



March 15, 2018

Volume 3, Number 3

From the President's Desk

Spring weather comes in short bursts between winter and summer here in Katy. We had one of those glorious spring days yesterday for our 3rd annual Pi Day Challenge. It was clear that all of those who came out for the fun had a good time and even a few went home with prizes. More on that later.

So, what's next on our social calendar? We'll have our next KARC in the Park on March 31st after our Saturday morning run from the CopShop. As always, the club will be providing coffee and kolaches and your fellow club members are guaranteed to bring plenty of other goodies to share. Who knows? There might even be door prizes. Come on out for that one. It's always a good time to catch up with other club members who you might not always see because of differing paces and/or distances.

The Bayou City Classic 10k and 5k is this weekend! KARC has made its presence known there each year since the inception of the club. You'll find several of us there under the club tent. It's a great race and it brings out all the local clubs since it's one of the HARRA spring series races. If you place in your age group you'll earn points toward the HARRA runner of the year award (provided you're a HARRA member) and the club will double dip on your achievement in that regard since we get points, too. If you're not a member of HARRA I encourage you to consider becoming one. They do a lot for the local running community. You can find more about HARRA [here](#). And, there's still time to register for the Bayou City Classic. You can do that [here](#).

On April 14th the Tomkins HS Future Farmers of America organization will again host the Cow Patty Classic 10k and 5k. They've had really nice age group awards in the past years and, fingers crossed, they'll have them again. The Gotta Run group comes out for this race, too. Between KARC and Gotta Run and the students, friends and family of the Tomkins HS FFA program our local community is well

represented. It's a small race and a good one to consider doing if you've never pinned on a race bib before. You can register for either the 5k or the 10k [here](#).

Remember to regularly check our Upcoming Events section at the end of this newsletter. If you haven't ventured that far in the newsletter give it a go. You'll find a listing of social events and races that have been of interest to members of the club as well as ones we think might be of interest - as well as any club "focus races". There's usually a link to the race and/or registration site, too. We hope you'll use that as a time saving tool to find your upcoming events.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

Our training guru, Rick Bozanich, has been called away to California this week. So, I'm going to drop in an article from days gone by that I wrote when I was coaching. Hopefully, it hasn't "aged" too much and is thought provoking and helpful.

I'm just finishing a book by Bill Rodgers called *Marathon Man*. It tells the story of his first victory at the Boston Marathon in 1975 and it's a fascinating read. While that race is the backdrop to the story, the book really tells us who Billy is through a series of anecdotes about his life leading up to the race. In this book you really get to know the spirit of Boston Billy, one of the greatest distance runners of all time. It's clear in every word he writes that running has been and is the driving passion in his life. He was lucky. He had a rare physical gift that allowed him to compete at the highest level. But, the thing that propelled him and kept him focused on continuation of his running life was his rejection of conformity. In the 70's running was an oddity. It is even now to some extent. When we see a high school or college student who takes competitive running as their main focus we ask "why?" Don't they have other things to focus on like classes and their upcoming career and maybe a relationship? And yet, some of them choose not to conform to society (and parental) pressure. For them, the run is the thing. For some of them, local, regional, and national championships are to be had. But, not for most. Yet, they run. For us, we get questions from our friends and family about why so long, why so early. Bill Rodgers was one of the pioneers in the American road running

tradition and for him it paid off. He won both the Boston Marathon and the New York Marathon four times and today still is a great spokesman for our sport.

All of this makes me think of us. Here we are banding together on early Saturday mornings and dashing off from work to forgo family and dinner on weekday nights to get our training runs in. Why? What's your story? What is it that causes you to lace up your shoes and run for hours in the heat and the rain (and later, the cold)? I think it's fair to say that we've all experienced that quizzical look from family, friends and colleagues when we explain that we run dozens of miles each week ... for fun! Why do I run? For me, there are many reasons. I enjoy long, slow runs. I enjoy being outside and seeing, hearing and smelling the great outdoors. I really enjoy the people I know in the running community. I really like that running is something my wife and I can do together. Running is also a great social equalizer that brings together folks from all walks of life. I've loved my running groups. I enjoy the competition of road racing - though, my expectations of my performance are not high and I no longer push myself to meet stretch time goals. All of this and more brings me out on the run.

If you've never introspectively examined the reasons you run then now might be a good time to do it. Of course, I can only encourage you that you've chosen the right path. I'm not here to cause you to question your motivation. I'm simply urging you to find the underlying things that bring you out on the run each day. Today, those motivators may be different than they were last month, or last year, or even 10 years ago. Whatever they are, embrace them as your *raison d'être* whenever you're in your running shoes!

Mike Masse

New Members

Please join me in extending a warm welcome to our new members: Martha Moore, Esther Dela Cruz, Matt Foreman, Nicole Zucker, Les Roberson and Michelle Lloyd.

Member Profile

This month Nancy Gibbs tells us about her running journey. It's a great story of motivation and perseverance. Nancy seems to feel that being a chatty runner is a bad thing (the evil influences of Active.com polls, I suppose). I can only speak for myself. But, I happen to like chatty runners. I love to hear

whatever y'all have to say on the run. And, the more chatty the better. That way I don't have to do the talking. I need every breath I can get just for running!

Here's Nancy's Story...

When Active.com put out that article "The 15 Most Annoying Types of Runners" I clicked with anticipation... and then I read number one: The Chatty Runner. I scrolled through and thought for sure there would be a picture of me... Nancy Gibbs. I am the number one most annoying type of runner... chatty.

My running career is relatively short. I was one of those "if you see me running then someone is chasing me" types. I used to read magazines and eat chocolate ice cream while my husband laced up and stretched before heading out for a run. When asked if I'd like to join him, I said "Nahhhh... I'm good. Is there any more ice cream?"

Then one day I was home for another one of those L-O-N-G days with my two little ones (they were 2 and 4 years old). It was a long day. My husband got home and I headed out the door. I didn't really know where I was going or what I was going to do.

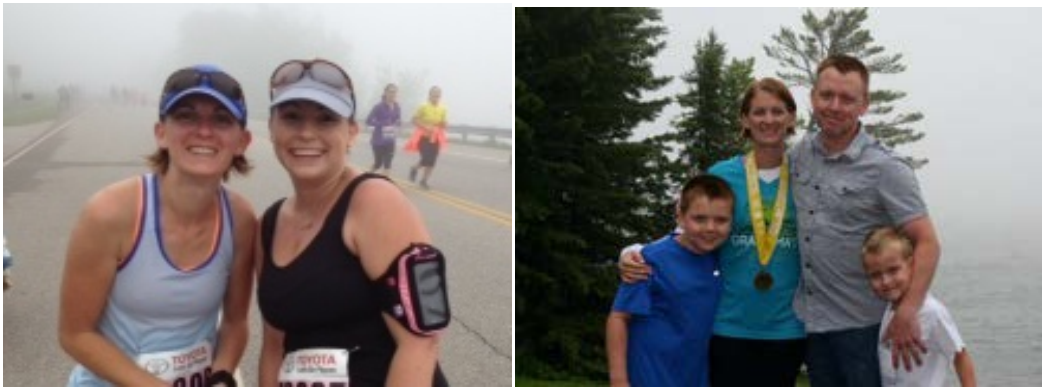
I ran.

The next day I did it again. I ran.

Then I thought, "Well, if I'm going to do this, I definitely need some proper shoes." I went to Luke's Locker where my new friend Nick helped me. I was embarrassed because here I was in a running store and I was NOT a runner. I told him I had only run about 3 blocks and he said, "You gotta start somewhere."

Here I am ... 9 years later ... with a bunch of medals clanging together in the closet and many race shirts in the drawer... but I feel like my runner profile is best summed up by the three marathons I completed.

1) Grandma's Marathon, Duluth Minnesota, 2013. I was born and raised in Minnesota. The Grandma's Marathon is a big deal. After I had completed a handful of half-marathons, I decided I wanted to do a marathon that would be meaningful to me. What's better than getting to go home? So, I asked my friend Danielle (whom I had just met but I knew was a runner) if she would do it with me. She hesitated but couldn't come up with an excuse fast enough, so she said yes. We trained on our own because Grandma's Marathon is in June and no running clubs want to do 21 miles in Houston in May... so, our husbands and children took on run support. They found us out on our routes and filled our waters and gave appropriate hugs and "high-fives." We became the best of friends and learned all there is to know about one another (see first paragraph). I also learned IT Band syndrome is real. And sucks. Race day was crazy. I had sold Danielle on the race by explaining that it was on the scenic drive of the North Shore of Lake Superior... imagine blue sky, lake breezes, woods on one side, lake on the other, perfect temps... Well, it was cold. And foggy. And rainy. And we couldn't see the lake even though we were close enough to fall into it. Did I mention cold? And we had been training in May and June in HOUSTON! We finished the race. It was the first marathon for both of us. I cried.



2) Chevron Houston Marathon 2017. I really didn't think I would ever do another marathon. There are so many reasons not to do it. I won't list them for you, you know what they are. Anyway, I was turning 40 and feeling like I needed to prove something. To whom? Me? Maybe me. Probably me. So, anyway I trained with Danielle and 'another local run club'. I met some great people, made some new friends, and everything was fine. Then race day. Many of you were there. It was brutal. Hot, raining, hot, raining again. I was falling

apart. At mile 14 it felt like someone clubbed me in the knee. IT Band. Damn. It's back. So... with another 12.2 miles to go it started getting in my head. At mile 16 I begged my sons and husband to take me home. (I got a solid pep talk from my then 9 -year old). I cried. I limped. I stopped at the medical tent to ask if the sag wagon would come and pick me up if I waited there. Danielle pulled me along. Around mile 22 the medics on bikes started circling me and asking if I was ok. Danielle shoo'ed them away. She could have gone on without me and had a great race, but she stayed with me (later she told me she was afraid I would hitch a ride with someone if she left me). At mile 23 I remembered the ice cream sandwiches. HEB will be there with a nice cold ice cream sandwich!! I wanted an ice cream sandwich. I could do it. So I finished. I can say that I barely finished. I hurried (hobbled) to the HEB truck and it was closed. CLOSED!!!! I asked the nice lady in the HEB shirt for an ice cream sandwich, and she said, "Oh, those have been gone for a LONG time." I cried. No, I sobbed. I mean, really. So we found my family. And I cried some more. Then we headed back to the hotel. I limped. I cried. I said never again.

So, I said my story is 3 marathons, so you know I did it again. I first need to tell you why.

I did it for my kids (Evan and Michael). Because life is hard and it hurts sometimes. And I could not let them see me give something up after it was hard.

I did it for my husband (Cullen). Because his face was full of worry. I knew he was scared for me. I knew that he thought there was a chance I would not make it.

And I did it for me. Because I love running. And I did NOT love running that day. I could not have my "last" race be one that I did not love.



3) Chevron Houston Marathon 2018. So here we are. My third and final (??) marathon. I trained with KARC and had so much fun with a lovely group of running buddies! I can easily say this was physically the best training season I have ever had. I felt so ready. I ran 19, 19, and then 21 and felt GREAT! Then we had our first taper run. 16 miles. And something happened. I felt like I stepped on a rock, but I didn't. I kept running but something was wrong. Because I'm stubborn and possibly a bit un-smart, I kept running on it. It didn't get better. Finally, it was days before the race and I was in a panic. I made an appointment with a sports medicine doctor and when she introduced herself I started with, "I'm not even sure whether I want to hear that I CAN or CAN'T run this race." Diagnosis: sprained ankle. She told me flatly that I could run the race, but no doubt it was going to "hurt like hell." So, there you have it. I'm running this race. In training, I ran the majority of the long runs with Jenn Rienstra and we decided to try to stick together on race day. Wow, what a beautiful day it was. The weather was perfect! Well, maybe a bit too cold at the start. I'm from Minnesota but I still prefer running with feeling in all extremities. Jenn will tell you that I was chatty as usual, but my topics were very limited: "It hurts right now." ... "It doesn't hurt right now." When we saw my family (four times by the way - they are spectating champions!) my

younger son was shocked to see me smiling! "Mom, you're not crying! You're not crying?" My older son had his hands full and offering anything we might need to keep going (bandaids, biofreeze, shot blocks, pretzels). My husband beamed with pride and I choked up. (I choked up writing that sentence just now). When we got to mile 20 and I knew that not only was I going to finish - I was going to PR - on a sprained ankle no less - I choked up again. I knew my family was going to be so proud of me. And you know what else? I was going to get a damn ice cream sandwich. It tasted so good.



So there you have it. That's Runner Nancy Gibbs in summary. I'm not sure what's next for me but it's certainly going to involve KARC. And with that said, you're more than likely to hear me talking about it (see first paragraph).

Nancy Gibbs

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

What a fun time! Just around 30 members of the club took advantage of the offer of free wine & beer, free pizza, 20% GTRC discount, door prizes and an informative talk at the club's reinstituted running store social event. It was the KARC After Dark and it was held on February 22nd at Good Times Running Company in The Villagio. Kelly Ramey, the founder and organizer of The [Houston Wellness Project](#), came and talked to the club about her organization and the free 5k's they offer monthly in George Bush Park (and in The Heights along White Oak Bayou if you don't mind driving a bit further). If you missed this one be on the lookout for our next one. We'll hold one each calendar quarter - so, figure on another in May. Oh, and considering the freebies, the

offered discounts, and the door prizes you might even recoup your entire membership fee in one night! What's not to like?



And then there was Pi Day! What fun! We had more than 40 members participate in our 3rd annual Pi Day Challenge. We had beautiful weather, a really nice 3.14 mile run, plenty of pizza (pie!) and some prizes. What a nice way to cap off a gorgeous spring break day.



KARC on the hill



Mike with the winners of the \$10 Proud Pie gift cards: Henry Rienstra, Kyle Priest, James Ingram



The pre-run briefing



The post-run pizza



Sarah and Andrea



KARC on the run

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

With so many half marathons, 10ks, 5ks, and trail races happening in the spring it's hard for me to keep up! Some of you have been sending your race results to me and I really appreciate that. It makes things easier. Some of you post to Facebook and if you're wearing your KARC shirt it catches my eye and I'm likely to make note of it. Keep sharing your results. They're an inspiration to us all!

February 17th - [Love Run Half Marathon](#) - Huntsville, TX
Lisa Ozsdolay 2:25:41 (1st in AG)

February 17th - [Steps for Students 5k](#) - Houston, TX
Delia Salinas 28:55

February 17th - [Law Week 8k](#) - Houston, TX
Kim McClintic 46:11
Pamela Willmon 58:26 (1st in AG)

February 17th - [Lake Houston Bridgefest 5k](#) - Kingwood, TX
Joel Davis 18:58 (1st in AG)
Khurram Mir 22:03 (3rd in AG)



February 24th - [Conoco Phillips Rodeo Run 10k/5k](#) - Houston, TX

10k

| | |
|-------------------|-------------------------------|
| Melissa Benjamin | 1:17:18 |
| Mark Darnell | 59:36 |
| Deidre Echols | 1:13:39 |
| Eirin Ekeberg | 51:39 (1 st in AG) |
| Dana Hill | 1:09:19 |
| Chao Li | 46:45 |
| Deborah Pirruccio | 49:36 |
| John Saunders | 1:08:19 |
| Norma Scott | 1:06:05 |
| Ross Vandrey | 43:07 (3 rd in AG) |

5k

| | |
|-------------------|-------|
| Michelle Blackman | 52:48 |
| Caryl Coronis | 55:36 |

| | |
|----------------|-------------------------------|
| Mike Healey | 22:07 (3 rd in AG) |
| Colleen Saltus | 51:28 |
| Tina Seaman | 49:43 |
| Jill Seltzer | 51:19 |
| Jane Wallace | 55:46 |



Deidre after her 10k finish (photo courtesy Deidre Echols)

February 24th - [Jailbreak Half Marathon](#) - Baytown, TX

| | |
|------------------|---------------------------------|
| Holly Mayson | 2:59:47 |
| David Thurman | 2:59:50 |
| Jocelyn Williams | 2:46:56 |
| Pamela Willmon | 2:57:05 (2 nd in AG) |



David and Holly proudly representing the club at the Jailbreak Half Marathon (photo courtesy David Thurman)



Pamela and Jocelyn hefting heavy finisher medals (photo courtesy Joceyln Williams)

February 24th - [Jackalope Jam Trail Race \(100k\)](#) - Cat Spring, TX

| | |
|-----------------|--|
| Nicole Berglund | 30:46:42 (100k) |
| Kim Johnson | 46 miles/12 hours (1 st Ladies Masters) |
| Dana Cashman | (volunteering) |
| Dave Tomfohrde | (volunteering) |



Nicole with her 100k belt buckle (photo courtesy Nicole Berglund).



Kim with her 1st place Masters award (photo courtesy Nicole Berglund)



Dave, Dana and friend at the Jackalope aid station (photo courtesy Dave Tomfohrde)

February 25th - [Cow Town Marathon/Half Marathon](#) - Fort Worth, TX

| | |
|------------------|-----------------------------------|
| Jennifer Bernard | 2:25:57 (half marathon) |
| Lynn Furman | 41:44 (5k) |
| | 3:37:26 (half marathon) |
| Bob Furman | 30:33 (3 rd in AG, 5k) |
| | 5:21:39 (marathon) |

March 3rd - [The Woodlands Marathon/Half Marathon/5k](#) - The Woodlands, TX

Marathon

| | |
|--------------|---------|
| Rafael Brazo | 4:28:13 |
| Bob Furman | 5:43:09 |
| Mike Roberts | 4:35:15 |

Marathon Relay

| | |
|------------------|-------------------------------|
| TBC - 4 | 1 st 4-Person Coed |
| James Ingram | (3:12:33) |
| Richard Nicholls | |
| Craig Prevallet | |
| Natalie Shelton | |

| | |
|----------------------|-------------------------------|
| Kale Stinks | 2 nd 4-Person Coed |
| Marjorie Broussard | (3:15:59) |
| Edward Moncur | |
| Neil Ruocco | |
| Christopher Strohman | |

| | |
|-----------------------|--|
| Dude, Where's the End | 2 nd Male Masters, 4-Person |
| Adam Hunt | |
| (and friends) | |

| | |
|---------------------------------|--|
| The Orendain Crew | |
| Antonio Orendain | |
| Jenn Rienstra | |
| (Alexandra Orendain and friend) | |

Half Marathon

| | |
|-------------------|---------------------------------|
| Curtis Albitz | 1:56:54 |
| Jennifer Chandler | 2:18:59 |
| Coby Dycus | 2:50:41 |
| Cathy Harris | 2:38:22 (1 st in AG) |
| Dana Hill | 2:34:32 |
| Nancy Holcomb | 3:30:25 |
| Chrysta Lloyd | 2:50:31 |
| Jocelyn Williams | 2:50:37 |

5k

| | |
|-----------------|-------------------------------|
| Suzzane Cook | 41:41 |
| Sonia Dhodapkar | 22:47 (Ladies Masters Winner) |
| Lynn Furman | 41:21 (1 st in AG) |



Team TBC-4 (Natalie is missing from pic) (photo credit: Neil Ruocco)



Chrysta, Jocelyn and Coby (photo courtesy Jocelyn Williams)



Lynn greets Bob in the marathon finishers' chute (photo courtesy Lynn Furman)

March 4th - Rock 'n Roll Marathon/Half Marathon - New Orleans, LA
 Tim Goedeker 2:08:42



Tim and friend - top fundraisers for the Crohns & Colitis Foundation

March 4th - [Little Rock Marathon/Half Marathon/5k](#) - Little Rock, AR

Tina Seaman

54:09 (5k)

4:20:48 (half marathon)



Does the cow really know that Tina means "eat beef"?

(Photo courtesy Tina Seaman)

March 4th - [Newport News One City Marathon](#) - Newport News, VA

Delton Friedman

3:47:04

March 10th - [Zooma Run Texas](#) - Half Marathon - Bastrop, TX

Susan Freeman

1:54:35 (1st in AG)

March 10th - [Crazy Desert Trail Race](#) - Half Marathon - San Angelo, TX

Anne Damiecka

2:21:35

Joshua Manning

2:33:01

March 11th - [Amazing Half Marathon/10k/5k](#) - Baton, Rouge, LA

Lynn Furman

40:43 (1st in AG, 5k)

1:36:53 (1st in AG, 10k)

Bob Furman

30:21 (3rd in AG, 5k)

2:26:50 (2nd in AG, half marathon)

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.

March 17th - Bayou City Classic 10k and 5k - City Hall, Houston, TX - race info and registration [here](#).

March 24th - San Felipe Shootout (13.1M + 10k + 5k) - SFA State Park, Sealy, TX - race and registration info [here](#).

March 24th - Run Houston! (10k/5k) - Minute Maid Park, Houston, TX - race and registration info [here](#).

March 24-25th - Texas Independence Relay - Gonzales to Houston, TX - race info and registration [here](#).

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

March 31st - KARC in the PARK - Sergeant Hatch Sports Park Gazebo (aka the CopShop)

April 7th - Brazos Bend 50 (100k, 50M, 50k, 25k, 10k, 5k) - Brazos Bend State Park, Needville, TX - race and registration info [here](#).

April 14th - Cow Patty Classic 10k/5k - Tompkins High School, Katy, TX - race and registration info [here](#).

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](#).