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## From the President's Desk

Escape! Escape from the heat and humidity. Escape from the monotony. That's what many of you are likely thinking during these hot, humid runs. Well, some of the club members have managed an escape as you'll see from this newsletter. There have been trips to sunny - and dry! - California, and cooler - and dry! - Maine as well as visits to big National Parks in the West and other vacation locations. If you are traveling this month then take advantage of new places and new weather. Take a run and soak in the new environment. See the sights. And if you race let us know!

If you're staying local then try changing things up - go to the gym and do a run on the treadmill. It might be cooler. Or, swap out one of your weekly runs for a cross-training session on your bicycle or by swimming laps in a pool. That's all good to maintain your fitness - both physical and mental.

And when you do run in our hometown sauna remember that the heat takes a toll. Rick has some words of advice for hydration and electrolyte replacement during our hot, sweaty runs. I think there's something in there for all of us.

Many of you are training for marathons or half marathons with programs like KatyFit, Gotta Run or Lifetime Fitness. While the details of the training and the culture of the programs are different, the dedication it takes runners to complete that kind of training is common to all programs. Dedication can lead to over commitment, though. But, as you'll see from Toni Smith's member profile this month, that all mellows over time to a healthy running lifestyle. I know you'll

identify with parts, if not all, of her story and I'm sure you'll find it as inspiring as I do.

I wish you happy and health running.

## Training Corner

You don't need me to tell you that running in the summer in Houston presents challenges. It's hot! We all know that you need to make sure you stay hydrated (especially during your long runs on the weekend).

In the July 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". The author 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 struggled on my long runs lately. I now know that I wasn't replacing the fluids necessary 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.

One other alternate source of electrolytes can be found in energy gels. Check the product label on the energy gels 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.

Rick Bozanich

## New Members

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

Adam Daniels

Jeff Howard

Josh Ring

## Group Runs

Remember to come out and join other Club members for our regular 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. Also, if you're using the Club schedule for marathon or half marathon training then make sure to check the weekly training email for location and timing of special training like hill workouts.

**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 various times from 6:00am to 7:00am for slow runs of various paces and distances. Find your running partners on FB. And for those who have the time and inclination, meet after the run at Corner Bakery and Café on the south I-10 feeder road and Greenhouse.

## Member Profile

This month we're happy to share Toni Smith's story. Those of you who have run the KatyFit training program in the past will know her well. But, I bet you'll learn some new things from her contribution here! Here's Toni's story --

How it all began:

My running career all started in High School with sprinting and relays, never running more than a mile. Never did I think that I would want to run more than a mile. I wanted to run short and fast. After High School I wanted to keep an active lifestyle so I started increasing my mileage to 3 and then 5 miles about 3 days a week. I also enjoyed weight training and did some biking. I grew up in Iowa. So, in the winter I did my running on an indoor track and on the treadmill at the YMCA.

In 1982 we moved to Sugar Land, Texas from Iowa. In 1991 we moved to Pecan Grove in Richmond, Texas where I met a couple who were into running long distance and marathons. They were really my first inspiration who introduced me to long distance running. They talked me into training for the 1992 Houston Marathon. I remember telling them that I can't imagine running 26.2 miles when 5 was the longest I've run. How could I ever run that far and that long? That was just beyond my comprehension. I loved running so I decided why not see what I can do. That evening I told my husband (ex now) that I was going to run the Houston Marathon in January. He looked at me like I was out of my mind and said there is

no way you can do that...well, that was all I needed to hear and I was about to prove him wrong. So I trained and trained hard from August to January. I had to figure out how I was going to get one weekly long run in because my son, Jay, was about 6 years old and my husband worked a lot. We lived on a street that was in the shape of a horseshoe so while my son was playing outside with his friend I could do repeats around the block enough times to make 18 miles so I could check on him. So 72 laps later I got that 18 miler down, which was the longest run I would do before the Marathon. In addition, I signed up for the 3 Houston training series, the 20K, 25K and the 30K. I was so excited about signing up for those runs because you would get a crystal mug for completing all 3. That was my goal. So, I trained hard, ran 5-6 miles 4 days a week with one long run on the weekend. I completed the 20K and 25K with no problem. During my training for the 30K I started feeling some knee pain which I never experienced before so I had to slow up on my training. Runner's knee the Doc told me. I was not happy. I remember sitting on my front door steps in tears because I knew I was not going to be able to run that 30K and get that crystal mug I was wanting to earn so badly. My husband came home from work and asked me what was wrong. I told him I wouldn't be able to run the 30K and wouldn't earn that crystal mug. Can you believe he had the nerve to laugh and tell me he would go buy me a crystal mug? I was so sad and upset. I told him I didn't want his crystal mug, I wanted to earn that crystal mug. It was then I knew that I would be running for the rest of my life and I hadn't even run my first marathon yet. I was addicted. My life centered around running then and still is to this day. It became my passion...my life.

I was hooked:

Wow....I completed my first Houston Marathon that January of 1992. I was so proud of myself and my time. I ran a 3:36 for my first time and my goal was just to complete the run. I was in tears at the finish line and so exhausted. As I walked into the GRB, my friend who talked me into this, saw me and asked if I was ok. He was surprised at my finish time being that it was my first one. I was "plum tuckered out" I told him. It was amazing and an experience I will never forget. Every marathon to this day I tear up at the start and at the finish.

I had completed 5 Houston marathons before joining Katy Fit. My last marathon before Katy Fit was in 2001. About 3 years later I decided I wanted to start running Houston again. As I went online to sign up, I ran across the Katy Fit

marathon training website. I was so excited to find out that there was a training group close to where I live. So I signed up. Based on my previous running pace, I signed up with the Blue/Green's. Katy Fit was already into the 3<sup>rd</sup> week of training so I joined the group which met at Cullen Park on Saturday's. I met BG Coach Jeff. He ran with me that morning and I realized that I could not keep the pace of that group so I told him I thought I should join the Yellow group. He introduced me to Coach Dennis (everyone knows Coach Dennis). To this day he is one of my favorite Katy Fit coaches and a real inspiration to me but don't tell him ok? From that point I ran with the Yellow group until I decided to join Coach Mark's ATP Group in 2009/2010 season. What was I thinking? You all know about Coach Mark and the ATP group right? I was proud to be part of that crazy Advanced Training Program group....ATP and tough Coach Mark, another Katy Fit coach that has inspired me as well. Ya know, he used to yell at me when he would see me running around the track before the 6:30 start on Tuesday's. I tried to sneak in those two extra miles before he would get there but he busted me a few times. I would see him driving up in the parking lot honking his horn at me...I knew I was in trouble again. He tried to tell me that I could get hurt and he even told me I was "uncoachable"...lol. I know he was just kidding, I think...luv ya Mark! And so he was right. There was a point where I finally overdid it but before I did, I qualified for Boston.

My running journey before qualifying for Boston:

I became so obsessed about running I decided to sign up for as many events that I felt I could handle. In Jan 2008- I ran Houston Marathon, Feb - half marathon at Surfside beach, March - Seabrook Challenge...half on Saturday and full on Sunday. That was an amazing experience. Also, in March, I ran my first (TIR) Texas Independence Relay, Sept - Houston Half, Oct - 25K, Nov - San Antonio Rock n Roll Marathon, Dec - SunMart 50K in Huntsville and I ran half of the Katy Fit 21 miler that month... I had blisters from running SunMart, so Coach Dennis told me running half was enough, I listened to him...lol. January 2009 I qualified and ran Boston in 2010 because I turned 50 Aug 2009.

It was during the training season of 2009, running many races again, that all the running took a toll on me. It started out as shin splints which later resulted in a stress fracture of the Tibia. I was already signed up for the San Antonio Marathon and was advised by my Coach Mark to go and cheer for my friends...Do not run. That was my plan until we were picking up packets at the expo the day

before. Everyone was running except me, so I decided to run anyways. About mile 4 my ankle started getting very weak so I knew at that point I was never going to finish the full marathon but decided that I could at least finish 13.1. Well...from mile 4 to mile 13.1 I limped to the finish line 3 hrs and 10 min later. I sure hope most of you have more common sense than that. I know that some of you DO NOT...busted! It was not a very smart thing to do. When I stopped running the pain was so bad I could barely make it to the medical tent where the medical team wrapped a bag of ice around my ankle...instantly felt so much better, but I could barely walk to meet the rest of the running group. I don't think I have to tell you how mad Coach Mark was when he found out I ran...(another long story in itself, so won't go into that)...lol.

One more story...a lesson learned:

I told Mike that my story would be long, I have many, but I have to tell you about one more experience. This is about my first Houston Marathon with Katy Fit in Jan 2005. I'm sure many of you have heard the story about a Katy Fit runner who turned around at the half marathon mark by mistake...well, yep, that would be me. Still haunts me to this day. It is amazing how focused one can be when doing something you are so passionate about....and so I was focused, focused and more focused that I actually followed a runner ahead of me and turned at the half way point by mistake. I didn't realize it until it was too late to get back on track. I was so focused on getting my time down to a 9 min pace that I messed up. I was so upset and desperate to get back on track, I asked one of the volunteers how I could get back on the full course. She said, "honey" just finish the half and that there was no way to get back. I crossed the finish line in tears knowing that I screwed up and was not able to complete the full. I was devastated. The volunteer handed me my half marathon medal...I told her I didn't want that medal (of course I did take it ya all). So my story was out for all of Katy Fit thanks to Coach Dennis who called me up in front of everyone at the pre-race party before the 2006 Houston Marathon. How embarrassing! I can laugh about it today but back then not so much. When you are that passionate and you train so hard for something, I don't have to tell you how that feels to mess up like that. I can tell you to this day, I have never messed up and I pay full attention when approaching the half marathon point.

This will be my 13<sup>th</sup> year with Katy Fit. The last 3 seasons with the BG group and Coach Ben. I have completed 13 Houston Marathons...around 25 in my running career which includes Sunmart/Texas Trails 50K.

I am so blessed to have met such wonderful friends in Katy Fit along the way who has inspired me in one way or another. From my coaches, Coach Dennis, Coach Mark, Coach Mike, Coach Ben and TIR Coach Rick, just to name a few, to my very good running buddies...too many to name them all but I do have to mention one that has never given up on me during all of my down time with injuries, the encouragement she gave and still does to this day...that would be Lisa O (little Lisa). She is an amazing runner and a very good friend. Thank you all so much.

I know my story is suppose to be inspirational (I hope it was at least somewhat) but I also had to tell the story about some of the bad decisions obsessed runners make. You should always listen to your coaches and most of all listen to your body.

Hope to see all of you out on the trail this training season.

Happy Running everyone.

Cheers!

Toni

## Getting Together

First Cup Café run. Fun time for a "Not CopShop" run. Jackie Bunce organized the run and shepherded our newbies along a beautiful neighborhood course.



Club members Vangie Ibbotson, Mohammed Thowfeek, Rebecca Masse, Cristi Hepler, Pam Sullivan, Gary Sullivan, Bob Trout, Carol Berry and Jackie Bunce hydrate after the club's first First Cup Café run.

## Club Runners Review

What better way to beat the Houston heat than to travel to a destination race under the cool, Pacific marine layer, through the rolling vineyards of Sonoma County and sip a chilled Chardonnay afterwards! Club members Lorna and Mark Bradley, Steve and Nancy Brammer, Doris and Rick Bozanich and Phil Trumbly competed in the Napa to Sonoma Half Marathon or 5k on July 17th. While we're proud of all of our runners, we're especially impressed with Steve who won his division in the half marathon with a 1:32:39 finish.



Club members (from L to R) Phil Trumbly, Cindy Zatorski, Mark and Lorna Bradley, Nancy and Steve Brammer, and Doris and Rick Bozanich celebrate another fine run through the California vineyards.



Steve Brammer receives his prize for first place in his division at the Napa to Sonoma Half Marathon.

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

## Area Running News

As you may have noticed, one of our favorite running routes is now closed to us. The trail into George Bush Park from the CopShop has now been closed. The Army Corps of Engineers has begun their project to modify and modernize the Baker Reservoir. This means that our long runs will necessarily head from the CopShop toward Hwy 6 and beyond. The entire project is expected to be complete in the summer of 2019. However, the trail closure is due to needed improvements to the bridge over Buffalo Bayou and is expected to take 90 days. We hope that the trail section will open as soon as the bridge improvements are completed.



Willowfork Park may be a nice alternate for both weekend and weekday runs soon. In fact, a few of us have run the paved section of the trails over the last month to get a view of their condition and status. The park looks to be a nice one. If you do "explore" that trail please realize that the park is still under construction and there are risks you'll need to assume - if you are allowed to access the trail at all. Formal opening is expected on or around Labor Day.

Some of you may know Sabra Harvey - or at least have seen her training on Saturday mornings in Terry Hershey Park. In mid-July the USATF Masters Outdoor Track Championships were held in Grand Rapids, MI. Sabra competed in races of three distances - 5000m, 1500m and 800m. She completed the 5000m race in 20:45.43 to win a gold medal and to set a new single age record for 67 year old women. She also won gold medals in the 1500m and 800m running 5:38.69 and 2:44.33, respectively.

## Upcoming Event Calendar

The following running events are suggested for club participation. Each month we'll have a "focus race" where we expect a group of club runners will compete. Coming up in August, the focus race is the Wellness Project 5k in George Bush Park. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**August 17<sup>th</sup> - Brews and Shoes** - 7pm - Luke's Locker. We're excited to have Brant Kotch, race director of the Chevron Houston Marathon, as speaker for this evening. You won't want to miss this!

**August 28<sup>th</sup> - Wellness Project 5k** - 7am - Freedom Park - registration [here](#).

**September 17<sup>th</sup> - Just Run for a Just Cause 5k & 10k**- 7am - Kingsland Baptist Church - check [here](#) for registration information.

**September TBD - Tornados Cross-Country Relay** - 5pm - Spotts Park, Houston - check [here](#) later for registration information. Current listing is for 2015 race.

**October 22<sup>nd</sup> - Mustache Dash** - Villagio in Cinco Ranch, Katy. More info coming later.

**October 29<sup>th</sup> - Corner Store Run 5k** - 7:30am - Great Southwest Equestrian Center, Katy - Race information [here](#).

**October 30<sup>th</sup> - Houston Half Marathon & 10k** - 7:00am - Sam Houston Park, Houston - race registration info [here](#).

**November 13<sup>th</sup> - HMSA Classical 25k, 10m & 5k** - Wortham Center, Houston. Race registration info [here](#).

**November 19<sup>th</sup> - Shiner Beer Run - Half Marathon & 5k** - Shiner, TX. Race registration is now closed.

**November 24<sup>th</sup> - Katy Family YMCA 10k, 5k and kids 1mile** - 7am, Cinco Ranch. Race registration and info [here](#).

**December 4<sup>th</sup> - Texas 10 Katy - 10 miles** - 7am, Morton Ranch HS - Race registration and info [here](#).

**December 10<sup>th</sup> - Rudolph 10k, 5k & kids 1k** - City Centre, Houston - race info [here](#).

**December 11<sup>th</sup> - Fort Bend KIA 30k** - 6:30am, Sugarland City Center. Race registration info [here](#).

**December 14<sup>th</sup> - KARC HOLIDAY PARTY - 6:30pm, El Jarrito Mexican Restaurant, Katy**, map [here](#). (Details to follow.)

**January 14<sup>th</sup> - ABB 5k** - George R. Brown Convention Center, Houston. Race registration and info [here](#).

**January 15<sup>th</sup> - Chevron Houston Marathon and Aramco Half Marathon** - 7am,  
George R. Brown Convention Center, Houston. Race info [here](#).

**January 29<sup>th</sup> - Memorial Hermann USA Fit Marathon & Half Marathon** - 7am,  
University of Houston, Sugarland Campus, race registration information [here](#).