



November 15, 2017

Volume 2, Number 11

## From the President's Desk

Your Club Management feels it's important to give you some insight into your club's finances at least once a year. After all, we are a non-profit and the funds the Club receives are almost exclusively from you. We want all the money to go back to your benefit, directly or indirectly. You should also know that no one on the Board or else wise in the Club receives any payment for their efforts or participation. We want you to rest assured that we are doing our best to spend your money on equipment and services that provide the greatest benefit to you, our valued members, and that those expenditures are indeed focused on our mission to facilitate all things running. To that end you'll find some details - provided by your treasurer, Gary Sullivan, and annotated by yours truly - in the Club Finance section below.

Have you noticed? We're getting a lot of support on our Saturday long runs from our friends at Good Times Running Company. They have graciously been getting up at zero-dark-thirty to prepare and place our water and Gatorade coolers. I can tell you from direct experience that it's a lot of work. So, next time you're in their shop make sure to tell them how much you appreciate their support!

Now that the weather is better and we're in or approaching serious race season, there are a lot of you running the roads and trails. If your goal race is still coming up, then you'll want to reflect on how recent conditions and your training are affecting your race times. Many of you are training for the races on Houston Marathon weekend. There's still plenty of time to make adjustments. To that point, Rick has some helpful words. Read on.

I wish you happy and health running.

Mike Masse

## Rick's Training Corner

For those of you training for the Chevron Houston Marathon or Aramco Houston Half Marathon, you are two-thirds through the training program. This is where things get interesting. The workouts get more intense; the long runs get more challenging (of course, it wouldn't be quite as difficult if the weather cooperated!). We had a great turnout at the first "tune-up" race - the Houston Half Marathon and 10K. We also had a number of club members that turned in stellar performances. I always delight in hearing from those of you who joined KARC to train with a group of experienced runners for the first time, and then turned in a performance much better than they had anticipated. They see the benefits of following a focused training program, incorporating a balance of easy runs, speedwork, tempo runs and long runs week by week. Many PR's were set at the Houston Half.

Of course, not everyone has been so fortunate. Over the course of a long training season, many things can arise that impact whether or not we achieve the goals we originally set. Injuries and personal challenges present obstacles for some that can be difficult to overcome. When these occur, remember that there will be other races, other seasons. It's important to first take care of yourself.

Regardless of your experience this training season, it is an appropriate time to reassess your goals. Take stock of your training program. Are you able to complete the workouts as designed and increase your weekly mileage and intensity of the workouts? If so, then keep it up! If you ran the Houston Half and 10K (or another recent race), plug your time into a race predictor tool (such as that on [mcmillanrunning.com](http://mcmillanrunning.com) or the tool on the [Runner's World](http://Runner's World) site) to see what it says about your projected marathon or half marathon time. If you use one of these tools, be sure to look at the data they also provide for suggested training paces. Of course, the recommended training paces are only a guideline or estimate. By now, you should have a pretty good idea of how hard to push the pace on your track workouts, tempo runs and long runs.

In addition to reassessing your goals, this is also a good time to develop the routine you will use for the days leading up to the race. This includes hydration, diet/nutrition and rest. A few years ago, I developed a race day routine that works

for me, based in part on a presentation I heard ahead of the Boston Marathon. As the Saturday runs get longer, I adjust my Friday routine to include the main meal (high in carbs) at lunch. I'll have a light, early dinner (sometimes just soup). On Saturday morning, I'll have my meal about 2-1/2 hours before the start of my run (or the start of the race on race day). I use the Saturday runs to fine-tune this routine. This works for me; you will need to find out what works best for you. The key thing is to use this time to experiment with different routines. Talk to others to find out their ideas. Don't be afraid to try something new - just don't try anything new on race day!

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:

Scott McConkey

Mark Zucker

Jennifer Chandler

Wendy Klatt

Allison Serafin

## Member Profile

I've said it before, but here it is again. These member profiles are a great way to get to know our fellow Clubmates. Necessarily, we are clumped together according to pace and distance on our group runs - except of course on the track (yep, another plug for track workouts). But, that means we don't see all the other members during our group runs. And, we all know that when you run with someone for 3, 4, or 6 hours a week you get to know a lot about them. If we don't run with them then how do we get to really know them? Meeting for coffee. Getting together at weekend brewery and winery visits. Reading their Member Profile!

This month Chris Strohman tells his story. He says he's a new member. But, personally, I feel like he's been in the club for a good long while. Maybe it's because I have had coffee with him and run some with him. For those of you who haven't, here's your chance to hear a really good story.

Here is Chris' story:

Hi everyone, my name is Christopher Strohman and I am a new runner to KARC!

Running started for me as a way of saving myself from getting my butt kicked from my older brothers and sisters as I was always pulling pranks on them. I grew up the youngest in a family of five kids and was always trying to stay one step ahead of them. During grade school, I was on the track team and threw the shot put and discus, but did not participate in any traditional running events. During football and wrestling, we ran during practice and after for 30-60 minutes at a time. It was a great way to maintain and lose weight.



My son Beau and daughter Camryn running the Katy Turkey Dash 5k last year.

In the military I served in small teams and we were always on our feet hiking, running and swimming. Fitness was very important. Long hikes in the mountains or desert, with gear, for 15-20 miles was not uncommon. We would also play pranks on each other and sometimes hide extra sand or rocks in our teammate's packs. All the hiking and running built a solid foundation of leg strength & endurance. It also helped develop and maintain that positive mental attitude when you are in that "pain cave".

To me running is such a mental game where you need mental toughness to push through your training and barriers. Someone once told me the mantra of the 3 B's



(Believe, Breath & Battle) and if you convince your mind, you are halfway to your goal.



Throughout the years, I enjoyed lifting weights and shorter 3-6 mile runs instead of the longer half & full marathons. At few years ago, I was 260 +lbs from all the weight lifting. The 12oz curl has always been my favorite lift. It dawned on me that I needed to get back into shape and endurance was the way to go. I wanted to shed pounds and get lean again. What I really wanted was to be able to eat whatever I wanted.

July of 2006 was my first marathon distance run in a race. It was the last portion of an Ironman triathlon, which was initiated from a friendly bet. I had just returned from the Middle East and a friend would always talk about what a great athlete he was and that he completed an Ironman triathlon. I asked him when the next one was and he told me there was one three months away. He said it was not enough time to train and be ready for it. I love a good challenge so I borrowed someone's road bike, wetsuit and started longer runs 3-4 times a weeks. Three months later I was able to compete. After the race I realized that the running

portion is what I enjoyed the most. The marathon portion took me around 5 hours and I walked portions of it as well.

After my first Ironman the running bug hit me and I ran my first marathon. I ran a 3:10 at the Rock 'n Roll series.

Recently, I started running again after 10 months off due to a car accident. Prior to the car wreck, I had just completed Ironman Wisconsin and I enjoyed that run the most.

Talking about injuries, in 2009 I was struck by an SUV that broke my left tibia and ankle. This occurred as I was walking through the cross walk and was lucky enough to jump up before being struck. The driver took off and was never found. They ran through a stop sign & were on their cell phone. So the KARC article a few months ago on running safety was right on the money!

This summer I joined KARC and I love the community of runners and the adventures we get to experience together.



This past September, I was able to Boston Qualify with a 3:09.

My most recent race was the Houston Half in Oct. with a time of 1:27:51sec.

I like to listen to runners' stories and to know a person's "why" for running. Everyone has their own things they are going through and people's stories are amazing.

My why is that running is a place to get away, meet similar people, that runner's high and the peacefulness of a run. Also, I enjoy the great running community we have here at KARC and running lets me eat pretty much what I want (just ate a bag of Reese's).

Running is my favorite form of exercise due to its simplicity. You don't need any fancy gear, you just need heart and some luck to stay injury free.

Some of my favorites:

Shoes: Hoka

Running Fuel: Bag of Bagels, GU gel & stout beer (post)

Distance Run:  $\frac{1}{2}$  marathons

Favorite Candy: Reese's

Coffee: Any coffee & bullet proof coffee.

Looking forward to: Beer mile race that's being planned by Matthew Hess and wondering if the Canadians are going to defend their title "Calum Neff" lol.

Common things I say: "You know what I mean" and "oh golly".

Greatest Gift: Someone's time, we only have so much of it.

If I were to describe myself it would be: Blessed.

Greatest Title: Dad





July 2017 with my son Kane.

#### Upcoming Marathons:

Woodlands Marathon - Team - Kale Stinks

Houston Marathon in Jan 2018

TIR 2018

Boston Marathon in April 2018

You will probably notice that my sleeves are missing from most of my running shirts and it's all those pit stops where they end up MIA. ☺

See you on the trail or next to it.

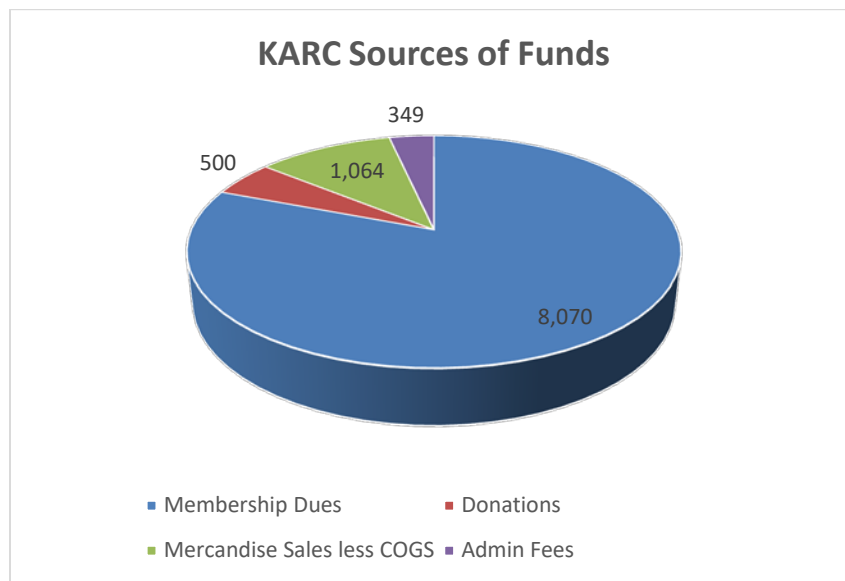
Cheers, Chris

## Club Finance Report

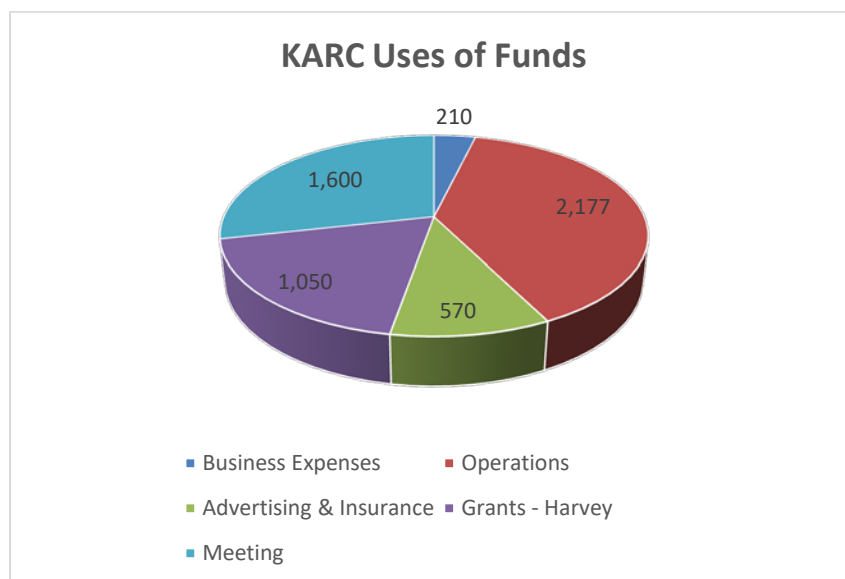
This year KARC had two big financial concerns. The first was, and always will be, the operation of the Club. The second was the Back to School 5k. Each of these took in and spent money. Our Club Treasurer, Gary Sullivan, did a masterful job at



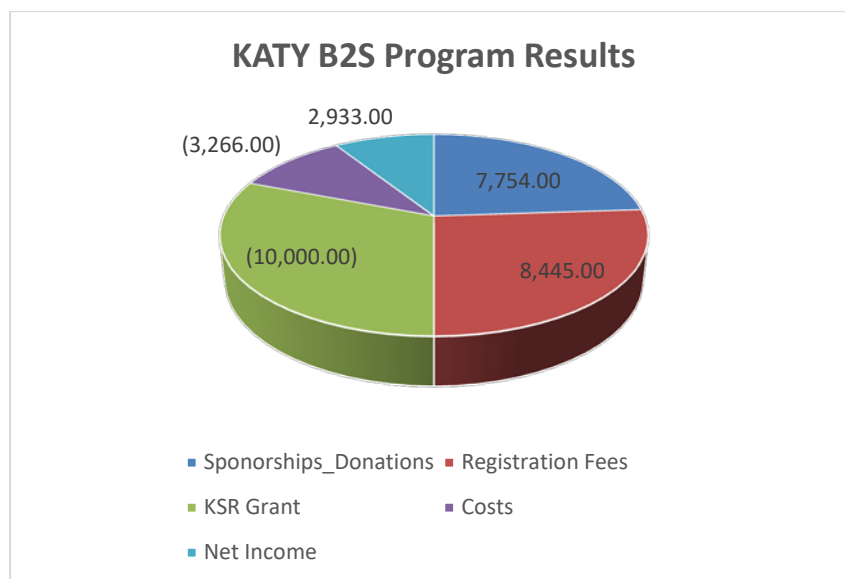
keeping these two things financially separated. So, the first thing I'll discuss is the Club operation.



The chart above shows from where KARC has received its monies. The bulk of the funds come from your membership fees. With 270 members this actually makes an impressive total. The next biggest contribution is \$1064 and comes from sales of Club shirts. We've sold a lot of shirts this year! You'll also notice that we received a \$500 donation. This came from one generous individual - not a member - who wanted to help our flooded members. The Administrative Fees come from the electronic payments we receive and the financial organizations who handle those.



So, where does that money go? The above chart gives a summary of the Club's expenses. The biggest part of our expenses is grouped into Operations. Importantly, that includes our annual membership fee to RRCA. In addition, it includes equipment expenditures like our club tent and the coolers and the goodies we supply for the KARC in the Park events (which generally run around \$200 - \$300 for each event). The Advertising and Insurance is mostly insurance and that payment goes to RRCA. A lot of times we wonder about insurance and if it's worth the cost. But, in our view, it certainly is an essential protection for the Club. In fact, we did put in a claim this year to help with the medical expenses of one of our members who was seriously injured on a group run. The advertising cost is a couple hundred dollars we spent on the nice club postcards you've seen in race packets. You will also see an item called Meeting. That's the way we've coded the Club's expense for the Holiday Party! And, that's just part of what we'll spend on that event as you'll see in the next section. The Grants - Harvey item is the money the club will donate to the flooded members. It's not a lot considering the significant loss suffered by those members. But, we really wanted to do something in addition even to the already mentioned donation we received. Business expenses are things like website costs, copies, software license costs, etc.



The second big item is the Back to School 5k. This was a significant financial event. Our goal at the outset was to raise money for a local charity. During the formative discussions about the race we settled on the Katy Students Run program as the sole

charity recipient. As you can see from the chart above a significant amount of money was received in the form of both registration fees and sponsorships & donations. This went back out as expenses (i.e., the "Cost" slice), the biggest one being purchase of the race shirts. But, other things like promotional fliers and cards and listing of the race in the Texas Runner and Triathlete publication were also part of that. If the race had been held there would have been another \$2000 or so that would have been spent on police, porta-potties, chip installation, awards, cones, etc. In the end we were able to make the \$10,000 grant to KSR, though. That left just under \$3000, the "Net Income" to the Club. This is earmarked for the Holiday Party (remember I said that we'd spend more than the \$1600 from the normal Club finances).

With all that, we hope to go into the New Year with a few thousand dollars in the bank. We'll need a good chunk of that for our RRCA membership and insurance payment in January. That cost will pretty much double over 2017's since the size of the Club has doubled and the cost is based on the number of household members in the Club.

We hope that this level of transparency into the Club finances is of interest to you and that you agree that your Board is being responsible with the monies entrusted to them.

## 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

It was time for another KARC in the Park. On November 4<sup>th</sup> members met after our long run at the CopShop. It was a good time to catch up with friends. Members enjoyed the camaraderie and swapped stories about the horrid weather condition of the day's run, the great weather conditions of the Houston Half Marathon and stories about our recent races at the Bridge Series and others. If you missed this one then just wait. Another will come around soon enough. Run, Socialize, Connect, Repeat!

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

Race season is in full swing now. In fact, it's become hard to keep track of all your results! Keep running. Keep sharing. You're motivating and inspiring us all.

October 20 - 22<sup>nd</sup> - [Endless Mile 48hr Endurance Run](#) - Alabaster, AL  
Nicole Berglund 103.2 miles





Always smiling - Nicole celebrates completion of the  
Endless Mile 48hr endurance run (photo courtesy  
Nicole Berglund)

October 20-21<sup>st</sup> - [Texas Hill Country Ragnar](#) - Flat Rock Ranch, San Antonio, TX  
Jen Ingram 25:41:55 No Staples (3<sup>rd</sup> in Division, 4  
person ultra runner team, 31 mile/runner)

October 21<sup>st</sup> - [CASA Super Hero Run 5k](#) - Houston, TX  
Edward Moncur 19:39 (3<sup>rd</sup> overall, 1<sup>st</sup> AG)

October 22<sup>nd</sup> - [Marine Corps Marathon](#) - Arlington, VA  
Jennifer Lightsey 5:36:17  
Bryan Lightsey 5:36:17  
Norma Scott 5:12:47  
Lillian Wanjagi 5:49:08  
Joshua Manning 4:49:00



Mission accomplished! - Norma Scott, Josh Manning and Lillian Wanjagi, and Jennifer and Bryan Lightsey represent KARC at the Marine Corps Marathon (clockwise from top, photos courtesy of Norma, Lillian, and Jennifer, respectively)

October 22<sup>nd</sup> - [Bridge Series - Toughest 10k](#) - Galveston, TX

Tammy Bearden	1:42:00
Cindy Davis	1:34:34
Lisa Lowrey	1:24:59
Marah Retherford	56:06
Jill Seltzer	1:34:51
Bronwyn Turner	1:34:53
Pamela Wilmon	1:16:09 (1 <sup>st</sup> AG)



The Three Amigas (Bronwyn, Cindy, Jill)  
run again and again! (photo courtesy  
Cindy Davis)

Lisa Lowrey and Pamela Wilmon at the  
Bridge Series - Galveston (photo courtesy  
Pamela Wilmon)

October 25<sup>th</sup> - [Corporate 5k](#) - Houston, TX  
Mark Darnell 28:44

October 28<sup>th</sup> - [Monster Mash 10k/5k](#) - Karbach Brewery, Houston, TX

Cindy Davis	41:43 (5k)
Tim Goedeker	58:57 (10k)
Nancy Holcomb	46:52 (5k, 2 <sup>nd</sup> AG)
Jill Seltzer	41:43 (5k, 3 <sup>rd</sup> in AG)





Jill Seltzer is mugged by some kind of giant lizard while on the podium at the Monster Mash (photo courtesy Cindy Davis)

October 28<sup>th</sup> - [Corner Store 5k](#) - Katy, TX

Lynn Furman	38:44 (1 <sup>st</sup> AG)
Bob Furman	28:16 (1 <sup>st</sup> AG)



Winner, winner, chicken dinner - Lynn and Bob show off their hardware (photo courtesy Lynn Furman)



October 29<sup>th</sup> - [Austin Ironman 70.3](#) - Austin, TX

Joe Wilkinson

6:40:35 Overall

38:12 Swim (1.2 miles)

3:07:19 Bike (56 miles)

2:34:08 Run (13.1 miles)

October 29<sup>th</sup> - [Houston Half Marathon and 10k](#) - Houston, TX

*Half Marathon:*

Curtis Albitz	1:48:36	Candace Massengill	2:29:31
Merry Armentrout	1:42:44	Holly Mayson	2:58:11
Jennifer Bernard	2:40:38	Khurram Mir	1:39:48
Steve Brammer	1:37:32 (3 <sup>rd</sup> in AG)	Richard Nicholls	1:40:58
Stephen Brassette	1:49:39	Antonio Orendain	2:33:51
Rosana Bryant	2:31:48	Arpad Ozsdolay	2:05:18
Dana Cashman	2:34:38	Lisa Ozsdolay	2:01:34
Gordon Christie	1:42:34	Natalie Perry	1:43:11
Nakia Coy	2:26:22	Craig Prevallet	1:37:45
Mark Darnell	2:13:41	Arturo Reyes	1:54:26
Josie Deckelman	2:19:05	Jenn Rienstra	2:32:08
Susan Freeman	1:42:54	Josh Ring	1:34:31
Lynn Furman	3:31:12	Michael Roberts	1:40:45
Robert Furman	2:19:56	Neil Ruocco	1:34:14 (NYCM Qualifier)
Kristie Green	3:16:04	Rosa Seymour	2:59:32
Heather Gustafson	2:39:47	Ben Shepherd	1:39:59
Kathleen Hanson	2:27:57	Danny Skinner	2:45:33
Angie Hartwell	2:15:02	Toni Smith	2:06:06
Rowena Hay	2:01:52	Lisa Stine	2:28:45
Matthew Hess	1:49:39	Chris Strohman	1:27:51
Dana Hill	2:57:38	David Thurman	2:58:09
Torrey Kramer	2:34:37	Curtis Turner	1:23:35
Zhanqing Li	1:35:13 (2 <sup>nd</sup> in AG)	Paul Van Helmond	2:10:58
Maria Mainieri	2:05:37 (PR)	Lilian Wanjagi	2:22:06
Joshua Manning	2:02:57	Pamela Willmon	2:39:16 (1 <sup>st</sup> in AG)
Mike Masse	1:53:07		
Rebecca Masse	2:39:11		

10K:

Michelle Blackman	1:36:51	Beverly Marshall	1:27:25
Marjorie Broussard	55:25	Suzanne McLean	1:05:19
Cindy Davis	1:26:35	Emma Millar	51:52 (3 <sup>rd</sup> in AG)
Brenda Davis	1:07:25	Ed Moncur	43:03 (2 <sup>nd</sup> in AG)
Melissa Garcia	55:25	Jill Seltzer	1:26:44
Nancy Holcomb	1:36:42 (1 <sup>st</sup> in AG)	Rebekah Swick	1:39:01
Shannon Horner	1:45:10	Bronwyn Turner	1:26:43
Carletta Lloyd	1:52:22	Deborah Vazquez	1:38:15
		Jocelyn Williams	1:19:03



Happy KARC members after a really fine Houston Half Marathon.



More happy KARC members - these have beer.



The Three Amigas (Jill, Bronwyn, Cindy) run again.





Antonio, Jenn and Doug (on duty and making us safe)



Brenda at the KARC tent.





By Michelle

Hey, where'd Bronwyn go?



By Michelle

By Michelle

Edward Moncur and Susan Freeman run to the finish.



Marjorie and Melissa sporting tutus (red and blue) and approaching the finish.

October 29<sup>th</sup> - [Katy Triathlon](#) (500m S/14.8mile B/3 mile R) -Katy, TX

Lisa Baudoin

2:01:18 Overall

12:24 Swim

1:02:43 Bike

36:11 Run



Lisa Baudoin finishes the Katy Triathlon (photo courtesy Buddy Baudoin)

November 4-5<sup>th</sup> - [Disney Wine and Dine Half Marathon and 10k](#) - Disney World, Orlando, FL

Rosana Bryant

1:13:53 (10k)

3:17:31 (Half Marathon)

Maria Mainieri

1:13:53 (10k)

2:20:23 (Half Marathon)



Rosana and Maria visit with the host and hostess (photo courtesy Rosana Bryant)

November 4-5<sup>th</sup> - [McDowell Mountain Ragnar](#) - Scottsdale, AZ

Jen Ingram

20:40:46 Dough Seckis Loggers (1<sup>st</sup> in Division, 4 person ultra runner team, 31 miles/runner)

November 5<sup>th</sup> - [Texas 10 \(10 miles/5miles\)](#) - Katy, TX

Merry Armentrout

1:17:23 (1<sup>st</sup> AG, 10 miles)

Melissa Benjamin

1:36:13 (10 miles)

Lynn Furman

1:10:27 (2<sup>nd</sup>, 5 miles)

Bob Furman

1:48:55 (3<sup>rd</sup> AG, 10 miles)



Charlotte Harris	1:18:15 (1 <sup>st</sup> AG, 10 miles)
Angie Hartwell	1:45:33 (10 miles)
Nancy Holcomb	1:15:09 (3 <sup>rd</sup> AG, 5 miles)
Josh Manning	1:32:51 (10 miles)
Beverly Marshall	1:32:36 (10 miles)
Mike Roberts	1:17:46 (1 <sup>st</sup> AG, 10 miles)
Lillian Wanjagi	53:00 (5 miles)
Jocelyn Williams	2:10:36 (10 miles)



Mike Roberts on the podium at the Texas 10 (photo courtesy Mike Roberts)





Beverly Marshall at the finish of the Texas 10 Katy (photo courtesy Beverly Marshall)

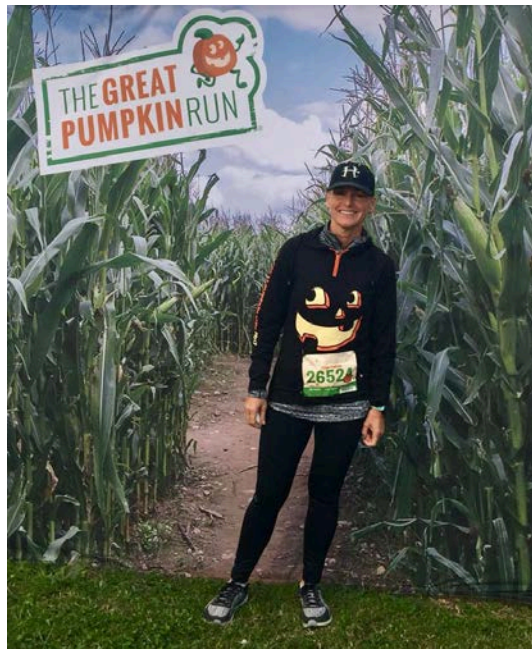
November 11<sup>th</sup> - [The Great Pumpkin Run](#) 5k - La Grange, TX

Brenda Davis

35:07

Tina Seaman

1:01:16



Brenda in the Pumpkin Patch

November 11<sup>th</sup> - [9/11 Hero's Run, Travis Manion Foundation 5k](#) - Houston, TX

Lynette Coles	46:02
Tina Drewke	33:30
Doug Griffith	26:45

November 11<sup>th</sup> - [Rock 'n Roll Marathon/Half Marathon/5k](#) - Las Vegas, NV

Rosa Christie	3:35:54 (Half Marathon)
Gordon Christie	3:47:05 (Marathon)
Lynn Furman	44:19 (5k)
	3:42:57 (Half Marathon)
Bob Furman	44:20 (5k)
	5:00:36 (Marathon)
Shannon Horner	54:26 (5k)
	3:49:07 (Half Marathon)
Josh Ring	20:14 (5k)
	1:40:14 (Half Marathon)



Lynn and Bob say what happens in Vegas stays in Vegas - except for race results (photo courtesy Lynn Furman)

November 11 - 12<sup>th</sup> - [NJ Trail Series One Day \(24 hour run\)](#) - Sussex County Fairgrounds, Augusta, NJ

Nicole Berglund 40 miles in 11:55

November 12<sup>th</sup> - [Cypress Half Marathon/5k](#) - Cypress, TX

Toni Benavides	51:21 (5k)
Caryl Coronis	52:08 (5k)
Yan Liu	1:49:15
Mike Roberts	1:39: 24 (PR)
Lillian "Ruthie" Wanjagi	2:21:49



The Joy of Running - by Lillian Wanjagi  
(photo courtesy Lillian)

November 12<sup>th</sup> - [Tejas Trails Trivium Road Race](#) - Marble Falls, TX

Anne Damiecka	1:59:14 (1 <sup>st</sup> Women Masters, Half Marathon)
Josie Deckelman	1:05:28 (2 <sup>nd</sup> AG, 10k)
Wendy Klatt	1:00:30 (3 <sup>rd</sup> AG, 10k)



Josie, Wendy and Anne enjoy the finish of the Tejas Trails Trivium Road Race (photo courtesy Josie)

November 12<sup>th</sup> - [Franklin Mountains Trail Run](#) - El Paso, TX  
 Josh Manning 3:37:51 (half marathon)



Josh Manning on top of the Franklin Mountains (photo courtesy Josh)

## Area Running News

The Good Times Running Company is open!





Not only will they sell you some shoes and gu's - they'll keep the coffee warm for you as you run the 5am Bagel Run on Thursdays. Stop in and tell them how much you appreciate them! And, if you signed up for our late, great Back to School 5k and haven't yet picked up your shirt (and hadn't designated it to be donated) then go by GTRC and ask for it. They've got 'em.

## 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](http://www.KatyAreaRunningClub.com).

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

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

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

**December 6<sup>th</sup> - KARC Holiday Party** - 6:30pm, Golf Club at Cinco Ranch. The  
deadline for signing up is November 26<sup>th</sup>. Members can sign up [here](#). Guests  
of members can sign up [here](#).

**December 10<sup>th</sup> - Fort Bend Kia 30k** - Sugar Land, TX - race info and  
registration [here](#).

**December 16<sup>th</sup> - 12K of Christmas** - Houston, TX - race info and  
registration [here](#).

**January 1<sup>st</sup> - Metal Saw Texas Marathon** - Humble, TX - race info and  
registration [here](#).

**January 13<sup>th</sup> - ABB 5k** - Houston, TX - race info and registration [here](#).

**January 14<sup>th</sup> - Chevron Houston Marathon and Aramco Half Marathon** -  
race info [here](#).

**February 18<sup>th</sup> - Austin Marathon** - Austin, TX - race info and registration  
[here](#).

**February 24<sup>th</sup> - Surfside Beach Marathon** - Surfside Beach, TX - race info  
and registration [here](#).

**March 24-25<sup>th</sup> - Texas Independence Relay** - Gonzales to San Jacinto, TX -  
race info and registration [here](#).