



July 15, 2017

Volume 2, Number 7

From the President's Desk

Calling all runners! It's time to sign up for our club's 2nd annual Katy Back to School 5k. The race happens on Monday, Labor Day, September 4th. You can find registration links on our [website](#) or you can go directly to [RunSignUp](#). Paul Chapman, the defending champion, has thrown down the gauntlet and has already registered as have a number of other club members and members of the general public. Who else will take up the challenge? If you want to be guaranteed a race shirt then do it now!

As you probably know, the primary beneficiary of the race will be the [Katy Students Run](#) program. Many of you have even been mentors in that program. In 2017 KSR expects to have near 100 students. These kids will be mentored in goal planning and execution all of which will culminate in the running of the Aramco Half Marathon or ABB 5k on the weekend of January 13th - 14th. And the program does touch them in a positive way. I've recently met a few graduates of the program and they can't speak highly enough of the influence KSR had on their lives. However, none of this could be done without the generous support of volunteer mentors, financial sponsors, and grants from organizations like the Houston Marathon Foundation and this club.

I'm happy to say that we've been able to secure the Villagio for our start and finish activities. And the course will be a shaded one - up and back on Peek Rd almost to Highland Knolls. Your race committee has also promised to make the after party a lot of fun with awards for overall and age group winners, food, music and camaraderie. So, come join the fun and help us build the Katy Back to School 5k into a premier local road race, one that gives back to Katy in a big way.

Make sure you read through the newsletter thoroughly. We have a real treat in our Member Profile this month. Anna Whitten, Paige and Shawn Siemers' daughter, has written her story for us this month. Many of you know Anna. She's a regular

participant in our club activities and local races. What makes her different is that she competes at a physical disadvantage from most of us. You see, she suffers from cerebral palsy. Yes, it's hard for most of us to get through a marathon. But, Anna has to use all the focus she can over a near 4 hour period to stay relaxed and contained - except for the grand celebration at the approach of the finish line! It's a very physically demanding accomplishment. So, be sure to tell Anna how much you appreciate her participation in our club, her race achievements, and her contribution to this newsletter next time you see her.

I wish you happy and healthy running.

Mike Masse

Rick's Training Corner

Like many of you that have been running for a long time, I have a large collection of shirts that I have accumulated over the years from races and other sources. Last week, I decided to thin out my collection and donate those gently used shirts so that others can make use of them. I came across a shirt that had a message on the back. It said "Running begins not with the feet, but with the mind". How true. I thought I would expand upon that theme this month to discuss the mental aspects of running and training.

When we follow a training program directed toward a goal race, we typically focus on the physical aspects of training. Our focus is on putting in the mileage for our long runs, building strength and endurance on our hill and track workouts, and increasing stamina through our tempo runs. These types of workouts are essential in conditioning our bodies for the challenges of completing the distances dictated by our goal race, be it a 10K, half marathon or marathon. We often do not think of training our mind during these workouts. Yet, this occurs as well, even if we are not fully conscious of it.

Everyone goes through this mental journey. It begins by signing up for a race or a training program. In doing so, we visualize what it will feel like to accomplish our goal - that great feeling of success when we cross that finish line. We also visualize what it will take to successfully complete the training program, including the time and sacrifices required.

Once we start the program, especially those new to running, we start to take a more realistic view of the significant effort required. If you are not used to it, running 4 to 5 miles in July could cause you to wonder how on Earth you will be able to run the longer distances several months down the road. But along the way, if you stick with the program, an interesting thing happens. As you gradually increase your mileage, you will find that the distances that seemed to be so long in July, suddenly feel much easier in the weeks and months ahead. Part of this is physical, but part is mental as well. As you train your body to run longer distances, you also train your brain to accept and embrace the longer distances and time.

On your long runs, there are a few things you can do to train your brain while you train your body. First, maintain a positive attitude. Don't let negative thoughts impact your run. Instead, think about how beneficial that particular run is and how it will contribute to your overall goal. Think about how good you will feel at the end of the run, knowing that you have overcome challenges. Think happy thoughts. Some find value in motivational mantras that they cycle through their mind while running ("I can do it; I can do it; I can do it").

Think about your breathing and running with a relaxed style. When the going gets tough or when running in stressful situations such as a race, our body tends to tense up. Be conscious of how you breathe. It should be in an even, controlled manner. Also think about running relaxed. Running relaxed helps you conserve energy. During long runs (and especially during races), I will go through a mental checklist several times to make sure my major muscle groups are relaxed. I think about my neck and shoulders, my arms and my hands. Are any of these muscles tense; if so, it's time to relax them since I want all my energy to go to my legs. I visualize keeping my hands and fingers loose. The image I use is holding a potato chip between my thumb and middle finger with pressure so light that it doesn't break. I think about my gait, I notice how my feet strike the pavement. I strive to develop an efficient running style and try to make any adjustments during my runs to achieve this.

Finally, during your runs, think about your goal. Remind yourself why you are doing this and how that particular run contributes the overall achievement of your goal. Our training programs were designed so that each run has a purpose. Have confidence in the training program and visualize how good it will feel to cross that finish line!

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:

Charlotte Harris

Gelela Yemane

Curtis Albitz

Merry Armentrout

Ashley Dubbelde

Josie Deckelman

Doug Griffith

Katie Storts

Jose Rivera

Dana Hill

Adam Hunt

Chrysta Lloyd

Jesse Gerber

Hyder Hasan

Tim Goedeker

Soma Meela

Member Profile

Our club now boasts a membership of over 220 people. In that relatively small group we have such a breadth of experience and backgrounds. Yes, we're joined by our common interest in running and fitness. But, we're such a colorful group beyond that. This month we hear from Anna Whitten. You know Anna but maybe you haven't had the chance to talk with her. Well, now she tells us something about herself. It's so good to hear her voice.

Here's Anna's story:

I'm Anna Whitten, 15 years old, a competitive athlete, aka #greatannakate.

I've finished numerous 5k's and 10k's, four half-marathons, and two marathons. I would like for you to know a few things about me...

1. I look very different than a typical runner... because I suffered & SURVIVED a very traumatic birth injury that left me with cerebral palsy. I have lots of physical limitations - I use a wheelchair, have had over 10 surgeries in my life, eat with a g-tube, go to 5 hours of private therapy (P/T, O/T, S/T) a week & a bunch of other boring medical stuff. In case you're wondering what that means... it means the pathways in my brain that tell my

muscles to move are really weak. This frustrates me every day of my life, but I warrior on because I have amazing people in my life that encourage me, cheer for me & celebrate the things I CAN do.



2. I understand EVERYTHING... the cerebral palsy I have (because there are lots of different variations) affects all of my fine & most of my gross motor skills but NOT my ability to think. I communicate with my eyes - a long blink means, "YES" & 2 long blinks means "HECK, YES!" If someone ignores me or shows me pity I ignore them, & on the flip side if someone engages with me by talking with me I will smile/laugh/squeal/reach out to touch their hand/shoulder to let them know - "You're in!" I'm learning to use a communication device but have had 2 years of major orthopedic surgeries that have slowed my progress - you're runners, you get it - injuries set you back. See, we are more alike than you thought! ;)



3. I have a wicked sense of humor... 1 of my KARC favorites is Natalie Perry bc she talks trash to me before races & treats me like any other runner in our group. I will "yell" at you if you try to pass me & probably laugh at you if I pass you. I'm very competitive & want to win.

4. My favorite runner is "MY Shawn." "MY Shawn" is my step-dad & one of my best friends. He & my mom figured out I wanted to run when they showed me a video of Dick & Rick Hoyt, a father & son running team from Boston who have run over 1000 races together. Rick, Dick's son, is a lot like me - trapped in a body that doesn't work like he wants it to but with a mind like any other person his age. The first time I saw the Hoyts run I couldn't take my eyes off the screen... then Shawn & Mom asked me if I wanted to run like that. I smiled a huge smile & then our journey began...





5. Why I Run... there are several reasons, like I said before - I'm competitive & like to win. I love people & the running community is one of the most positive & accepting groups I've ever encountered. There's one particular group in the running community that changed my family's life - Ainsley's Angels (ainselysangels.org). They made a way for me to get my amazing running chair from Team Hoyt (yes, that same running duo makes running chairs). They also seek to make it possible for anyone (any age) with a disability to compete in road races through local Ainsley's Angels ambassadorships in every state in the

US. If any of you want to run with us in a race let us know.

Anna Whitten



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 July 15th a gazebo full of folks enjoyed our latest KARC in the Park at the CopShop. We had marathon and half marathon trainers, those not training for marathons or half marathons, and some perspective members join for coffee, baked goodies, and camaraderie. I have to say that anticipation of the event surely made the sultry long run much more bearable than it otherwise would have been. It was fun!



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

We all deserve medals for running in this summer's heat. But, some of us have gone the extra mile, literally and figuratively, and pinned on a bib and raced on hot roads and trails. Kudos to you all!

Here are the results we could find:

June 17th - [1st Street 5k](#) - No Label Brewery, Katy, TX

Buddy Baudoin	19:38
Toni Benavides	57:41
Chris Born	21:56
Stephen Brassette	22:36
Marjorie Broussard	24:29
June Castronovo	36:09
Tony Castronovo	26:21
Paul Chapman	19:12 (2 nd in AG)
Gordon Christie	19:39
Cindy Davis	40:47
Tina Drewke	36:54 (walking with Jenn)
Coby Dycus	36:51
Larisa Ferguson	36:53
Brenda Fisher	33:31
Susan Freeman	23:00 (2 nd in AG)
Bob Furman	28:57 (2 nd in AG)
Lynn Furman	43:45 (1 st in AG)
Melissa Garcia	28:44
Jesse Gerber	25:48
Tim Goedeker	27:29
Mike Healey	21:21
Matthew Hess	22:41
Misty Kaiser	33:18
Cleo Lloyd	
Beverly Marshall	53:16 (3 rd in AG)
Mike Masse	23:58
Rebecca Masse	31:31 (1 st in AG)
Candace Massengill	37:56
Ed Moncur	20:25
Angy Newell	28:54
Richard Nicholls	22:19
Natalie Perry	22:00 (1 st Masters Female)
Ashley Petersen	27:24
Arturo Reyes	43:26

Jenn Rienstra	36:54 (hobbled by plantar fasciitis)
Niel Ruocco	20:24 (2 nd in AG)
Delia Salinas	23:29
Coleen Saltus	58:05
Jill Seltzer	40:46
Shawn Siemers	22:59
Toni Smith	28:03
Bob Trout	29:52
Curtis Turner	18:13
Deborah Vazquez	57:38
Denise Voyles	41:48
Jane Wallace	58:04
Jocelyn Williams	53:16





June 18th - [Towpath Ten \(10 miles\)](#) - Valley View, OH
Ed Ritchie 2:14:50



Ed Ritchie shows off his hardware
at the Towpath Ten (photo
courtesy Ed Ritchie)

June 18th - [San Juan Island Marathon](#) - San Juan Island, WA
Mike Roberts 5:12:54

June 24th - [The Slacker Half Marathon](#) - Georgetown, CO
Pamela Willmon 2:52:09 (1st in AG)



Pamela Willmon
(on right)
celebrates a
healed foot by
running to win at
The Slacker Half
Marathon (photo
courtesy Pamela
Willmon)

June 25th Buffalo Springs Half Ironman
Fon Deuterio 5:18 (overall)



Fon earns a new belt buckle for her 4th place finish at the Buffalo Springs Half Ironman (photo courtesy Fon Deuterio)

June 25th Jeff & Brede's Triathlon
Tina Drewke 38:47.7



Tina Drewke (left) and friend, LaFrance Rhone at the conclusion of the Jeff & Brede's Triathlon (photo courtesy LaFrance Rhone)

July 4 - Breckenridge 10k Trail Race - Breckenridge, CO
Tony Castronovo 1:24:52



Tony and son, John Austin, at the Breckenridge 10k Trail Run (photo courtesy Tony Castronovo)

July 4th - Freedom 5k - Sugar Land, TX
Marie Rappa 40:55
Denise Voyles 43:46

July 4th - Run Wild 5k
Devon Coy 42:21
Nakia Coy 36:24
Lillian Wanjagi 30:42



Lillian Wanjagi, Nakia and Devon Coy, and friends at the Sugar Land Freedom 5k (photo courtesy of Lillian Wanjagi)

July 4th - Bud Heat Wave 5 Miler - Baytown, TX
Gordon Christie 35:25



Gordon Christie receives the King of the Sausage trophy for beating out 7 other competitors in the sausage eating contest following the running of the Bud Heat Wave 5 mile race (photo courtesy Gordon Christie).

July 15th - [MEC Half Marathon](#) - Edmonton, Canada
Jen Ingram 1:49:04 (1st in AG)

Area Running News

Good Times Running Company has finalized their lease at Villagio and expect an opening during September. The anticipation is building! And as with many things in which we're interested - it's a race. Fleet Feet will also be coming to Katy. They'll open a store in a sub-divided space where the old luke's locker was and are now in the process of renovating that space. Who will open first?

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.

July 23rd - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).

August 27th - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).

September 4th - KARC Back to School 5k - Katy, TX - race info and registration [here](#).

September 24th - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).

October 22nd - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).

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](#).

November 26th - HMSA Classical 25k/10miles/5k - Downtown Houston - race info [here](#).

November 26th - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).