



June 15, 2016

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## From the President's Desk

Summer is upon us! On the positive side, there's less traffic in Katy with school being out and our schedules may be a bit more flexible with vacation season here. But, golly it's humid! Taking the relative humidity as a cue, Rebecca and I headed north and west for our early summer break. I expect many of you will do the same. It's a good opportunity to run in new locations! I love to explore new places on foot and, especially, on the run. I can see much more than I would have from the passenger compartment of a car. I hear the sounds and experience the smells - lots of wild flowers this time of year. I feel the uphill and the downhill and the crunch of gravel under my feet. And, invariably, I meet new people out and about. So, I encourage you to lace up your running shoes and explore your vacation spots. It's a big world, full of enriching experiences for us runners.

If you're staying in Katy for the summer - or any length of time over the summer - then you'll have hot, sticky runs. That's life on the Gulf coast. This time of year I hear a lot of people say that they feel so out of shape - they just can't keep their normal pace or run the distances that they had been running in the winter. That's normal! The heat and humidity will naturally take their toll. Your "perceived effort" is going to be much greater in these conditions and your brain is going to keep you slow and make it harder to go long. Just go with that. Your speed will come back in the fall. Now's the time to keep to your base and build some mental and physical toughness. And, please stay hydrated. More than anything else that'll help your mental state - especially if you have a little bit of sports drink in your bottle.

Another thing about summer is the onset of training for fall and winter marathons - if you're one of us crazies who do long distance races. Rick Bozanich explains a bit

about our club and how it relates to training for fall and winter marathons/half marathons in his Training Corner this month. As you'll see from his message, KARC is here for you. We'll have training schedules you can follow and we'll even help you tailor them for your particular event. And, as always, we'll have our weekly group runs where there will be others training for some event or another - probably the same event as yours. So, you'll have company. But, that's not to say that hanging with the KARC running community is the only way to prepare for fall and winter races. There will be many of you who will want to consider joining one of the for-profit organizations providing structured training programs. Rick has more to say about that, too!

I want to encourage you to continue sending us your questions. If there's something you're uncertain about, please find me or seek out another club officer. We can explain how the club works and how you can make or improve your connection with the other members.

I wish you happy and healthy running!

## Rick's Training Corner

In this month's column, I wanted to discuss training programs. In the last two newsletters, we discussed our first steps to make training plans available to our members. Perhaps because of this, along with the seasonal start of other training groups, we have received a number of questions from a few of our members. Have we changed the direction of the club? What specifically are your training plans? Should I join another organization such as KatyFit to train for the Chevron Houston Marathon or Aramco Houston Half Marathon? I thought this column was an appropriate venue to address these questions.

We have not changed the direction or focus of our club. Our goal is and has always been to be a "full service" running club. On the membership application forms we ask everyone to list their specific running interests. Social events, group runs and training are by far the most popular responses. Thus, like probably every other running club, we offer training schedules for various distances that our members can follow should they choose to. Since the Chevron Houston Marathon and Aramco Houston Half Marathon are local signature events, we offer training schedules of

varying intensities tailored for them. Club members can download these schedules from our website (they can be found under the "Training" tab). If you would like a customized schedule for another race, send your request (with the race date) to [training@KatyAreaRunningClub.com](mailto:training@KatyAreaRunningClub.com) and we will prepare one for you.

Our marathon and half marathon training schedules for the January races begin on the week of July 18. We will continue to organize training runs on the same days as we do now (Tuesday, Thursday and Saturday). Our preferred route for the Saturday runs will be from the Cop Shop and into George Bush Park once the water level recedes and the trails are cleared. We will be supporting the Saturday runs with fluids placed 3 - 4 miles from the starting point. Once a month, we also plan to host a run at an alternate location (such as Bellville, New Ulm or Memorial Park) for variety.

We will post the start times and locations for our runs on our Facebook page and in a weekly email to our members. We will support members who want to find other runners of similar pace and ability through our mailings and social media. Our training schedule is only a suggestion - members are free to follow any schedule that fits their needs. A difference between our approach and that of some other groups focused on marathon/half marathon training such as KatyFit is that we will not have designated coaches and pace groups. We do have experienced runners (there are several who have served as coaches in other organizations) who can guide and give advice to members. We will continue to give information on training in the monthly newsletter and through other forums.

Finally, several members have asked whether or not they should sign up for KatyFit. That is an individual decision. Several members (myself included) have been associated with KatyFit for a long time. We also have members that also associated with other organizations such as Gotta Run, Team in Training, the Lifetime Fitness running group, and other organizations. It is not an "either/or" situation. KatyFit offers an organized and structured program with a proven track record focused on the Houston marathon and half marathon. If you believe their approach would best help you meet your goals, then you should consider signing up. In any event, we will continue to welcome the participation of all members in our events throughout the year regardless of which group they train with in the fall.

Rick Bozanich

## New Members

Each month we have new members join us. I'd like to take this opportunity to introduce them. They are:

Mahe Jabeen  
Kristi Mayces  
Bob Trout  
Jana Daniels  
Mark Bradley  
Cynthia Ford  
Stephen Brassette

Welcome to KARC! We look forward to seeing you at one of our group runs, social events, or monthly focus races soon.

## 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 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

I think this month's member profile brings to light one aspect of our personalities... at least for many of us. It's our willingness to jump into races in order to set goals and bring order to our routine or as a way to experience places in an intimate way. This month we hear from Mike Masse about his recent run down the Rocky Mountains in the Revel Rockies Marathon.

Here it is:

Hi, I'm Mike. And, I'm a marathoner.

Here is how this disease goes. My wife, Rebecca, and I discuss summer travel plans. We need to go to Colorado to bring Mom up and visit with Rebecca's sister, JJ. We pick a date range. The beginning of June looks good. I sneak off and surf the internet for races near Golden. Hey, look, there's the Run Revel Rockies Marathon on June 12th. It finishes in Morrison just down the road from Golden. It's downhill the whole way. It's beautiful. It does start at 10,500 ft. There's a bit less oxygen at that level. But, hey, I'll be getting more O<sub>2</sub> with each step. Wait, it's mid-April when I'm thinking this and the race is on June 12th. OK, that means I'd have 8 weeks. Let's back it up. It'd be a compressed schedule. So, I'd take only a 2 week taper. That leaves 6 weeks of training. In mid-April I'm doing long runs of 10 miles. I could do 12, 14, 16, 18, 20 then 21 miles on the upcoming Saturday runs. I could do it! Wait, it'll be hot and humid in Katy over the next 8 weeks. Long runs will be hard. I'd be the only one from the Club training for this. It'd be lonely. But, they do have a cool medal. And what's this about the best tech shirt ever. Ok, I'm in!

So, because of the lure of a medal, the chance to run in a new and beautiful place, and my \$119 investment in the registration fee, I was going to subject myself to the pain and suffering (again) of a marathon. Made sense to me!

So, how'd it go?

Well, the training went well until my biggest week. That's when I tweaked my right calf on my parking garage workout. Hey, I needed to get hill running in somewhere and while the parking garage is pathetic compared to the big hills I'd be running it was something. Anyway, that last workout got something in my calf pretty sore.

So, I took a few days off. I was already in the taper so I could afford to do that. And, I ran really conservatively after that until the marathon. All felt ok in the days coming up to the marathon. I was cautiously optimistic!

The race was pretty small - just over 650 marathon finishers. So, it had an intimate feel. The scenery was absolutely fantastic. Snow covered mountain tops at the start, gorgeous pine and spruce forests along the mountain descent, imposing and impressive rock walls in the run down the canyon section - it was an eye-fu! That made up for the absolute lack of spectator support along the course. But, frankly, the lack of spectators didn't even come to mind until after the race.

Did I say it was downhill? Well, I like to look on the bright side. Did a 4,700 foot net elevation drop sound imposing? Challenging? Dangerous? Nooooo. Uh-hum. I should really think about these things more critically, especially if I have a potential or actual injury lurking in the background. Anyway, that meant I'd be running down a steeper grade than Fred's hill for 26 plus miles. Were my quads ready for that? Would my calf hold up? All I can say is "ouch". Just ouch. At mile 18 I began run/walking to relieve the growing discomfort in my calf. By mile 20 I was done with running. I just couldn't take even one running stride without real pain. So, I walked. It was still beautiful. I had plenty of time before the course cut-off. And so I just resolved myself to enjoy the walk to the finish. And I did finish. Even though I was 25<sup>th</sup> of 25 in my division, I was happy with my result.

So, on the 2-day drive back to Houston I'll get a chance to rest my leg and assess the extent of damage. It just can't be that bad. I've got a 5k to run next weekend!

And, what about that cool medal? It was everything they promised.

## Getting Together

The Shoes and Brews event hosted by Luke's Locker on May 25<sup>th</sup> was a raving success. About 40 members showed up for pizza, beer, camaraderie, and to take advantage of Luke's generous offer of a 20% discount on shoes and apparel. We also had club member, Jonathan French, tell us about trail running. It was a fun evening for all.



The grand prize winner of a build-your-own-six-pack in the haiku contest was Lorna Bradley with her entry:

Runners love Luke's shoes.

While there pick up some gels, too.

Everyone needs gul!

Of honorable mention were haikus submitted by Rosa Thomas and Gordon Christie

our club is named KARC

sometimes we run in the dark

from Luke's and then back

and by Tina Seaman

Brews and Shoes, Oh Hark

Go to Luke's and join the KARC

Fun and words till Dark

Thank you for playing!

Our Brews and Shoes event will be hosted quarterly by Luke's Locker. So, watch your emails, FB, and newsletters for info about our next one to be held in August.

## Club Runners Review

On May 13<sup>th</sup> or thereabouts, Gordon Christie undertook the challenge to complete the Jockstrap Catapult Beer Mile. For those of you who don't know, a beer mile consists of drinking a 12 oz beer and then running a quarter mile and then repeating that three more times. There is an extra lap penalty for vomiting, of course. In any case, Gordon prevailed with a time of 7:39. Given that Gordon is a pretty dang quick miler, it's apparent that 4 beers take a toll on foot speed. If any of you would like to try your legs (and stomachs) in a beer mile just let us know. Maybe that's the next Club event. We could offer an alcohol-free version with root beer. Wait. What? That sounds disgusting!

Of significant note was our Club members' participation in the Ironman Texas held in the Woodlands on May 15th. The competitors had the usual swim, ride, run challenges plus the lately manipulated bike course and a good dose of spring thunderstorms. Club members Harriet Lieberman (13:06:59), Kyle Priest (10:47:15), Torrey Kramer (14:55:52), completed the course in times (not corrected for weather delays) of 13:06:59, 10:47:15, and 14:55:52, respectively.

On May 21<sup>st</sup> some of our club runners went to the beach. The Beach to Bay Marathon Relay, that is. Captain Kim McClintic led her team, the Coast Busters, to a 3<sup>rd</sup> place finish in the Mixed Masters division with a time of 3:23:45.48. The team was comprised of Susan Freeman, Delton Friedman, Zhangqing Li, Kim McClintic, Jacob Nielsen and Craig Prevallet. They put in a great performance. Next year they've promised to further improve by working on their hand-offs! You can find an article reporting the entire race at the Corpus Christi Caller-Times [here](#).



Susan Freeman cools off along leg 5 of the Beach to Bay Marathon Relay. (photo credit: Courtney Sacco - Corpus Christi Caller-Times)



The Coast Busters. From L. to R.: Craig Prevallet, Kim McClintic, Jacob Nielsen, Zhangqing Li, Susan Freeman, and Delton Friedman. (Photo credit: Jack McClintic)

James Ingram ran the Impact a Hero 5k on May 21<sup>st</sup>. He took 2<sup>nd</sup> place in his division with a time of 20:35.9. The race was held at Cinco Ranch HS and benefited charities supporting severely wounded combat veterans and their families.

Mark Bradley competed in the Silver Lake Triathlon on May 29<sup>th</sup>. He finished the Olympic distance swim, ride, run in 2:22:08 for 3<sup>rd</sup> in his age group. Well done Mark!



Mark Bradley places third in his division at the Silver Lake Triathlon. (Photo credit: Lorna Bradley)

Bob Trout ran the 10k in the Run Houston! series in Clear Lake on June 5<sup>th</sup>. He finished in 1:09:25 for 5<sup>th</sup> place in his division. Awesome!

A couple of our runners got high in Colorado - the natural way. On Memorial Day, Jonathan French ran the Bolder Boulder in (where else?) Boulder, Colorado. This is a massive 10k with more than 52,000 participants. It isn't a mass start and that's a help. Rather, they send the runners off in several waves. One cool thing is the

finish in the U. Colorado stadium. A couple of the challenging things are the altitude and the hills. This is a tough one. And did I mention competition? This draws some of the best 10k runners anywhere. The winning non-professional male, Brandon Johnson, finished in 30:34 and the winning non-professional female, Melissa Dock finished in 35:54. Of course the pros were even quicker. Jonathan turned in a 56:33 for 135<sup>th</sup> of 400 in his division.



Jonathan French (on left) with his Pearl Izumi teammates at Bolder Boulder. (Photo credit: Rachel Levi).

On June 12<sup>th</sup>, Mike Masse ran the Revel Rockies Marathon in Morrison, Colorado. He finished the vastly downhill course in 4:54.

## Area Running News

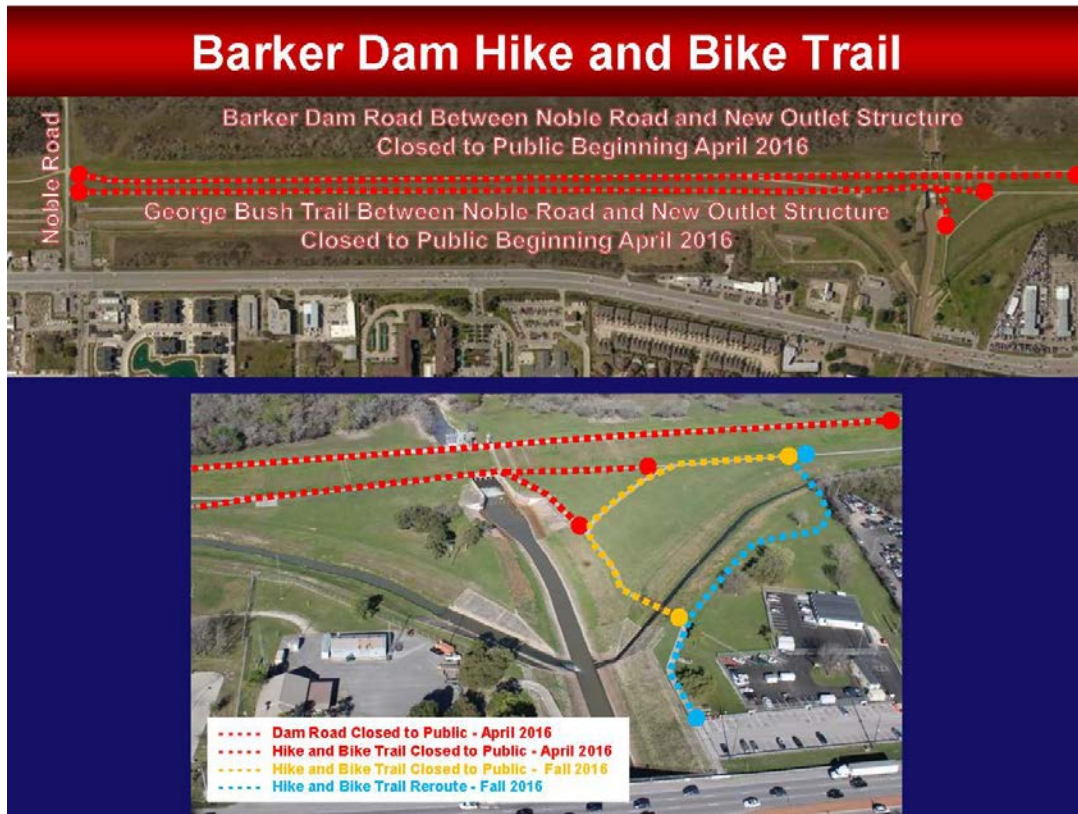
Some of you may have known Gary Derks. Gary had been the cross country and track and field coach at Cinco Ranch High School for several years. Sadly, Gary passed away unexpectedly on May 25<sup>th</sup>. Gary had led his track team to two state championships in track and field (2004 and 2005) and his team was a perennial threat to win the state cross country title, coming closest at 2<sup>nd</sup> place in 2003. His team was recognized as the best track and field team in the nation in 2005. He had a really positive impact on many student runners, some of whom went on to become collegiate All Americans and even world record holders. His obituary can be found [here](#). He will be missed.

Rain, rain, go away. It's no surprise to anyone that the George Bush Park is still flooded. We either drive that way to get into Houston and/or we see it on our Saturday long runs. What it means is that the running routes within the park will be closed indefinitely. We've heard that it is expected to take 2 months to drain the Barker reservoir. But, this estimate does not take into account the additional rainfall we keep getting. So, please plan on doing your CopShop long runs along the outside of the levee and toward Terry Hershey Park. But, watch for flooding under Highway 6. When the spillway is fully open the water will cover the trail. A second effect of all of this is that the free Wellness Project 5k's have been canceled until Freedom Park is above water.

Along the same note, SF Austin State Park continues to be flooded by the Brazos River. That means that the Road Kill trail runs hosted by Luke's Locker will not be held until that situation is rectified. It may be a while before the state park can drain, clean up and start welcoming visitors again.

Many of you may have heard that the Army Corps of Engineers is planning a construction project to revitalize and improve the Barker Dam. This project will have an impact on our ability to run from the CopShop to Terry Hershey Park. However, the recent plans show that the Corps is taking into account the public's interest in the hike and bike trail. They are going to re-route it so that it can continued to be used. I think we should expect some interruptions in our ability to run that trail as the re-routing construction takes place. And we won't be able to get to the hill for the duration of the project.

When will all of this take place? It's hard to know. The initial plan was to begin construction this spring. But, with the flood water now in the Barker reservoir it appears that the project will be delayed. In any case, it will be a long project as the Corps will be building a second spillway - they call it the "new outlet structure" just north of the existing one.



## 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 June, the focus race is the 1<sup>st</sup> Street 5K which starts and finishes at the brewery. And remember, all of our events are posted on our Club calendar. You can find that on our website at [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

June 18<sup>th</sup> - No Label Brewing 1<sup>st</sup> Street 5K at the Brewery in Katy

August 17<sup>th</sup> - Brews and Shoes - 7pm - Luke's Locker. We lined up a special guest for this event - you won't want to miss it.