



April 17, 2017

Volume 2, Number 4

From the President's Desk

Ultra running on trails. Swim, bike, run. Road racing. Charity runs. Running and walking for fitness. Volunteering. Socializing. You do it all! Our aim has been to be a full service running club - and, boy oh boy - you've shown that in spades this month!

Monday, April 17th was Patriot's Day and the 121st running of the Boston Marathon. Those of you who have been coming to the Tuesday evening track workouts have seen several of our club members polishing their run with brutal 800's in advance of their participation at Boston. Well, it all came to fruition on Monday. If you've tracked our members as they flew over the Hopkinton to Copley Square course then you know there were some impressive performances on a tough day and on a tough course. We've got the specific results listed later for our runners Gordon Christie, Adam Daniels, Jana Daniels, Delton Friedman, Jason Ondruch, Natalie Perry, Craig Prevallet, Neil Ruocco, Delia Salinas and Curtis Turner. Well done!

On Sunday, April 22nd The Woodlands will again host the Ironman Texas. Dana Cashman (1085), Jen Ingram (350) and Torrey Kramer (1995) will represent the club, doing the big swim, bike, run. They've done it before and they know the drill. But, that doesn't make it any less impressive to the rest of us. We're in awe!

After that all the big spring road races are done and just a smattering of 5k's, 10k's and trail races of various distances are left before we ease into fall and winter marathon training season. So, get ready, cheer on your clubmates, and recharge your mental and physical reserves in preparation of another hot running season!

I wish you happy and health running.

Rick's Training Corner

Saturday July 15 - mark your calendars! That is the day our Club's marathon and half marathon training programs targeting the Chevron Houston Marathon and Aramco Half Marathon will start. What will it cost you? Nothing! - it's one of the many benefits you receive as a member of KARC.

Over the past few months, we shared our plans for how we will organize our training program. In summary, we set up pace groups based on the training paces provided by our members on both their application forms and from feedback to the polls Mike sent out via email and Facebook. An updated list of the pace groups can be found on our Club's website under the "Membership" tab. Of course, you can run with any group you want. If you would prefer to run with a group other than the one you are tagged to, just let us know and we will make the change. Each pace group will have one or two "coordinators". These are not coaches per se; their primary responsibilities will be to build a sense of community among the runners in their groups, to support the runners in their groups to help them achieve their goals and to communicate the meeting times and location of the training runs each week. Why are we doing this? It's because we want to support the formation of groups consisting of 6 - 8 runners or more. We know that distance running is more fun with other people.

Normally the groups will meet for track workouts (or hills early in the season) on Tuesdays at Cinco Ranch Jr. High, for tempo runs on Thursdays at Rick Rice Park (or at the Bagel Run for those early-risers) and at the Cop Shop on Saturdays for the long runs. However, each pace group is free to deviate from these locations from time to time (based on the input of the pace group members) to add variety to the running routes. For example, if a group wants to incorporate hills into their long runs, they could choose to schedule a Saturday run in a place like Bellville or New Ulm. If they want to run more locally, they could decide to schedule a run in the Cinco Ranch area. The important thing is that we want to balance a disciplined schedule with the flexibility to make the training season interesting and motivating.

Marathon and half marathon training schedules are posted on our website (you will need to enter the current password to access these). The schedules follow a common template. Each schedule slowly builds from an established base. Easy runs are scheduled on Monday and Wednesday; strength and speed workouts are

scheduled on Tuesday, tempo runs are scheduled on Thursday, and long runs are scheduled on Saturday. The length of the long run builds to 21 miles in each of the marathon schedules (and to 13 - 15 miles for the half marathon training schedules). Off days are scheduled on Fridays and Sundays (and on Wednesday for the novice schedule).

There are three schedules for each distance which vary in the level of intensity (novice, intermediate and advanced). These are more correlated to the level of fitness and training goals of our members rather than pace. The novice schedule is appropriate for most first-time marathoners (or half marathoners) whose primary goal is to finish the race. The suggested training base to start the novice plan is at least 10 - 15 miles/week. The length of the initial long run is 4 miles.

The intermediate and advanced programs are generally for more experienced runners whose goal is to improve their marathon or half marathon performance. The suggested training base to start the intermediate schedule is 20 - 25 miles; for the advanced schedule, the suggested training base is 25 - 30 miles/week. The distinguishing characteristics of the intermediate and advanced schedules are: 1) 5 training runs per week, 2) the incorporation of track workouts on Tuesday and 3) Thursday tempo runs of increasing intensity as the season progresses. Be sure to check out these schedules on our website for more information.

So, how do you sign up for our training program? Simply respond to the poll which will be sent to our members in the next few weeks. We recognize that there are other marathon training programs out there. We hope that you decide to train with us. Whatever you decide, we wish you success and look forward to seeing you at the upcoming club events. Please let us know how we can best help and support you.

And what if you have no intention to run a marathon or half marathon this year - or any year - and still would like some training guidance? Just let us know about that. We do have training schedules for shorter goal races like 5k's and 10k's. And we can customize a training program for you for any 5k/10k/half marathon/marathon. Let us know the date of your target race and we'll work something up 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:

Mark Darnell	Michelle Adams
Nicole Berglund	Suzzane Cook
Kristie Green	Lisa Baudoin
Curtis Turner	Edward Moncur
Emma Millar	Laurent Hale

Member Profile

This month we hear from Buddy Baudoin. The elements of his story will be familiar to many of you and inspiring to all, I'm sure. If you're new to marathon running or are considering a marathon then his story should mean a lot to you.

Here's Buddy's story:

Hi, I'm Buddy Baudoin. I haven't always been a runner, but I have always been active in one way or another. When I was young, I was a perpetual motion machine - riding bicycles, climbing trees, and street football were common summer-time activities. The soles of my feet would feel like leather at the end of a summer from running around barefoot. I was a stuntman - many bicycle and skateboard mishaps doing crazy things. And I may have jumped off the roof a time or 2. Good thing we had a 1 story house!



The first 3 mile race I ran was in 1979 or 80, when I was in elementary. I didn't train for it or even know about it until about a couple hours before the race. It was after church at the school fair. I put on shorts and tennis shoes after church and went back to run the race. It was a rush, but I didn't know anything about pacing or racing. I can't even remember what my time was for that first race, but I loved the feeling I had after competing. Wish I had a picture of that event. In high

school, I ran one year on the cross country team. Sports weren't really a big focus for me at that time and I think my PR in those days was 18:50 for a 3 mile race.

After high school, I didn't remain an active runner. I did a few MS 150s in Louisiana/Mississippi. I enjoyed cycling just for fun and the occasional run, but nothing more than just around the block or lakefront path.

I moved to Sugar Land from New Orleans area when I was 30. At that time, I still hadn't run a half marathon. I ran a handful of 5k and 5 milers, but still hadn't run more than 5 miles at once. I ran my first half marathon in my late 30s but didn't build on my training from year to year. I'd train for 12-16 weeks with a free Hal Higdon plan leading up to the Houston Half Marathon, average about 7:40 pace, then quit training for a year. I may have sprinkled in some shorter races through the year, and called myself a runner, but it still wasn't my top priority. I remember thinking when I can run a half marathon at 6:30 pace then, I would try a full marathon. Ha! Looking back, I can see that was never going to happen if I didn't train seriously and build from one season to the next. But, I was involved in my career and working way too many hours. I'd train in the wee hours before work for the annual half marathon, work 12 hours a day, and then participate in my boys' sports and other activities. The discipline it took was too much, and I'd go back to eating ice cream when I wanted and drinking beer - not at the same time though! The years ticked away, but I still remained active to some extent. Somewhere along the way, my wife, Lisa caught the running bug and wanted to run a half marathon as well. 2008 was her first half marathon. I think I had signed up that year, but just didn't feel like running it. I volunteered for a water stop on the marathon course instead.

In 2012, my Dad was getting cancer treatments at MD Anderson. I rented an apartment in town so they would be close to the medical center. Spending a lot of time there with them, my wife and I enjoyed many runs around Rice University, Hermann Park, and Braes Bayou. It was such an awesome place for incubating runners! We were living in Rockport for an assignment at that time and also ran many miles on the coast. It was then that I reflected on just how short life is. I decided I wanted to train consistently and realize my full potential as a runner. I felt I still had some potential even though I was nearing 50. And age is just a number, right? Since then, I still haven't taken any breaks from training, except for the occasional muscle pull or post-race recovery. But I have placed 1st in a 5k

in Rockport and a 10k in Houston, which added fuel to the fire. I'm having much more fun with running. Since we are empty nesters now, we decided to do some destination races and have fun with running.

As of early 2016, I still planned to stick to 10k and half marathon distance and didn't decide to run a full marathon until the summer. I wanted to qualify for the 2018 Boston Marathon since I would be 50 for that year's race. What a milestone race it would be! But, I realized that nutrition, hydration, and training were on a whole new level for a full marathon. I was all in and decided to train with Kenyan Way. I have always loved running the Memorial Park area, so that seemed like a great place to train on portions of the Houston Marathon course. Through the nearly 6 months of training, my discipline and commitment were unwavering. I live and work in Katy, so I spent some time driving. 3 mornings a week, I drove to Memorial Park area to train with the group. I learned that prep is key. By the previous night, I would have everything laid out ready to go for the next morning. I went to bed about 7pm (or pretty close to it) and woke at 3:30. I had breakfast and coffee supplies laid out on the counter. Also, my running gear was waiting for me to jump in and go. I even had a post run shower kit and my work clothes packed. I ran some pretty tough training runs: hill work Monday, speed work Wednesday, and long runs Saturday were my main efforts. I ran some great courses from Memorial as far as downtown, Hermann, Rice, and River Oaks. Having not spent much time in Houston, it was a great way to explore the city.

In January this year I ran my 1st full marathon at Chevron Houston Marathon. Even though the temps were in the 70's and humidity was 100%, I wasn't going to heed coach's advice and adjust my pace down a bit. I stuck to my goal pace - even a little faster due to over exuberance from being a marathon noob. Nobody's done that kind of thing before, right? I also blew by a few hydration stops because of the congestion on the course. Around mile 13, we u-turned into a headwind. I spotted a bigger runner in front of me and picked up the pace a bit so I could draft him. Then, I felt some tightening in my quads - uh oh. I started to take small walk breaks around mile 14. By 16, I was having spasms and had to stop and massage my muscles. It didn't even dawn on me earlier in the race that I should actually be using the salt tabs I carried with me. So, I did walk / run for a while making sure to not miss a water stop. At Memorial Park, I saw the 3:45 pace group go by and knew I wasn't making my goal this day. So, I also made sure to grab a beer there at



the mile 21 Michelob Ultra beer station. The salt tabs finally did their magic, I was able to do a short kick at the end, and finished in just under 4 hours - much slower than the 3:20 goal.

I needed to redeem myself from that lousy performance, so, before I left Houston, I signed up for Woodlands Marathon and hoped for better weather. On race day, the weather was ideal, I was fueled and hydrated, determined to negative split, and....I did it! I executed perfectly and was sooo happy to kick in for the last 3 miles with speed to spare. I gave one final push at the end and finished in 3:13, 17 minutes

below my BQ time! But.....y'all know the rest of the story already. Sigh. You have to take the bad with the good. It's just part of the journey.

In chasing the BQ, I am now signed up for the Pacific Northwest Marathon on May 13th. Hoping for 3rd time's a charm. At the very least, we will get to tour a part of the country we haven't seen as well as some breweries and wineries. And it plays into our goals of doing destination races. We are also signed up for Rocky Mountain Half Marathon in August and 2018 Rock n Roll Half in New Orleans.

So, maybe I should discuss goals now? I plan to beat my high school PR this year. And for next year, I would love to run a sub 3 marathon. Also, I would love to do a beer mile race. Sounds like a KARC event in the making! I'll have to talk to Rick about a beer mile training plan.

Since I've seen so many runners in the area, I decided to find a club to train with locally. Glad I found KARC and I plan to participate in many training runs and races as well as volunteering opportunities. I met Dana during the 2017 Katy Half - what a great ambassador for the club! Thanks for making me feel welcome and hope to meet more of you. Lisa is my #1 fan and sometimes running partner - hope to get her out there as well. See y'all at the races!

Buddy Baudoin

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.

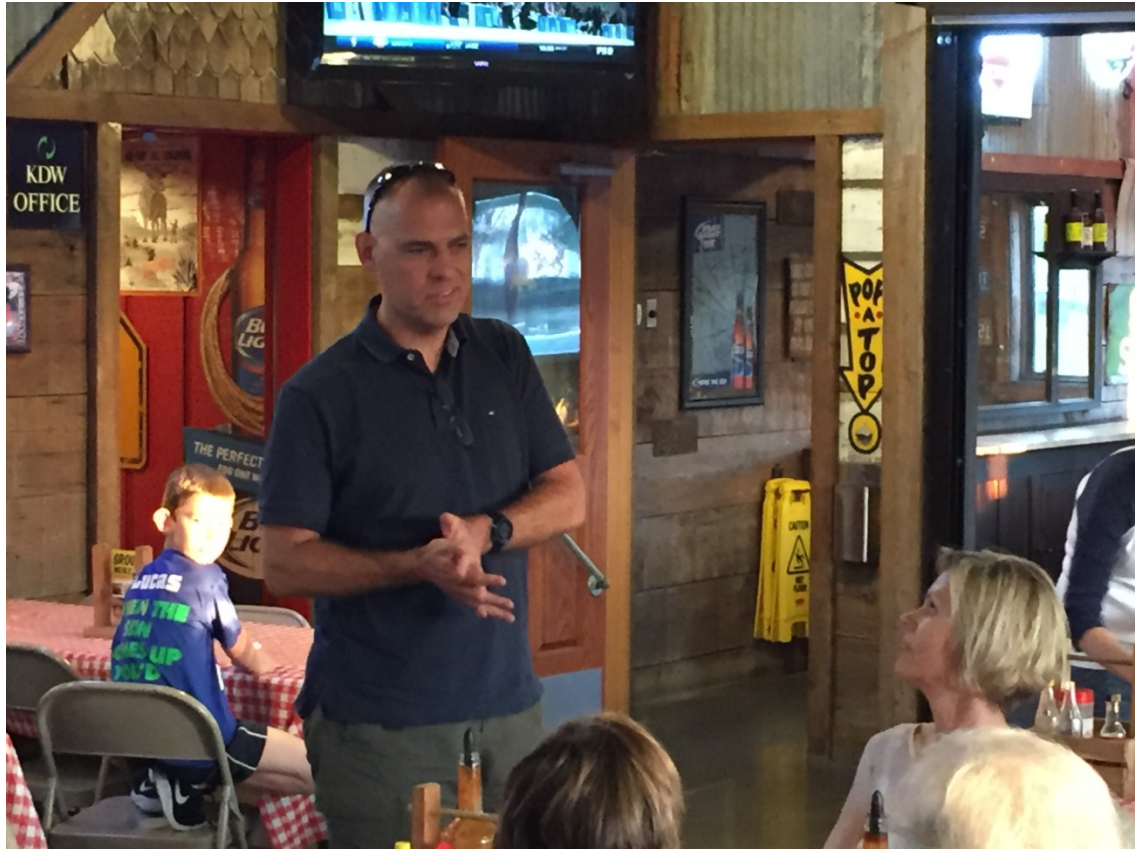
Tuesday - Groups meet at 5:00am and 6:30pm, [Cinco Ranch JH Track](#). This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running - no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 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. Early birds join the Bagel Run at 5am from [Chilled Cryospa](#) in the Villagio.

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

On March 22nd many of our members came together at Rudy's BBQ to wish Jacob, Benedicte, and Lucas Thymann Nielsen the best for their next adventure. They're moving to India! Jacob has been a good friend to us and we've logged literally hundreds of miles with him on the trails and in races in Houston, around the state, and even outside the state. We'll miss them, for sure. But, we expect we'll continue to stay in touch via Facebook, Strava, and email. We want to see pictures of them in exotic places!







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

There were certainly a lot of members out at the running events this month. And there were some members out at a lot of events this month. It's clear that this is the time of the year when we can focus on shorter distance races, fun runs and charity events. I've said it before - it's not about standing on the podium, although that is surely a fine accomplishment. It's about getting out there and participating. When we do that we're all winners!

Here are the results I could find:

March 11th, [Houston Spartan Sprint](#), Hempstead, TX

Matthew Hess	1:41:06
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March 18, 2017, [Bayou City Classic 10k/5k](#), Houston, TX

5k

Lucas T. Nielsen	27:18
Denise Voyles	51:49
Jane Wallace	51:05

10k

Rick Bozanich	52:55	(163 rd /918 - age graded)
Mark Darnell	1:03:32	(463 rd /918)
Sonia Dhodapkar	50:00	(188 th /918)
Mike Healey	47:22	(113 th /918)
Rebecca Masse	1:05:45	(228 th /918)
Mike Masse	48:23	(140 th /918)
Jacob T. Nielsen	48:15	(203 rd /918)
Carlos Pacheco	50:31	(266 th /918)
John Saunders	55:01	(249 th /918)
Toni Smith	58:07	(152 nd /918)
Bob Trout	1:08:07	(539 th /918)

In age graded results Sabra Harvey beat everyone as the overall winner.
But, hey, these age and gender graded results really level the playing field.



Benedicte, Lucas and Jacob Thymann Nielsen at the Bayou City Classic (photo courtesy of Benedicte Thymann Nielsen)



KARC members and friends after the Bayou City Classic (photo courtesy of Sonia Dhodapkar)

March 18th, [Seabrook Lucky Trail Marathon](#) - Seabrook, TX

Gordon Christie

3:34:33 (1st in AG)

Kim Johnson

5:29:02

March 25th, [San Felipe Shootout](#), Stephen F. Austin State Park, Sealy, TX

Nicole Berglund	3:43:41 (half marathon)
Mark Darnell	2:56:21 (half marathon)
Jim Surles	4:26:33 (half marathon)
Kim Johnson	volunteering

March 26-27, [Texas Independence Relay](#), (200 miles) Gonzales to San Jacinto Monument, TX

2Slow 2Win 2Dumb 2Quit	30hrs 17min
Rick Bozanich	Gary Sullivan
Mike Masse	Pam Sullivan
Mike Healey	Ben Shepherd
Eirin Ekeberg	John Saunders
Karen Boman	Toni Smith
Rowena Hay	Michelle Vaughn

The Beer View Mirrors	27hrs 52min
Natalie Perry	Marjorie Broussard
Jacob T. Nielsen	Anish Augustin
Craig Prevallet	Arturo Reyes
Mike Moreno	James Ingram
Dennis Shaw	Edward Moncur
Eric Coleman	Matthew Hess



2Slow 2Win 2Dumb 2Quit (yellow shirts) and The Beer View Mirrors (pink shirts) at the Gonzales Memorial and Museum before the cannon boomed (Photo credit: John Saunders)

March 27th, [San Francisco Rock 'n Roll Half Marathon](#), San Francisco, CA

Mark Bradley

1:57:19

March 26th, [Texas 10 College Station \(10 mile/5mile\)](#), College Station, TX

Sonia Dhodapkar

37:52 (5 miles, Overall Women's winner)

Tina Seaman

1:21:40 (5 miles)

April 1st, [Grant-A-Starr 5k](#), Sugar Land, TX

Jacob T. Nielsen

22:15 (1st in division)

April 1st, [Run Houston! Minute Maid Park](#), Houston, TX

Leanda Bruner

1:05:12 (10k)

Colleen Saltus

1:23:26 (10k)

Denise Voyles

39:29 (5k)

Keilah Whitley

1:39:11 (5k, with Abigail Ruguleiski as an Ainsley's Angels team)



Clockwise from upper left: Leanda Bruner, Colleen Saltus, Keilah Whitley and Abigail Ruguleiski, and Denise Voyles at the Run Houston! Minute Maid Park race. (photos courtesy of Leanda, Colleen, Keilah, and Denise, respectively)

April 2nd, [Ironman 70.3 Texas](#), (1.2 mile swim, 56 mile bike, 13.1 mile run) Galveston, TX

Team Chafing the Dream (Bib 4017)	6:14:46
Dana Cashman - Swim	47:17
T1	2:20
Torrey Kramer - Bike	3:01:16
T2	1:06
Dana Cashman - Run	2:22:47

Fon Deuterio (Bib 940)	5:27:59
Swim	37:54
T1	2:29
Ride	2:42:40
T2	1:46
Run	2:03:10



Team Chafing the Dream after completion of the Ironman Texas 70.3 (photo courtesy Dana Cashman)

April 2nd, [Run for the Rose](#), NRG Park, Houston, TX

Ling-Yuan Kong

24:19 (2nd in division)

April 8th, [Brazos Bend 50 \(50 mile, 50k, 25k and 10k\)](#) - Brazos Bend State Park, Needville, TX

Tammy Bearden	1:52:48 (10k)
Karen Boman	2:46:41 (25k)
Shannan Horner	Not timed (10k)
Kim Johnson	6:37:34 (50k)
Lisa Ozsdolay	2:36:19 (25k)
Bekah Swick	1:48:19 (10k)
Dave Tomfohrde	Not timed (10k)



Dave Tomfohrde checks out an alligator at Brazos Bend 50 (photo courtesy Dave Tomfohrde)



Karen Boman (left) and Lisa Ozsdolay (center) at the finish of the 25k at the Brazos Bend 50 (photo courtesy Karen Boman)



Bekah Swick and Shannan Horner and friend at the Brazos Bend 50. (photo credit Bekah Swick)



Kim Johnson says "Gator? What gator?" as she runs the 50k at Brazos Bend 50. (Photo credit Kim Johnson)

April 8th, [Blue Bell Fun Run \(10k/5k\)](#), Brenham, TX

Michelle Blackman	49:24 (5k)
Tina Seaman	50:17 (5k)

April 9th, [Vintage Park Half Marathon](#), Houston TX

Buddy Baudoin	1:32:30 (1 st in division, 10 th overall)
Leanda Bruner	2:42:02
Gordon Christie	1:50:46
Torrey Kramer	2:08:45
Lillian Wanjagi	2:24:01



Buddy Baudoin (left), Gordon Christie (center), and Torrey Kramer (right) run the Vintage Park half marathon. (Photos courtesy Dana Cashman)



Leanda Bruner represents KARC at the Vintage Park half marathon. (photo courtesy Leanda Bruner)



Lillian Wanjagi cruises to the finish at the Vintage Park half marathon. (photo courtesy Lillian Wanjagi)

April 9th, [Austin Rattler Run \(66k/33k/10k\)](#), Rocky Hill Ranch, Smithville, TX

Mark Darnell

4:20:13 (33k, 3rd in division)

April 9th, [Super Hero Heart Run](#), Cullen Park, Houston, TX

Janice Mueller



Janice Mueller (seated front row with green cape) and some Super Heros at the Super Hero Heart Run. (photo courtesy Janice Mueller)

April 9th, [Austin 10/20 \(10 miles\)](#), Austin, TX

Michelle Blackman

2:38:00

Tina Seaman

2:51:42



Michelle Blackman (2nd from right), Tina Seaman (right) and friends display their bling at the Austin 10/20. (photo courtesy Tina Seaman)

April 15th, [Green 6.2 \(5k/10k\)](#), City Centre - Houston, TX

Cindy Davis	1:28:43
Janpen Ritchie	1:24:08
Ed Ritchie	1:09:14
Jill Seltzer	1:28:43
Denise Voyles	1:25:21
Lillian Wanjagi	1:00:57



Ed and Janpen Ritchie show off their finishers' medals at the Green 6.2 (photo courtesy Ed Ritchie)

April 17th, Boston Marathon, Boston, MA

Gordon Christie (6774)	3:19:33
Jana Daniels (19267)	4:22:06
Adam Daniels (1230)	3:01:02
Delton Friedman (19392)	3:49:27
Jason Ondruch (6789)	4:26:41
Natalie Perry (13668)	3:50:04
Craig Prevallet (14175)	3:59:40
Neil Ruocco (13477)	3:36:16
Delia Salinas (21429)	3:55:54
Curtis Turner (3118)	3:16:11



Current and future KARC members mentally prepare at the Boston Marathon finish line before their big run (from L to R: Yan Liu, Delton Friedman, Natalie Perry, Delia Salinas, Neil Ruocco, Craig Prevallet, Jason Ondruch, Zhanqing Li). (photo courtesy Craig Prevallet)

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

Area Running News

Great news!!! Katy is getting a running store. Our friends and members, Steve Brammer, Nick Waak, and Sarah Priest (and Andrea Witte - future member, I'm sure!), are opening Good Times Running Co.! Watch for more information on our Facebook page in the coming days.



In April our club focus race was the Texas Children's Hospital Fun Run. The race was held on April 8th at the hospital's west campus. Our focus for this one, though, was a bit different than in most other races. We supported the race by volunteering at packet stuffing, packet pick-up, and at the finish line. Kudos go to JoAnn Fadeley (packet stuffing), David Tomfohrde, Dana Cashman, Torrey Kramer, Sarah Priest, Rebecca and Mike Masse (packet pick-up), and Jill Seltzer, Bob Trout

and Bob Milner (Finish Line). None of our local, non-profit races could be held without the support of volunteers. It's your participation and supportive efforts that make this all work. And for good causes, too!



KARC members give back at packet pick-up for the Texas Children's Hospital Family Fun Run on April 7th (from L to R: Sarah Priest, David Tomfohrde, Torrey Kramer, Dana Cashman, Mike Masse, Rebecca Masse). (Photo courtesy Dana Cashman)



Bob Trout (left) and Jill Seltzer (right) volunteer at the Texas Children's Hospital Family Fun Run. (photo credit Sarah Priest)

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.

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

June 3rd - Keller Williams Premier 5k - 8:00am - Villagio, Katy, TX - volunteer and racing opportunity - race registration [here](#).

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 - race info [here](#).

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

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