (110 points) with Laura Broman in 8<sup>th</sup> place with a time of 18:53.

Morton Ranch Lady Mavericks - 7<sup>th</sup> (126 points) with Diane Barriere finishing 12<sup>th</sup> in 19:06.

Taylor Lady Mustangs - 14<sup>th</sup> (370 points) with Joli Graham finishing 48<sup>th</sup> in 20:21.

Seven Lakes Men - 1<sup>st</sup> (71 points) with Andrew Gandy finishing 5<sup>th</sup> in 15:49.

Tompkins Men - 3<sup>rd</sup> (84 points) with Daniel Figueroa finishing 3<sup>rd</sup> in 15:39.

Morton Ranch Men - 7<sup>th</sup> (195 points) with Dereck Adames finishing 15<sup>th</sup> in 16:16.

Taylor Men - 9<sup>th</sup> (219 points) with Daniel Laverde finishing 6<sup>th</sup> in 15:58.

## 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 September, the focus race is the Just Run for a Just Cause. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**September 17<sup>th</sup> - Just Run for a Just Cause 5k & 10k- 7am - Kingsland Baptist Church** - check [here](#) for registration information.

**September 17<sup>th</sup> - Tornados Cross-Country Relay - 5pm - Spotts Park, Houston** - check [here](#) for registration information.

**September 21<sup>st</sup> - WEDNESDAY, 6:30PM - Social Run to Club Member Susan Hutson's House** - 6:30pm, CRHS Parking Lot.

**October 29<sup>th</sup> - Corner Store Run 5k - 7:30am - Great Southwest Equestrian Center, Katy** - Race information [here](#).

**October 30<sup>th</sup> - Houston Half Marathon & 10k - 7:00am - Sam Houston Park, Houston** - race registration info [here](#).

**November 13<sup>th</sup> - HMSA Classical 25k, 10m & 5k - Wortham Center, Houston.**  
Race registration info [here](#).

**November 19<sup>th</sup> - Shiner Beer Run - Half Marathon & 5k - Shiner, TX.** Race registration is now closed.

**November 24<sup>th</sup> - Katy Family YMCA 10k, 5k and kids 1mile - 7am, Cinco Ranch.**  
Race registration and info [here](#).

**December 4<sup>th</sup> - Texas 10 Katy - 10 miles - 7am, Morton Ranch HS - Race**  
registration and info [here](#).

**December 10<sup>th</sup> - Rudolph 10k, 5k & kids 1k - City Centre, Houston - race info**  
[here](#).

**December 11<sup>th</sup> - Fort Bend KIA 30k - 6:30am, Sugarland City Center.** Race registration info [here](#).

**December 14<sup>th</sup> - KARC HOLIDAY PARTY - 6:30pm, El Jarrito Mexican Restaurant, Katy, map [here](#).** (Details to follow.)

**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](#).