



May 15, 2017

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## From the President's Desk

I have to say that I'm truly impressed with the large turnouts at our group runs and social events. When we founded the club we hoped that we could create a welcoming, inclusive community of runners who enjoyed running and socializing. Well, you have proved that you wanted this, too! I, for one, am having a blast at our social events. You're making this a lot of fun.

One specific thing you asked for is training. You've seen the recent communications about marathon and half marathon training. The reason for these communications to now be focused on those distances is that the training has to start soon if we're going to be race ready in January. Yes, it is a long training season. That's why we've recently focused on marathons and half marathons. But, many of you don't want to tackle those distances (quite yet!). You're happy with 10k's, 5k's, or just running and walking for fitness. We have training for you, too. You'll see those training programs for 10k's and 5k's soon on our website. And remember... we can always tailor a training program to your goal race. Just let us know when it is and we'll gin up a schedule for you.

For those of you who have taken the group runs to heart, the track workouts have turned out to be a real winner. Yes, it can be intimidating to get out on the track if you haven't done that before. But, it's not all about speed. In fact, it can have nothing to do with speed. The track is a very nice, soft surface on which to log your miles. It's also a great group environment. You're never more than a half lap away from somebody. The track will give you an opportunity to test yourself with a little increased effort, though, if you're inclined to do so. And, I guarantee that even short intervals of somewhat increased effort, if done over several months, will make you a stronger and quicker runner.

Whatever your interests, keep reading. Between our monthly Member Profile and our Club Runners Review, I'm certain you'll find something to inspire and motivate you.

I wish you happy and health running.

## Rick's Training Corner

I like to recycle, but I don't like to recycle columns. This month, however, I will make an exception since nearly half our current members weren't around when this information was originally presented.

The temperatures are getting hotter, the air denser, and I'm afraid that we won't be seeing too many days of pleasant running conditions until the fall. With that in mind, I thought it was an appropriate time to discuss hydration and the importance of replacing electrolytes. Spoiler alert - there is some math involved, but it's fairly simple.

In the July 2016 edition of Texas Runner and Triathlete, Nancy Clark wrote an excellent article titled "Fluid Facts for Runners" (pages 16-17). This article contains a lot of good information to deal with the challenges of running in hot, humid weather. Some of this information is summarized below.

A key starting point is to know your "sweat rate". Ms. Clark states that sweat rates typically range from one to four quarts per hour. You can calculate your own sweat rate by weighing yourself (nude) before and after your run. I tried this recently on a short run of 30 minutes. I knew that I sweat a lot, but I was shocked to discover that my sweat rate was at the high end of her scale. That explains why I have sometimes struggled on my long runs. I now know that I wasn't replacing the necessary fluids at an adequate rate to keep going.

Tanking up on water before your long run is not a viable strategy for several reasons. Too much water in your stomach causes discomfort. Also, you could find yourself searching for a restroom shortly after starting your run. Ms. Clark suggests drinking plenty of water 2 hours or more before the start of your run which will allow your body time to process the excess fluid. Then, drink again 15 minutes or so before your run.

When you sweat, you not only lose fluids, but you also lose electrolytes (including sodium, potassium, calcium and magnesium) that are necessary for sustained performance. The article by Ms. Clark included a table (modified below) that indicates the electrolytes lost with each liter of sweat. One caveat, this information is applicable to your long runs (that is, runs of an hour or more). On shorter runs, while it is important to stay hydrated, you probably do not have to worry about electrolyte replacement.

Electrolyte	Average amount in 2 lbs sweat (about 1 liter or 1 quart)
Sodium	800 mg (range 200 - 1600)
Potassium	200 mg (range 120 - 600)
Calcium	20 mg (range 6 - 40)
Magnesium	10 mg (range 2 - 18)

Electrolytes can be replaced through sports drinks (such as Gatorade, Powerade, Cytomax or Nuun). That being said, how can you make sure you are replacing electrolytes at an adequate rate? For this, you will need to read the labels to identify the components and compare them to the chart above and apply them to your sweat rate.

The chart below summarizes the normalized data found on the nutritional table for several products.

Product	Electrolyte				Total Carbs
	Sodium	Potassium	Calcium	Magnesium	
Gatorade (12 oz)	150 mg	45 mg	n.a.	n.a.	21 g
Powerade (12 oz)	150 mg	36 mg	n.a.	n.a.	21 g
Cytomax (1 scoop/12 oz)	120 mg	60 mg	6 mg	14 mg	22 g
Nuun (1 tablet/16 oz)	359 mg	101 mg	13 mg	25 mg	3 g
Saltstick (1 capsule)	215 mg	63 mg	22 mg	11 mg	n.a.
Endurolyte (1 capsule)	40 mg	25 mg	50 mg	25 mg	n.a.

For me, one takeaway is that on my long runs, the usual sports drinks do not contain enough electrolytes to replace those lost through sweat. Thus, I need to

supplement the sports drinks with additional sources of electrolytes on my long runs. I used to use Endurolytes (made by Hammer Nutrition). However, I have since switched to Saltsticks. While the capsules look the same, one Saltstick capsule contains about 5 times the sodium and nearly 3 times the potassium as one capsule of Endurolyte. I have found that I need the extra sodium and potassium. Another source for electrolytes can be found in energy gels. Check the product label on the energy gel you use as the electrolyte contents vary considerably among the various flavors within a particular brand and between brands. While gels won't likely contain enough electrolytes to replace all you lose during a hot, long run, they too should be taken into account when figuring your hydration/electrolyte/gel plan.

So, what should you do? A starting point is to calculate your own sweat rate. Then use the tables above to calculate how much fluid you will need during your long runs to remain hydrated. If you use a sports drink, determine if you are getting enough electrolytes to replace those lost through sweat. If not, consider using a product to replace them. These products can be used during your long runs (that is, runs of an hour or more). They have limited utility if taken before your run (the body does not store more electrolytes than needed). In any event, now is the time to experiment which products and routines work best for you.

I hope to see you out on the trails!

Rick

## New Members

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

Jennifer Lightsey

Yan Liu

Eric Coleman

Brenda Fisher

Melissa Garcia

Tricia Reyes

Rowena Hay

Marion Tucker

Bryan Lightsey

Khurram Mir

Zhanqing Li

Michael Roberts

Deborah Vazquez



## Member Profile

This month, Susan Freeman shares her story about how she became a runner.

Here's Susan's story:

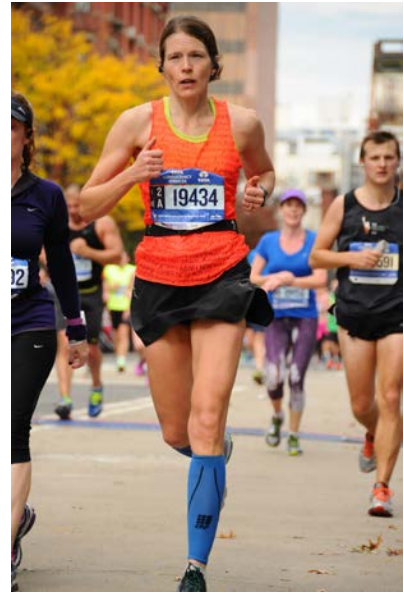
I'm a classic 'adult-onset athlete'. As a kid, I was a chubby, uncoordinated bookworm (two of those three still apply today). When my parents would force me to go outside and play, I'd smuggle a book under my shirt so I could sit under a tree and read. I still remember doing a timed run in sixth grade and coming in dead last—with the PE teacher counting us all off in a loud voice as we finished, just to be sure that everyone knew exactly how far back we slowpokes were. In high school, I participated in pretty much every activity other than athletics. My attitude was, "There are plenty of things I can do well—why would I waste my time on something where I so obviously have zero talent?"

It wasn't until my freshman year at UT that I lost weight. My dorm was on the complete opposite side of campus from the engineering buildings and the cafeteria food was terrible, so I suddenly found myself walking (or running, depending on how badly I'd overslept) 4-5 miles per day and subsisting on salads and Cap'n Crunch cereal. Within a few months, I realized that my clothes had somehow all gotten too big; that was my first proof that lifestyle changes can make a big difference--not that I'd recommend a diet of salad and Peanut Butter Crunch, of course!

After graduation, I made it a point to stay active, mostly step aerobics (it was the 90's!) with the occasional jog around the neighborhood. I didn't start racing consistently until we moved to the Chicago area in 2004. Our house was less than a mile from a forest preserve with a great crushed-limestone running trail. I thought, "You've always said it would be cool to run a marathon someday. You're not working full-time, you've got access to trails to train on, and Chicago is one of the best marathons in the world. What are you waiting for?" I spent the following spring building up so that I could run 10 miles, but still wasn't confident that I'd be able to handle the distance so I waited to register for the race until I was well into the

training. Finally, I decided to go for it. So, I got onto the Chicago Marathon website...and saw that it had sold out the day before.

I wasn't in a running club and was training totally by myself, so had no idea that the race director had been sending out frantic "We're almost full; you'd better sign up RIGHT NOW!!" emails for a week. After a couple days of utter panic, I figured out that the Milwaukee Lakefront Marathon was only a week earlier than Chicago, so I adjusted my training slightly and made my debut there in October 2005. I'd scrupulously followed the Hal Higdon training plan that I'd found online, so I was well-prepared physically, but was so clueless that I thought it was a good thing that it was warm enough in the start corrals that we didn't need to bother with a throwaway shirt. And felt so good at mile three that I thought, "Hey, I know I haven't been training that fast, but maybe if I speed up a little I can qualify for Boston..." Needless to say, those thoughts didn't last long!



Since then, I've run a total of 24 marathons, including five Chicagos (once I figured out how early you had to sign up!), four Bostons, NYC, Disney, Marine Corps, Big Sur, Grandma's...pretty much all the 'bucket list' road marathons in the US. I finally realized that when you start out completely terrible at something and work really hard to become 'not-terrible', it can be even more satisfying than quick success in an area where you've got more natural ability. I'm especially gratified by the fact that my PR's in the 5k, 10k, 10-mile, half, and full marathon have all come after turning 45, even though I'd already been running for 10 years. During my time as a 'Masters Runner', I've put more of a focus on ancillary work such as strength training (you don't even want to get me started talking about Pilates!) and hope that will help me to continue to improve. I know that at some point in the not-so-distant



future, I will start slowing down. For inspiration, though, I don't have to look any farther than athletes such as Meb Keflezighi, Deena Kastor, and the seemingly ageless Joan Benoit Samuelson. They've all been open about the adjustments and compromises that they've needed to make as they've gotten older, but what hasn't changed is their joy and love for the sport and the running community. As long as I can keep tapping into that joy, my running 'career' will be a success.



Susan Freeman

## 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



Members at the May 13<sup>th</sup> KARC in the Park event (photo credit: Rick Bozanich)

How much fun is it to get together for a KARC in the Park event? By your attendance and the general genial atmosphere, a lot, we think. We heard that all of the members enjoyed the generous breakfast spread, coffee and enhanced orange juice(!) on May 13<sup>th</sup>. What a way to end a long run! A big thank you goes out to Sarah Priest and Lorna Bradley for picking up and delivering the coffee, kolaches and breakfast tacos and to all the members who brought their favorite goodies to share with the club. And, Neil Ruocco went home as the lucky winner of the door prize - an insulated, hand-held runners bottle. If you missed this one, watch for the next one in July. It's a great time to catch up with all your friends in KARC.



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

KARC members have been busy this spring! The group has been well-represented not only 5K and 10K races, but triathlons and marathons. Some hit the roads on their bikes in the Houston-to-Austin MS 150 ride. One member even walked to fight breast cancer.

Here are the results I could find:

April 22<sup>nd</sup>, [Ironman Texas \(2.4m swim/112m bike/26.2m run\)](#), The Woodlands, TX

Jen Ingram	11:11:45 (overall) 1:38:08 (swim) 5:25:51 (bike) 3:52:33 (run)
Dana Cashman	15:00:04 (overall) 1:34:34 (swim) 7:36:04 (bike) 5:25:55 (run)
Torrey Kramer	15:51:28 (overall) 1:57:45 (swim) 7:23:52 (bike) 5:59:04 (run)



Jen Ingram rides and runs on her way to an 11:11:45 finish at IMTX. (Photo courtesy James Ingram)



The Ironmen who ate Texas - Torrey Kramer and Dana Cashman test their hardware after completion of the Ironman Texas (photo courtesy Dana Cashman)

April 22<sup>nd</sup>-23<sup>rd</sup>, Avon 39 Mile Walk to End Breast Cancer, Houston, TX

Jenn Rienstra

April 23<sup>rd</sup>, [Statesman Capitol 10k](#), Austin, TX

Carol Berry

1:21:56



Carol Berry (center) at the Statesman Capitol 10k  
(photo courtesy Carol Berry)

April 23<sup>rd</sup>, [Wine & Roses Half Marathon](#), Messina Hof Winery, Bryan, TX

Cindy Davis

3:04:51



Cindy Davis (left) at the finish of the Wine and  
Roses Half Marathon (photo courtesy Cindy Davis)



April 23<sup>rd</sup>, [Disney Dark Side Half Marathon](#) - Orlando, FL

Denise Voyles

3:09:43



Denise earns a bunch of hardware by completing the Disney Star Wars Dark Side Half Marathon, the Kessel Challenge (Light Side and Dark Side in one racing season), and the Coast-to-Coast Challenge (Light Side in CA, Dark Side in FL in one racing season). (Photo courtesy Denise Voyles)

April 23<sup>rd</sup>, [Divas Half Marathon / 5k](#), Galveston, TX

Eirin Ekeberg

29:35 (5k)

Janpen Ritchie

3:00:54 (first HM ever!)

Ed Ritchie

3:01:00 (HM)



Eirin Ekeberg (on right in left photo) and friend and Janpen Ritchie (right photo) show off their medals and tiaras after the Divas Half 5k and Marathon (photos courtesy of Eirin Ekeberg and Ed Ritchie, respectively)

April 29-30, BP MS-150, Houston to Austin

David Thurman  
Holly Mayson  
Richard Nicholls  
Kristi Mayces  
Fon Deuterio  
Nakia Coy  
Devon Coy

April 30, Oklahoma City Half Marathon, Oklahoma City, OK

Lillian Wanjagi 2:24:26

May 6<sup>th</sup>, Cow Patty Classic, Katy, TX



A herd of KARC members turned out for the recent Cow Patty Classic (photo credit Vangie Ibbotson).

**5k**

Linc Perry	30:30 (3 <sup>rd</sup> in AG)
Ryan Perry	33:59
Neil Ruocco	21:05 (1 <sup>st</sup> in AG)
Mike Healey	21:30 (2 <sup>nd</sup> )
Bob Trout	30:20 (3 <sup>rd</sup> )



Lili Perry	33:57 (3 <sup>rd</sup> )
Natalie Perry	22:24 (1 <sup>st</sup> )
Lillian Wanjagi	28:56
Melissa Garcia	29:35
Bekah Swick	48:53
Shannan Horner	49:33
Tina Seaman	48:56
Debbie Vazquez	47:44

#### 10k

Marjorie Broussard	51:16
Susan Freeman	47:41 (1 <sup>st</sup> in AG)
Delia Salinas	48:39 (2 <sup>nd</sup> )
Jenny Demarest	55:42 (1 <sup>st</sup> )
Janice Mueller	1:13:27
Rebecca Masse	1:03:34 (1 <sup>st</sup> )
James Ingram	43:09 (2 <sup>nd</sup> in AG)
Carlos Pacheco	48:18 (3 <sup>rd</sup> )
Edward Moncur	51:16
Craig Prevallet	46:18 (1 <sup>st</sup> )
Mike Masse	48:56
Cesareo Fredes	50:30
Paul van Helmond	59:37
Fred Mueller	1:18:20 (1 <sup>st</sup> )

#### May 7<sup>th</sup>, [Springs Back Triathlon & Duathlon](#), Cross Creek Ranch, Fulshear, TX

##### *Sprint*

Nakia Coy	1:53:06 (overall). (2 <sup>nd</sup> in AG)
	13:41 (swim)
	59:07 (bike)
	35:04 (run)

##### *Olympic*

Keilah Whitley	2:37:54 (overall) (2 <sup>nd</sup> in AG)
	22:01 (swim)
	1:26:41 (bike)
	45:23 (run)

May 6<sup>th</sup>, [Cinco de Mayo 5K](#), Bear Creek Park, Houston, TX

Michael Martin

23:33 (3<sup>rd</sup> in AG)

Jocelyn Williams

41:11



Jocelyn Williams celebrated Cinco de Mayo with a 5K run  
(photo courtesy of Jocelyn Williams)

May 7<sup>th</sup>, [Santo de Mayo 5k](#), Houston, TX

Josh Ring

21:11

Adam Daniels

17:22 (1<sup>st</sup> in AG, 2<sup>nd</sup> overall)

May 13<sup>th</sup>, [Pacific Northwest Marathon](#), Eugene, OR

Buddy Baudoin

3:22 (BQ)



Buddy Baudoin finishes the Pacific Northwest Marathon (photo courtesy Buddy Baudoin)

May 13<sup>th</sup>, Yosemite Half Marathon, Yosemite, CA

Ed Ritchie	2:56:06
Janpen Ritchie	3:21:10



KARC members Janpen and Ed Ritchie (second from far right and far right) enjoyed the scenery of Yosemite with a recent half-marathon race. (photo courtesy of Ed and Janpen Ritchie)

May 14<sup>th</sup>, [Maine Coast Marathon](#), Kennebunk, ME

Bob Milner	3:43 (1 <sup>st</sup> in AG)
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Please remember to send us notice of your race/event participation. We'd love to include your accomplishments in future newsletters.

## Area Running News

Our new, local running store has a location! Good Times Running Company will be in the Villagio Town Center at Westheimer Parkway and Peek Rd. If you're familiar with the Villagio, it'll be in what now is a vacant storefront next to the Sweet and Salty bakery. It'll have access to the parking lot through the front door, of course. But, there's also a back door opening to the courtyard and fountain. Very nice. The anticipated date for their store to open is sometime in June. Stay tuned for more information!

On Sunday, May 8<sup>th</sup>, our local elite runner, Calum Neff, added another win to his trophy case. Always looking for an alternate challenge, this time Calum took on the Wings for Life World Run. It's the only synchronized, global race and had 155,288 participants in 111 locations around the world. Calum ran in Sunrise, Florida with more than 3,500 other participants. Calum finished first of all US participants and 30<sup>th</sup> globally. What's unique about this race? Well, there is no finish line but there is a catcher car. The catcher car starts 30 minutes after the runners start and continues along the runners' course at an increasingly fast pace. When runners are caught by the car their race is over and the distance they've covered is recorded. The winner is the runner who goes the farthest before they're caught. Calum completed 65.66km! To show how competitive the race is, consider that the second place US finisher, who ran in Santa Clarita, CA, (33<sup>rd</sup> globally) completed 65.44 km. Calum won the US race by 220 meters! How did the global winner do? Swede Aron Anderson, running in Dubai, completed 92.14km before being caught!

## 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).

**June 3<sup>rd</sup> - Keller Williams Premier 5k** - Villagio, Katy, TX - race registration info [here](#). You can volunteer for the race by emailing [Suzie Austin](#).

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

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

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

**October 29<sup>th</sup> - Houston Half Marathon & 10k** - Sam Houston Park, Houston, TX - race info [here](#).

**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](#).