



February 15, 2017

Volume 2, Number 2

From the President's Desk

One of the things I like about our Club is the opportunity it affords for giving back to the running community. This month we had 10 members (and one guest) volunteer at the Run4theChildren to do race day packet pick-up and registration and also sign placement along the course. This makes a difference. Most of our local races, like the R4tC, are not-for-profit and donate their proceeds to a worthy charity. Without volunteers these races simply could not go on.

I'd like to extend my thanks to the R4tC volunteers - Rick and Doris Bozanich, Rebecca Masse, Pamela Willmon, Lorna and Mark Bradley, Paul van Helmond, Ashley Schilling, Stephen Brassette and Sarah Priest. Special thanks are due to Sarah for identifying this opportunity for us and for coordinating all our volunteers.

And, of course, John Cordes, the race director and Worship Pastor at The Fellowship, warmly expressed his appreciation for our volunteer efforts and also for our club members' participation in the race. It's clear we had an impact.

Well done KARC!

And, if you're wanting to join the volunteer effort you'll have another chance next month at the Bayou City Classic. Watch your email and FB for more about that.

I wish you happy and health running.

Rick's Training Corner

We are happy to see interest in the Katy Area Running Club growing with new members signing up every week. You may have noticed that we revised the membership form to collect some basic data on the interests of those signing up

for our club. We want to ensure that we are meeting the needs of our club members. Among the needs that rank highest among our members are social events, group runs, training partners and training programs. Our calendar is filling up with social events and monthly featured races, in addition to the regular group runs scheduled on Tuesdays, Thursdays and Saturdays. To meet the stated need of some of our members for potential training partners, we have posted lists of members (one arranged alphabetically and another arranged by indicated training pace). These can be found under the "Membership" tab on the KARC website (www.KatyAreaRunningClub.com). You will need to enter the club password as these lists are not available to non-members. These lists will be updated as needed. Please let me know if we have not identified the right training pace for you. Our hope is that you can use these lists to find and contact training partners for the group runs. We'll later try to encourage the formation of training groups based on pace - watch upcoming newsletters or weekly emails for more information about that.

Many of our members trained hard for a marathon or half marathon these past few months. Training for these distances can be grueling. The routines, while demanding, can also get somewhat repetitive. Late in the season, it's common for runners to stick with set routines to ensure their training stays on track. That includes routes, paces and schedules. While that undoubtedly can contribute to success on race day, once the race is completed, continuing the same routines can lead to boredom. To keep things fresh, dare to try new things.

One suggestion is to try different routes for your runs. There are miles and miles of trails in the Katy/West Houston area. Take time to explore different routes. This coming Saturday (Feb 18), our club is trying something different with its Brunch with KARC in the Park event. We will meet up in the South Lake Village neighborhood of Cinco Ranch to start our run. There are several easy to follow routes ranging from 3 to 8 miles. Whatever distance you run, plan on joining us for an early "brunch" at 8:00. Details have been posted on the Club's Facebook page and in a separate email from Sarah Priest.

Many of us become fixated on statistics when running and training. We are subservient to our Garmin. We strive to know the exact distance we run down to the 2nd decimal point, the total time and average pace. Some of us even study trends in the average pace/mile of our runs (I know I am guilty of this sometimes).

We all have our quirks. Mine is to finish my runs at an even 1/10 of a mile - e.g., stop my run at 4.10 miles vs 4.09 or 4.11. One club member I know likes to stop her runs at $\frac{1}{4}$ mile intervals. If you fall into these kinds of traps, try something completely different - leave your Garmin at home during your runs. If you are really daring, leave your music at home as well. Pick a route at random and run how you feel. I've done this - it feels a little weird at first, but once you get used to it, it feels liberating. Without the distractions of music and data, you certainly become more aware of your surroundings as well as developing a greater feel for what is going on in your body during your run.

This time of year is also ideal for trying different distances. Just this past weekend, there were local races with distances of 5K, 4miles, $\frac{1}{4}$ marathon, 10K and half marathon. And that was just in the Houston-Katy area. The local race schedule is packed with races of varying distances during the next few months. Running 5K's is a good way to sharpen your speed. The Houston Wellness Project (www.thehwp.org) organizes three free chip-timed 5K events each month. One of these is held in Freedom Park (off Westheimer Parkway east of Fry Rd) the 4th Sunday of every month. The next one will be held on Sunday February 26. While these events are free, you will need to pre-register by the previous Thursday to be assigned a timing chip.

Each month, our club has identified a featured race. The featured race in March is the Bayou City Classic (Saturday March 18). This is a well-organized race that benefits a great cause (the Houston Parks Department). This is one of the few races that allow groups of runners to compete as "centipedes" - with prizes awarded for various categories (time, costumes, # of runners, etc.). If you've never run as a centipede then this might be just the thing to freshen up your running! If you are interested in joining a centipede team, send an email to info@katyarearunningclub.

Later in March (the weekend of March 25 - 26) is one of my favorite events of the year - the Texas Independence Relay. This is a 200 mile relay race (divided into 40 legs), starting in Gonzales, Texas and ending at the San Jacinto Monument east of Houston. Members of the Katy Area Running Club are represented on several teams. There is still time to register for this event (either as a team, or as an individual who will be assigned to a team by the organizers). For more information, see their website (www.TexasIndependenceRelay.com)

So, whatever your interests, there are events and activities to meet your needs. The important thing is to try new experiences and to keep your routine from getting stale.

I hope to see you out on the trails!

Rick

New Members

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

Tyson Hann

Lauren Quast

Matt Smyk

Lynette Coles

Tina Drewke

Rosana Bryant

Buddy Baudoin

Cindy Price

Larissa da Costa

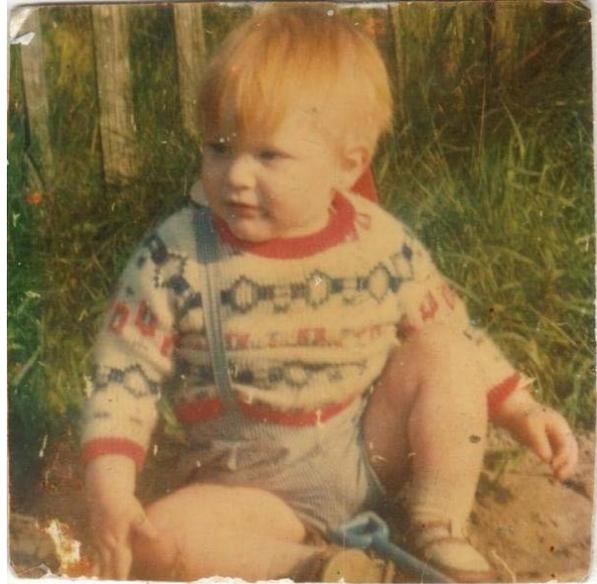
Member Profile

Many of you know Gordon Christie. You'll have seen him at the start and finish of many of our local races. He's often wearing a kilt. (Or is that a tutu?) But, few of us running the races see him on the course after the gun goes off. He's quick and most of us citizen athletes can only use him as running inspiration, staring at his receding silhouette, during the first moments of the race. This month you'll get to know a bit more about Gordon by reading his member profile below. As with all our member profile contributions, Gordon's is inspirational in many ways. It continues to amaze me how everyone has a significant story surrounding their running journeys.

Here's Gordon's story:

Born in Scotland on a bleak wintery day in the last fortnight of the 1960's. My running almost was a non-starter with me trying to get into the world foot first. In attempting to rectify this I ended up being strangled by my own umbilical cord and

my legs being twisted in directions out or normal range. I'm now great at twister but have a tendency to fall during every trail race I do. Even worse for my mum after investing a good 10 months of baby magic in her belly she was first told I had died but it was only one of my personality traits of not over reacting on demand. My mother worked in a fruit store and my liking of fruit started to show quickly on the baby scale.



I did the usual cross country stuff in school. But, I was never great because of my terrible asthma. I started to gain interest in running when I was about 16 because of my Electrical Engineering College Lecturer, Don Ritchie (100 mile world record holder at the time and many other running records). We knew him as Dozy Don as in between performing all these feats, and running the eight miles from his house to work every day, he could be found behind his briefcase at his desk dozing away. I joined the local Moray Roadrunner running club and trained for 1988 and 1989 Macallan 10k's that are held at the same time as the Moray Marathon that Don would be running in. It's a looped course where the marathon would start at 9:30AM and 90minutes later the half and 10K would then start at their appropriate distance from the finish.

After getting my computer science degree I found a job in New Jersey programming for a Scottish agency with Prudential. I dived into becoming American and even helped in making a new one. My daughter Catherine was diagnosed with Rett Syndrome when she was 4 when she was getting an operation to get a g-tube (she was unable to get nutrition from her food and weighed only about 20lbs). The winters in New Jersey were too cold for Catherine as she would get pneumonia very easily. My boss at work found out I was looking for a job in Texas so she offered a move to Katy and work from home.

In 2009 I reached my peak weight of 230 lbs. and decided I needed to do something about this situation. I started running a 3 mile loop a couple of times

during my lunch break. I saw the Houston half marathon on TV and thought I would do that so I signed up right away. I think I had been in Katy 3 years and other than going to the hospital had never been down to Houston. Training would consist of running down Peek Road to Cinco Ranch Blvd., then try to find some lakes to run round before returning home. I only had a very basic digital watch and ran in my white cotton cure Rett Syndrome T-Shirt and soccer shorts, I enjoyed running the race so much. Finished in a decent 1:46:56 and passed 354 runners in the last 10K of the race. I then joined the YMCA and soon learned there was a run club there. It was there I learned of the peculiar distance of 5K, a distance I had never heard of. I thought it was weird as I could do that whenever I wanted for free but then I heard there was t shirts and refreshments and snacks at the finish. I had by this time starting to lose some weight and was down to under 220lbs. I ran the Aid Sudan 5K in 20:16 and finished 3rd overall and I quickly learned I could get a prize every time I did one of these short runs. That was so cool.

I was going to be 40. So, I figured this is was milestone year and I had to do something to make sure I was in good standing with my health and such. So, I signed up for 3 marathons in the first 3 months of 2010. I was asked why I signed up for the three. I said it was in case the Houston marathon in January was such a bad experience I might not want to do the other two. But, since I'm Scottish and they are paid for already I will. And, even if those two marathons were horrible I would now be determined to keep going until I was good at this running thing. In late 2009 I started to get the dreaded IT band issues. I started to take yoga classes at the Y and learned of the dreaded foam roller. I ran the 2010 Houston marathon in 3:22 and 3:44 in the Surfside Beach marathon and 3:52in the Seabrook Lucky Trails Marathon. Overall I was a bit disappointed with how things went and wanted to change my running style to be less injury prone.

I started running in basic cross country flats and running at a cadence of around 190 steps per minute and was finding this was feeling much better. I was still doing fairly well in the shorter races and even won one exactly a week after having a horrible time at the surfside beach marathon. I decided not to overly worry about this and hoped my new improved running style would resolve everything. I had started to time my summer Scotland trip to coincide with the Moray Marathon. So, on September 5th 2010 I was finally going to get to run one. I told myself there would be no expectations, just run by feel. Surely, I could do better than

the 3:52 back in March. The race went by smoothly and I enjoyed looking at all the scenery that I had never seen while running through it. I finished in 3:03:04 for my first BQ time. When I got back to America I asked the race director if I could sign up for Boston with this and she confirmed I was good to go. That being said I almost missed out as it was about 4 PM on the day Boston registration opened when I remembered there was something I needed to do that day. Fortunately, I had everything with me at work that I needed to sign up and was able to get in with less than 15 minutes to spare before the race filled up. I know a lot of faster runners did not get in that year. I was able to improve on my qualifying time in the 2011 Houston Marathon with a 2:52:32 and ran 2:58:08 in my first Boston Marathon.



I had started thinking about Triathlons. So, I got myself a tri-suit and a \$300 bike from Amazon. My first triathlon (2012 No Label Triathlon) was a lot to take in with lining up around the pool swimming ups and down with the piranha swimmers, biking in my cold tri-suit followed by a way too short of a run to catch up with everyone. Though, my 18 second bike to run transitions is still by far my PR. I had hoped this triathlon lark would make me a leaner runner. But, while I did add a bunch of muscle I also seemed to be gaining fat. I was at least becoming more resistant to injuries. Well, that was true until during my practice Half Ironman race in Galveston about 6 weeks before my first Ironman Texas in April 2014. At about mile 50 on the bike course there is an open grass area with the ocean nearby from which many wind gusts were coming. It was also pouring rain. So, I decided to wear a bright yellow waterproof rain jacket. All of a sudden a fast 'age grouper' passed me (I may have called him something else) in stealth mode about an inch to my left just as I felt a wind gust pushing me more and more his way. I had about half a second to decide if there was going to be a collision or if it could be avoided. I chose the latter and before I knew it my head was bouncing off the road with bits of my helmet flying back in to the air in slow motion. On a positive side, my bike seemed fine and I was

lying still slipped into the pedals on my side. I was able to get up before any more bikes came along to see me in such a state of confusion. I picked up the pieces I saw on the ground, put them in the pocket of my jacket and I figured I better get back on the bike and get on with it. Anyhow, I finished the race more just sore all over more than anything and with a slow 1:59 half marathon. But, I did manage a sub 6 minute last mile to make sure Alyson finished behind me on the race video 😊. Boston Marathon was to follow a couple of weeks later in which I made the smart decision to take it easy in 3:58 so I could be ready for Ironman Texas the next month.



The swimming and biking were the easy part as it was still quite painful to run. I had an x-ray but they found nothing. It would be in July during a warmup on the track I felt something break in my hip area and went from an easy 7:30 to barely able to walk. I was to get an MRI that would show my pelvis was fractured in three places. I was told no running for six weeks (during which I walked the Kemah 10K which I found was just as tough as running it. Then I went down to Memorial Park to watch the beer mile and I was coerced into participating. While my running was

slow my beer drinking skills were so good I would win with help from Calum Neff. He threw up after being pressured by my passing him during each successive beer drinking portion. He would always catch me during the lap but it was gradually becoming closer at the finish and I won with an 8 minute time. I was able to improve on this PR at the Ironman Texas Beer mile in 7:38.

So I got all healed up ran a bunch of marathons. For the numbers people here is some data.

Marathon	2010	2011	2012	2013	2014	2015	2016	2017
Houston Marathon	3:22:12	2:52:32	2:51:11	3:00:28	3:02:01	3:04:48	3:07:47	3:12:55
Surfside Marathon	3:44:23							
Seabrook Lucky Trails	3:52:11		3:08:47	3:16:58	3:10:17			
The Woodlands Marathon			3:14:51	2:59:04	2:58:41		3:12:20	
The Army Marathon					5:30:22*			
Boston Marathon		2:58:08	3:01:54	3:05:08	3:58:31	3:21:52	3:38:50	
Moray Marathon	3:03:04	2:53:00	2:58:26	2:58:19			3:46:46#	
Twin Cities Marathon	2:58:21	2:52:21	2:56:19					
RNR Las Vegas						4:00:54		
BCS Marathon			3:04:12		3:08:18		3:27:32	

*day after Woodlands
extra 3 miles

My goals for the future include finishing the Boston Marathon with Catherine and getting either under 3 hours again for the marathon or under 170lbs on the scale. I'm thinking if I get either of these then the other should follow closely behind. I also really enjoy running the Snowdrop 55 hour race in Sugar Land just after Christmas and hope to be doing that one for several more years. It really helps me learn a lot about my running every year. And, even if I've had a bad year it helps me get a new perspective and a fresh boost for the new year ahead.

Gordon Christie

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!

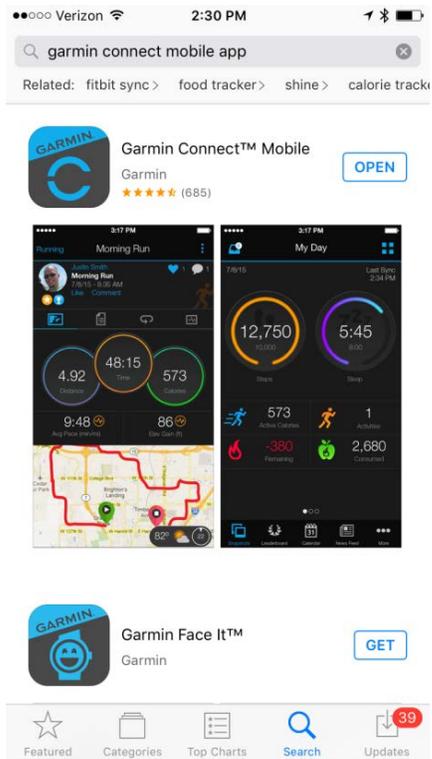
Thursday - 6:30pm, [Crosspoint Community Church](#) parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace, though, many are doing their "tempo" runs at this group run.

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.

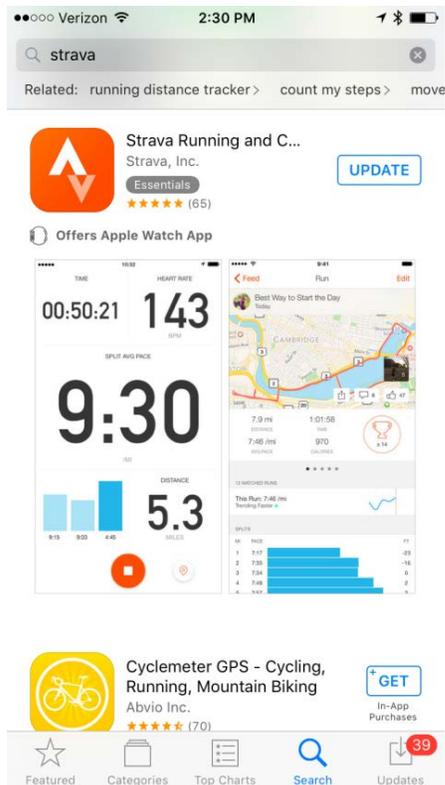
Getting Together

While we can't always get together face-to-face we do have other opportunities to socialize. Of course, most of you know about and use the club Facebook group. That has turned out to be an excellent way to share running plans and other info. Beyond that there's Strava and that's what I'd like to spend a little time on here. Strava is a social networking app for runners. There are several of you who know all about it. And, in fact, we've even set up KARC as one of the online Strava clubs. Strava is much like Garmin Connect but with a social connection aspect. People post their activities and share their experiences this way. And, it's simple. All you have to do is get the Strava app and the Garmin Connect app - or similar app which feeds Strava - and upload your data to Garmin or said similar application. Besides just seeing your friends runs you also see where they're running. And, as Rick said in his Training Corner you might be able to find new and interesting running routes this way.

I use the mobile version of Garmin Connect. At the App Store it looks like this:



I also have the have the mobile version of the Strava app and it looks like this in the App Store:



Once you have both apps you just have to work with the settings so that your watch is paired with *Garmin Connect* and that you can upload your data to *Garmin* either with the *Bluetooth* capabilities of your watch or by using a cable and your computer. Then, you have to use the settings in *Strava* to ensure that it automatically ports over any data that is sent to *Garmin*. Once that's done, your runs - and other activities - will come over to *Strava* without any further action from you. Then look for others to "follow". Soon enough you'll have others following you! If you do decide to join the social running revolution with *Strava* make sure you also look for *KARC* under the "Explore" function. It'll look like this:



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

I'd like to say that the cool weather is bringing you all out to the races. But, there's been little cool about the weather during our recent races. I guess it must have been the hope of cool racing at the time we registered for the races! In any case, our members have traveled locally and regionally to run races from the 5k distance to the marathon this month. And you all look spiffy in the race photos with those club shirts on!

Here are the results I could find:

January 22nd, [Choco Loco 5k/10k](#) - Houston, TX

5k

Pamela Willmon 34:19 (1st in division)

10k

Leanda Bruner 1:07:26

January 29th, [USAFit Marathon and Half Marathon](#) - Sugar Land, TX

5k

Natalie Perry 20:58 (Women's Open Winner!)

Half Marathon

Stephen Brassette 2:07:42

Paul van Helmond 2:22:40

Norma Scott 2:12:50

Arpad Ozsdolay 1:56:02

Lisa Ozsdolay 1:58:45

January 29th, [Texas 10 Boerne \(10 mile / 5 Mile\)](#) - Boerne, TX

5 miles

Michelle Blackman 1:17:27

Sonia Dhodapkar 39:16.56 (Womens Open Winner!)

February 4th, [Surfside Beach Marathon and Half Marathon](#) - Surfside, TX

Carol Berry	3:15:54 (half marathon)
Phyllis Vargas	3:49:51 (half marathon)

February 4th, [Piney Woods TrailFest \(5k/10 mile/20 mile/50k\)](#)

- Lake Houston Wilderness Park, New Caney, TX

10 miles

Karen Boman	1:52:11
Tony Castronovo	1:36:32
Lisa Ozsdolay	1:38:46

February 5th, [Rock and Roll Marathon and Half Marathon](#) - New Orleans, LA

Mark Bradley	4:36:14 (marathon)
Ed Ritchie	2:39:26 (half marathon)

February 11th, [Run 4 the Children \(4 miles\)](#) - Katy, TX

Carol Berry	48:52
Gordon Christie	28:21 (3 rd in division, pushing Catherine)
Rosa Thomas Christie	57:59
Adam Daniels	23:37 (1 st in division, 3 rd overall)
Jan Rupe	1:02:32
Phyllis Vargas	1:02:29
Jane Wallace	1:03:13
Terry Waltrip	35:20 (1 st in division)
Pamela Willmon	46:57





February 11th, [Katy Half Marathon and Relay/5k](#) - Katy, TX

5k

Michelle Blackman

45:20

Carlos Pacheco

25:53 (one of Ainsley's Angels)

Tina Seaman

56:28

Half Marathon

Buddy Baudoin	2:30:26
Rosana Bryant	2:26:59
Leanda Bruner	2:27:23
Dana Cashman	2:25:34
Paul Chapman	1:40:47
Nakia Coy	2:28:49
Cindy Davis	3:27:45
Susan Freeman	1:49:22
Maria Mainieri	2:17:18
Jenn Rienstra	2:28:01
Josh Ring	1:42:51
Neil Ruocco	1:38:05 (2 nd in division)
Jill Seltzer	3:27:43
Toni Smith	2:08:04 (3 rd in division)
Lisa Stine	2:54:00
Bronwyn Turner	3:27:46
Anna Whitten	2:15:19 (Team Anna)

Half Marathon Relay

Marjorie Broussard	1:59:29 (with teammate Melissa Garcia)
Sonia Dhodapkar	1:52:36 (with teammate Maria Reed)
Kristi Mayces	1:56:13 (with teammate Jo Gifford)
Jacob Nielsen & Arturo Reyes	1:45:09 (2 nd place)
Pam & Gary Sullivan	2:12:40





February 12th, [Rhythm & Blues Half Marathon](#) - Houston, TX

5k

Jan Rupe 50:08

Quarter Marathon

Jocelyn Williams 2:00:41

Half Marathon

Norma Scott 2:26:36

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

Area Running News

Good news! The trail in George Bush Park over Buffalo Bayou is now open. The trail surface has been repaved from the gate at the end of Barker-Clodine Road to the entrance of Noble Trail. The bridge is new and there are no gates restricting access to it. That means that you won't have to negotiate the narrow entrances to avoid oncoming runners or cyclists. Speaking of cyclists, they too know about the newly paved surface and some are moving quite quickly on it. Remember to help your fellow runners out by calling out "bike up" or "bike back" when a cyclist approaches.

On our supported Saturday runs we'll be placing a water cooler at the Equestrian Parking Lot gate. It's 3.5 miles from the CopShop. So, if you're running 7 miles or more look for that.

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.

February 18th - Brunch in the Park - Cinco Ranch Playground near the Beach Club.
See our calendar for more info.

March 14th - KARC PI Day Challenge - Katy, TX - check our newsletter for more info later.

March 18th - Bayou City Classic 10k/5k - 8am - City Hall, Houston - race info and registration link [here](#).

April 8th - Texas Children's Hospital Fun Run 1k/5k - Looking for KARC volunteers - see run info [here](#).

May 6th - Cow Patty Classic 10k/5k - 7:30am - Tompkins HS, Katy, TX - check out this FB page for more [info](#).

June 7th - KARC National Running Day Event - Katy, TX - watch this newsletter for more info later.

June 17th - No Label Brewing 1st Street 5k - 7:30 AM - Katy, TX - race info [here](#).

September 5th - KARC Back to School 5k - Katy, TX - watch this newsletter for more info later.

October 29th (?) - Houston Half Marathon & 10k - Sam Houston Park, Houston, TX - check back later for more info.

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