



January 15, 2016

Volume 2, Number 1

## From the President's Desk

Welcome to the New Year - and welcome to our second year as a club! 2016 turned out to be a really good year for the club and its members. Only last February we were nothing but an idea, a hope of being something more than a few friends who were looking for a group with which to run and socialize. Well, you have put a stake in the ground and announced your vital presence in the running community by becoming part of a 150 member strong organization. Congratulations to you! It's your interest, enthusiasm and participation that make KARC what it is.

Having said that, I am looking forward to only better things for the club. We continue to experience continual growth with new members. And those new members represent a broad range of interests and experience - from newbies who have recently dedicated themselves to improving their fitness through running to old hands who have too many race bibs to count. We will once again endeavor to bring you events you should enjoy from both a fitness perspective and a social one. We have new ideas for PI Day and National Running Day, we are going to highlight more volunteer opportunities, and we hope to host a bigger and better 5k on Labor Day. We will publish a list of members and their training paces with the hope that this will help you find running buddies of similar pace. We're going to reinvent our quarterly club meetings - with an eye toward retaining the "Brews" component, of course. And who knows - we may even have a runner earn HARRA's Runner of the Season accolades.

One enhancement we'd like you to be aware of is our clarified FB posting policy. Some of you will have read our prohibition on commercial postings in the FB group description our prohibition on commercial postings. This has been our intention since the onset of the Club. But, from time to time some confusion crops up on this point. To help with that your Board has put pen to paper and written a policy that we think makes things crystal clear. You'll find that on the website under the

"About" tab in "By-Laws and Policies". We think limiting the communications on FB to personal ones makes FB a better way to communicate. And as always if you have questions about this or anything else please don't hesitate to ask me or one of the other Board members.

So, if you haven't already, do make sure you've taken care of your membership renewal. We renew our membership at the beginning of each year. Renewal now will ensure that you have continued access to our closed Facebook group, will receive the weekly training emails, and have access to the full set of training schedules on our website. And you'll get all the up-to-date notices of the Club's events. I want to make sure we don't leave you out!

Now, if you've run a marathon or half marathon within the last few days then congratulate yourself for an outstanding achievement. Take some days away from running. But, do keep those legs moving. Come see your friends on the track Tuesday evening. They'll be the ones walking gingerly in 400m circles!

I wish you happy and health running.

## Rick's Training Corner

Many of our members raced either the Chevron Houston Marathon or Aramco Houston Half Marathon last Sunday (January 15). To those that did - congratulations! Conditions for this year's races were far from ideal. Temperatures were high and humidity approached 100%. Most people I spoke with dialed back their goals and expectations in advance of the starting gun. One of my friends is a fellow coach/mentor with the Katy Students Run program. He always tells the students in his group to "run their best race". He then goes on to explain that this doesn't mean that you will necessarily run your fastest time. Your best race might be a slower time if conditions are less than optimal. This certainly applies to Sunday's race.

Now that the race is behind you, you should be well into your recovery phase. Hopefully you spent the hours after the race hydrating and refueling. This will be important over the next several days as well, especially given the conditions on race day. Proper nutrition will be necessary to replenish your glycogen stores and to repair muscle tissue damaged from the stress of racing.

So, how long should the recovery phase last? The rule of thumb is to take one recovery day for each mile that you race. This time period can be longer or shorter depending on your fitness level, the stress exerted on race day or other factors (such as injuries). Marathons take a toll on the body; your body needs time to recover. Not all the effects of a hard race are obvious or can be felt. For example, a few years ago I had my annual physical scheduled within a week of running a marathon. Although I felt terrific, later when the doctor reviewed the results of his tests (which included extensive bloodwork), he was concerned with some of the data. I told him about my marathon; he suggested new blood tests a week later and by then, everything came back normal. That was a lesson to me of the importance of taking it easy during the recovery period.

You can think of the recovery phase as a reverse taper. Avoid running for a few days after a long, strenuous race. Long walks are good. If you feel the need for aerobic activity, try substituting swimming or time on an elliptical trainer (or other non-impact activity) for running. When starting running after a few days, take it easy. Don't try to build to your pre-race base immediately. Start with short, easy runs. Gradually build to your base over 3-4 weeks. If your training plans include speedwork, ease into that as well after 2 or 3 weeks. Start with tempo runs (possibly at a slower pace than your pre-race tempo runs) before attempting intervals.

For some, the recovery phase is a welcome relief to the rigors of training in advance of the marathon. They welcome the opportunity to take a short break from training. On the other hand, there are those that can't wait to hit the trails again. The "runners high" that can come from a quality race performance is a great feeling. It can even give you a false sense of security that maybe you don't need to take too much time off to recover. This is how I felt after a great marathon experience a few years ago. If this describes you, try to remember that you will be better off if you resist the urge to run or do strenuous workouts until your body has properly healed. That way, you will have a better chance of fully recovering so that you can have many more great races and runs.

I hope to see you out on the trails!

Rick Bozanich

## New Members

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

Jen Ingram  
Mark Vaughn  
Fon Deuterio  
Wende Gaikema  
Neil Ruocco  
Richard Nicholls  
Anne Gandini  
Jocelyn Williams  
Kim Johnson  
Norma Scott  
Maria Mainiera  
David Tomfohrde

## Member Profile

This month we're treated to the story of Kim Johnson's running journey. It's been a long one. Well, some would measure long by time. Others would measure it by distance. And some may even use another metric. While Kim has been running seriously only since 2010 she has gone long! Many of us will have run a marathon or half marathon this month and that seems long. But, there are several Club members for whom a marathon is only a warm-up. Kim is one of those people. Read on and see what I mean.

Hi, my name is Kim Johnson.

I started running in 2010 at the age of 46 as part of a 50lb weight loss journey. In November, 2010, I had reached my goal weight and ran my first 1/2 marathon at the Rock and Roll San Antonio. I continued running 1/2's for a couple years then moved up to full marathons. I ran my first marathon at Disney in January, 2013 as part of the Goofy Challenge.

It was about this point where I crossed paths with TEAM RWB. I was interested in running TIR and a friend of a friend knew a team that was looking for a couple

runners...so I joined them. I've been a huge supporter and runner for TEAM RWB ever since.

TEAM Red, White and Blue's mission is to support our veterans as they transition from the military back to civilian life through a wide variety of physical activities and social events. I don't just wear the shirt - I'm involved in weekly group workouts (we meet every Wednesday, 6pm, at the Bush Park dam on Hwy 6).



As a goal for my 50th birthday, I wanted to run a "50-something" distance event. This was my transition from road running to the trails and ultra world. I ended up doing several 50K's and two 50 milers ...Brazos Bend and Rocky Raccoon. One year ago, I finished my first 100 miler at the Snowdrop Ultra 55. Although I finished - it was ugly! - I made so many mistakes in that race. I was not as well trained as I thought I was, my pacing was unrealistic for the distance, I had no nutrition plan and my hydration/electrolytes were also not dialed in. I needed help in almost every aspect of running this new distance. So, when a TEAM RWB friend decided to start up a small coaching gig for trail folks for their first 100 miler, I raised my hand "pick me...pick me!"

I am not a fast runner by any measure...my marathon PR is 4:57 set at BCS in Dec 2013. And to be honest, I don't really race marathons anymore.

But I do enjoy running them - and my husband and I like to choose vacations where I can run a race and he can play a cool golf course. I guess we started that with our trip to DC for the Marine Corps Marathon. And that was our deal when I ran Big Sur...he got to play Pebble Beach.





What a fun trip that was!! Last year, I ran Grandma's and he played a lovely course in Duluth, MN. I don't like to drag PR expectations into a vacation run - that just takes all the fun out of it. I prefer to relax and enjoy the scenery - it's probably why I love trail running so much.



Last summer I had an amazing opportunity to pace and crew for my coach as he ran Badwater 135!! But mostly you'll see me hanging around at TROT and Tejas Trails events either volunteering or running.

All this to say, I'm glad to join KARC and look forward to running with y'all. I may not always be around for the group runs as my training looks somewhat different than typical marathon training and I try to hit the trails as much as I can. But I do enjoy Bush Park and Terry Hershey and am looking forward to some track work on an actual track.

Kim Johnson



## 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

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.

It is also becoming a thing to go out for a bite after our Thursday evening runs. El Jarrito and Rudy's BBQ seem to be favorites. If we do go out then we're normally there by about 7:40 or 8:00pm. Watch the group Facebook postings or post yourself for info about the Thursday evening get-togethers.

Don't forget our social media links! Plenty of info and discussion is posted on the closed Facebook group and there are daily postings and discussion among several of our members on Strava. If you haven't set up a Strava account you might think about doing that. It's a great way to share our runs/walks/rides/swims etc with our friends and to give and receive encouragement for our fitness escapades! We do have a Strava club with around 40 members, too. So, look for that and join up and you can see a summary of the club members' efforts.

## Club Runners Review

We are in the seriously busy part of the road and trail racing calendar. It seems as though some of you are racing every weekend - maybe all weekend. In any case, you sure have turned in some impressive performances. Remember, it's not all about standing on the podium. To stand on the starting line is a great achievement. Really.

Oh, and remember - if you are a member of HARRA (and I encourage you to consider signing up if you haven't already) you'll want to ensure that your HARRA profile lists KARC as your club affiliation. That way KARC can start making its presence known in their Runner of the Season awards and other club awards.

Here are the recent results I could find:

### December 18<sup>th</sup>, Santa Hustle - Galveston, TX

#### *5k*

Walter Davis	50:05
John Saunders	49:03
Jill Seltzer	50:07
Jane Wallace	49:03
Pamela Willmon	46:51

#### *Half Marathon*

Stephen Brassette	2:07:38 (1 <sup>st</sup> half marathon)
Robert Furman	2:22:37

### December 30, 2016 - January 1, 2017 - [Snowdrop Foundation 55 Hour Race and Relay](#) - Sugar Land Memorial Park, Sugar Land, TX

Gordon Christie	100 miles in 30:56
Kim Johnson	100 miles in 44:37





Gordon Christie's 100 mile finisher belt buckles from the 2016 and 2017 Snowdrop Foundation 55 hour race (photo credit: Gordon Christie)

January 1<sup>st</sup>, [Texas Marathon and Half Marathon](#) - Kingwood, TX

*Half Marathon*

Dana Cashman	2:38:12
Jenn Rienstra	2:32:16
Lisa Stine	2:51:01

*Marathon*

Robert Furman	5:26:08
Jill Seltzer	7:19:54 (first marathon ever!)



Dana Cashman shows off her hardware from the Kingwood Half Marathon (photo credit: Torrey Kramer)

January 1<sup>st</sup>, [Run Houston! 10k/5k](#) - Sam Houston Race Park, Houston, TX

5k

Josh Ring 21:35 (2<sup>nd</sup> in division)

Denise Voyles 42:01

10k

Marie Rappa 1:18:05

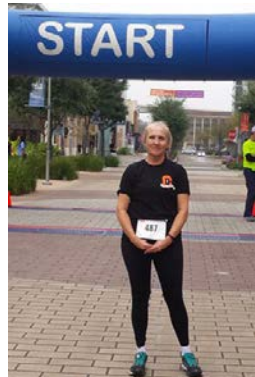


Marie Rappa (3<sup>rd</sup> from L) and Denise Voyles (5<sup>th</sup> from L) and friends at the Run Houston 5k/10 (photo courtesy of Marie Rappa)

January 1<sup>st</sup>, [LifeTime Commitment Day 5k](#), City Centre, Houston, TX

Marie Colon 33:28 (3<sup>rd</sup> in division)

Carol Berry 36:17



Carol awaits the start of the Life Time Commitment 5k (photo courtesy of Carol Berry)

January 7<sup>th</sup>, [Women's Quarter Marathon](#) (6.55 miles) - Katy, TX

JoAnn Fadeley	58:24 (1 <sup>st</sup> in division)
Lynn Furman	1:46:13
Angela Siebe	58:16 (1 <sup>st</sup> in division)

January 8<sup>th</sup>, Disney Marathon - Disney World, Orlando, FL

Auston Reinhart	5:02:59
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Auston Reinhart and Jennifer Kauffman at the Disney Marathon (photo courtesy of Auston Reinhart)

January 14<sup>th</sup>, [ABB 5k](#) - Houston, TX

Doris Bozanich	47:43 (walking)
Rick Bozanich	finished, not timed
Paul Chapman	18:50 (3 <sup>rd</sup> in division)
Gordon Christie	19:21 (3 <sup>rd</sup> in division)
Rosa Christie	38:55
Nakia Coy	36:35
Cindy Davis	44:48
Walter Davis	46:53
Sonia Dhodapkar	29:08
Robert Furman	32:34

Kristi Mayces	42:49 (with her girls)
Holly Mayson	36:15
Tina Seaman	51:57
Jill Seltzer	44:48
Paige Siemers	42:01
Robin Sturgis	59:58
David Thurman	36:15
Bronwyn Turner	44:48
Emma Valentine	27:29
Gay Waltrip	47:32
Terry Waltrip	41:51
Kay Woods	48:59



The Three Amigas ride again. Cindy Davis, Bronwyn Turner and Jill Seltzer at the finish of the ABB 5k (photo courtesy Cindy Davis)

January 15<sup>th</sup>, [Chevron Houston Marathon and Aramco Half Marathon](#) - Houston, TX

*Half Marathon*

Rick Bozanich	2:20:38 (pacing KSR runners)
Steve Brammer	1:47:51 (2 <sup>nd</sup> in division)
Marjorie Broussard	1:59:16
Tanya Byington	3:01:32
Nakia Coy	2:58:48
Adam Daniels	1:25:18
Jana Daniels	1:48:55
Cindy Davis	3:27:29
Walter Davis	3:24:50
Fon Deuterio	2:03:19

Sonia Dhodapkar	1:53:06
Larisa Ferguson	3:00:23
Susan Freeman	1:48:26
Jonathan French	1:53:58
Delton Friedman	1:45:25
Tyson Hann	2:12:54
Mike Healey	1:48:14
Cristi Hepler	2:41:51
Jon Husby	1:59:22
Nancy Husby	2:33:51 (pacing KSR runners)
Vangie Ibbotson	2:30:27
Torrey Kramer	1:58:48
Rebecca Masse	2:38:36
Kristi Mayces	2:00:21
Bob Milner	1:59:14
Arpad Ozsdolay	2:04:34
Lisa Ozsdolay	2:03:27
Ed Ritchie	2:45:09
Delia Salinas	1:52:25
Roberto Salinas	3:06:29
Tina Seaman	4:00:00
Jill Seltzer	2:59:14
Ben Shepherd	1:59:29
Pam Sullivan	2:38:36
David Thurman	2:51:17
Bob Trout	3:02:22
Bronwyn Turner	3:27:30
Michelle Vaughn	2:30:17

*Marathon*

Karen Boman	5:56:19
Mark Bradley	4:52:43
Jackie Bunce	4:06:27
Dana Cashman	5:26:06
Tony Castronovo	4:34:07
Gordon Christie	3:12:55



Eirin Ekeberg	4:00:03
Robert Furman	6:13:56
Rowena Hay	4:46:34
Matthew Hess	4:44:43
James Ingram	4:03:02
Jen Ingram	3:51:53
Scott Kenney	3:19:43
Mike Masse	4:34:07
Jacob Nielsen	4:03:21
Jason Ondruch	3:50:23
Natalie Perry	3:35:00
Craig Prevallet	3:40:08
Arturo Reyes	4:34:07
Jenn Rienstra	5:24:32
Neil Ruocco	3:34:10
Shawn & Anna Siemers	4:05:34
Danny Skinner	6:00:00
Toni Smith	4:47:49
Gary Sullivan	4:56:38
Terry Waltrip	5:11:06
Lillian Wanjagi	5:32:39



Club members Holly Mayson, David Thurman, Vangie Ibbotson, Rebecca Masse, Mike Masse and Mike Healey in the GRB before the start of the Chevron Marathon and Aramco Half Marathon (photo courtesy Rebecca Masse)

January 15<sup>th</sup>, [runDisney Star Wars Light Side](#) Half Marathon - Disneyland Resort, Anaheim, CA

Denise Voyles

3:24:03

January 15<sup>th</sup>, [Louisiana Marathon](#) - Baton Rouge, LA

Angela Siebe

4:42:53

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

## 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 February our focus race is the Race 4 the Children where we encourage members to participate by running or volunteering. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**January 22<sup>nd</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - 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](#).

**February 4<sup>th</sup> - Surfside Beach Marathon/Half Marathon/5k** - Stahlman Park, Surfside, TX - race info and registration link [here](#).

**February 4-5 - Rocky Raccoon 100 mile trail race** - Huntsville State Park, Huntsville, TX - race info and registration link [here](#).

**February 11<sup>th</sup> - Rocky 50 - (50 mile / 50 km)** - Huntsville State Park, Huntsville, TX - race info and registration link [here](#).

**February 11<sup>th</sup> - Run 4 the Children (4 mile race)** - The Fellowship at Cinco Ranch - 9am - Race info and registration link [here](#).

**February 26<sup>th</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**March 4<sup>th</sup> - Houston Livestock and Rodeo - Rodeo Run - Downtown Houston -**  
registration links [here](#).

**March 4<sup>th</sup> - The Woodlands Marathon / Marathon Relay / Half Marathon -** race  
info and registration links [here](#).

**March 11<sup>th</sup> - Law Week 8k -** 8am - Sam Houston Park, downtown Houston - race  
info and registration link [here](#).

**March 14<sup>th</sup> - KARC PI Day Challenge -** Katy, TX - check our newsletter for more  
info later.

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

**March 18<sup>th</sup> - Seabrook Lucky Trail Half Marathon -** Seabrook, TX - race info and  
registration link [here](#).

**March 19<sup>th</sup> - Seabrook Lucky Trail Marathon -** Seabrook, TX - race info and  
registration link [here](#).

**March 25<sup>th</sup> - San Felipe Shootout 22.4 shootout / half marathon / 10k / 5k -**  
Stephen F. Austin State Park, San Felipe, TX - race info [here](#).

**March 25-26 - Texas Independence Relay - 200 mile relay race -** Gonzales to  
San Jacinto - race info and registration link [here](#).

**March 26<sup>th</sup> - Houston Wellness Project 5k -** Freedom Park, Katy - race info [here](#).

**April 1<sup>st</sup> - Hells Hills (50 mile / 50km / 25 km / 10km) -** Rocky Hill Ranch,  
Smithville, TX - race info and registration link [here](#).

**April 2<sup>nd</sup> - Run for the Rose 5k -** race info [here](#).

**April 15<sup>th</sup> - Green 6.2 10k/5k -** 7:45am - City Centre, Houston - race info and  
registration links [here](#).

**April 17<sup>th</sup> - Boston Marathon -** Boston, MA - race info [here](#).

**April 23<sup>rd</sup> - Houston Wellness Project 5k -** Freedom Park, Katy - race info [here](#).

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

**May 20<sup>th</sup> - Beach to Bay Marathon Relay -** 7:00am, Corpus Christi, TX - race info  
[here](#).

**May 28<sup>th</sup> - Houston Wellness Project 5k -** Freedom Park, Katy - race info [here](#).

**June 1<sup>st</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](#).

**June 24<sup>th</sup> - Capt'n Karl's Pedernales Falls 60k / 30k / 10k** - Johnson City, TX - race info [here](#).

**June 25<sup>th</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**July 23<sup>rd</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**August 5<sup>th</sup> - Southern Star Brewing 5k** - 8:00am - Conroe, TX - race info [here](#).

**August 27<sup>th</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**October 20-21<sup>st</sup> - Ragnar Trail Hill Country Relay** - Flat Rock Ranch, Comfort, TX - race info [here](#).

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

**September 16<sup>th</sup> (?) - Just Run for a Just Cause 10k / 5k** - Kingsland Baptist Church, Katy - race info [here](#).

**September 17<sup>th</sup> - Toughest 10k Kemah** - 7:30am, Kemah, TX - race info [here](#).

**September 24<sup>th</sup> (?) - HARRA XC 4 x 2mile Relay** - Spotts Park, Houston - check back later for more info.

**September 24<sup>th</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**October 8<sup>th</sup> - Space City 10 miler** - University of Houston, Clear Lake, TX - race info [here](#).

**October 21<sup>st</sup> - Toughest 10k Galveston** - 7:30am, Galveston, TX - race info [here](#).

**October 22<sup>nd</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**October 28-29 - Cactus Rose** - 100 mile / 50 mile / 4 x 25 mile relay - Hill Country State Natural Area, Bandera, TX - race info [here](#).

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

**November 12<sup>th</sup> (?) - HMSA Classical 25k / 10 miles / 5k** - Houston - race info [here](#).

**November 19<sup>th</sup> - LaPorte By the Bay Half Marathon** - 7:30am, LaPorte, TX - race info [here](#).

**November 19<sup>th</sup> - Wild Hare 50 mile / 50k / 25k / 10k** - Bluff Creek Ranch, Warda, TX - race info [here](#).

**November 26<sup>th</sup> - Houston Wellness Project 5k** - Freedom Park, Katy - race info [here](#).

**December 10<sup>th</sup> - Fort Bend KIA FLS 30k** - 6:30am, Sugar Land, TX - race info [here](#).