



April, 2012

HMSA News

Some Call It a Party **By B. J. Almond**

"It was like having a party all day long." That's how German Collazos remembers the Feb. 4-5 Rocky Raccoon 100-Mile Endurance Trail Run in Huntsville, Texas. It was his 10th 100-miler and fifth Rocky Raccoon 100.

"Every time you went to an aid station, it was like a big celebration," Collazos said. "The volunteers were great. They complimented you and gave you plenty of things to eat and drink. They had everything – like a restaurant – so I just let my body tell me whether it wanted something salty or sweet. For lunch I ate noodle soup and a peanut butter sandwich. They gave me energy."

The weather wasn't as friendly as the volunteers. In fact, Collazos barely got to the race before it started, due to the heavy rains that slowed the drive to Huntsville. "We had to stop the car because we couldn't see anything," Collazos recalled. "My wife thought they would cancel the race." According to the Rocky Raccoon website, the area got nearly two inches of rain that day.

"The course was really muddy, but that was part of the fun –playing in the mud," Collazos said. "Some places were really slippery, so one of the challenges was to keep myself from falling down or getting injured."

Except for one of his feet being chafed by wet socks, the 53-year-old runner made it through the 100-miler without any battle scars other than soreness. "The next day it was difficult to go downstairs," he recalled.

Collazos said there were a few times when he ran with his eyes closed as the lack of sleep started to take its toll. "But I'm a real stubborn person. I start what I finish," he said.



Collazos had done a lot of his training after getting home from work, so he was used to running while tired. "The key is to learn to run with tired legs because that's how you're going to feel during the race," he said.

The Monday after the weekend endurance run, Collazos was back in his office at Toshiba, where he is a production supervisor. "My colleagues said, 'You just ran 100 miles and came to work? Why didn't you stay in bed for a week?' I told them that the more you move, the faster you recuperate."

Collazos completed the course in 24:48:57 and came in 96th. Although he didn't achieve his goal of finishing under 24 hours, he was still happy because he earned the coveted fleece jacket awarded to runners who complete five Rocky Raccoon 100s.

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Out & Back **By Tom McBrayer**

◆Records were broken all over the place at this year's Houston Marathon weekend. We all know what the runners did. Add another record set by thousands of runners – those of you who "Run For a Reason." Over \$2.3 Million was raised for 57 charities — the most ever over an 18-year period. Total over that period: \$18 Million.

◆ConocoPhillips will be looking for new courses for the 2013 events. With the new east rail line along Rusk and Capitol now under construction, almost every special event on downtown streets, including the rodeo parade will be affected. The only exceptions are Chevron Houston Marathon, Aramco Half and EP5K.

◆Also looking for new homes will be all the events that use Sam Houston Park as a staging area. The Park will be closed for renovation for an extended period starting sometime this summer. **Continued on Page 3**

Houston Masters Sports Association

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Houston Masters Sports Association welcomes not only the Master runner, but adult athletes of all ages who enjoy being involved in the organization of the sport or socializing with other athletes of any caliber. We are an active group and welcome your participation. For membership information, please our web site: <http://>

Paul's Corner By Paul Cooley

On March 21, 2012 the officers and board of directors of Houston Masters Sports Association met at Beck's Prime in Memorial Park. This was an important meeting for HMSA.

The club's premier event, the 25K (in 2011 the Texas Metric Marathon), had seen a steady decrease in participants, from over 2,000 in the mid to late 90's to just over 1000 finishers in 2011. Because the 25K is the chief source of revenue for the club decisions had to be made to minimize the negative impact the loss of revenue would have on the club and its goals, including donations to its charity, CENIKOR.

Club treasurer **David Holloway** did a masterful job of presenting the board with details regarding its finances and he also presenting a proposed budget for the current year. Among the decisions made by the club to decrease its debt without raising membership fees were the following: (1) the 25K will return, along with a shorter race that will be in place of the relay (the extra costs for police presence for the Metric Marathon alone was substantial compared to that for just doing the 25K course; only 20 teams signed up for the relay in 2011, a 5 mile or 5K "fun run" in its place is under consideration); (2) a sponsor or a number of sponsors would be actively sought through the efforts of new race director **Mike Mangan** with the assistance of **Bob Thompson, Jonathan Zwickel and Peter Birckhead**; (3) the early entry fee for the 25K would be increased to \$45; and (4) the reimbursement program would be maintained, but the amount of reimbursement would be capped at 50% of the early entry fee for each qualifying race. Remember, you must FINISH the HARRA race in order to qualify for reimbursement.

The date for the 25K will be November 18, 2012, which is a week later than the San Antonio Rock and Roll Marathon, with which we have had to compete with the last couple years. With these changes in place HMSA should be able to maintain its goals of putting on a quality 25K event, continuing to financially support CENIKOR and maintain for the club membership quality events throughout the year.

It's ROTS Time Again By Tom McBrayer

That's Runner of the Season for all you tenderfoots. And, again, thanks to HARRA's **Roger Boak** who takes time away from his Tour de Bayou X-C runs to compile all the numbers.

In case you've forgotten, Roger converts your finish times from HARRA's fall series to a percentage of the world's best for your age and gender. Then he takes the best 3 of 5 fall events and comes up with a total. So, as an example, if your total was 180% / 3 = 60%, which is how your average time compares with the world standards. Shown below are our HMSA members who ran at least three of the fall events.

Men — Best 3/5 Percentage

Open

15. Dung Quach	174.4	58.1
21. Juan Galvan	158.8	52.9

Men 40-49

13. Kevin Evans	214.0	71.3
20. Colin Als	197.3	65.8
24. Bernard Castro	189.9	63.3

Men — 50-59

21. Tom Hebert	196.4	65.5
32. German Collazos	182.3	60.8
33. Ken Merenca	181.6	60.5
38. Clark Courtright	172.6	57.5
48. Ed Fry	159.1	53.0

Women — Best 3/5

Open

24. Jen Durenberger	152.8	50.9
40. Karina Blest	126.6	42.2

Women 40-49

2. Susan Walters	232.5	77.3
8. Kim Tran	198.7	66.2
11. Michelle Castro	187.0	62.3

Women 50+

6. Bobbie Glasscock	216.0	72.0
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Men 60+

1. Mike Glasscock	216.0	72.0
9. Paul Cooley	214.1	71.4
11. Fred Ward	210.6	70.2



HOUSTON MASTERS SPORTS ASSOCIATION

Meet Our Members

By Luis Salinas

Name: Billie Kay Melanson

Age: 58 ½

Occupation: Transitional Language Specialist (elementary) Teach students whose native language is not English.

Family: Husband, Joe / 2 daughters / 1 grandson/ Lucy my lab.

Coach: I adore my coach of 7 years, Jim McClatchie. He's helped me achieve my best. No matter your ability he treats all his runners like they are "world class." He's tough...but he knows his stuff.

Years running: 18 ½ years.

Favorite place to run: Northway trail in Orange. Joe, Gerardo Mora, James Lawrence, Ken Ruane and I have logged thousands of miles here. If only that trail could "talk."

Weekly mileage: 38-43 for spring.

Favorite running beverage: During: water • Post workout: Cold chocolate milk • Evening: Merlot

Favorite running food: Baked sweet potato with cinnamon & butter or Harvest grain and nut pancakes

Best running trick: Not sure what you mean by "trick" but for recovery I take ICE BATHS.

Currently training for: Well...I plan to at least run the last 3 races of HARRA spring series. I had an extended long distance "fall" season in that I ran 5 half-marathons since October.

PRS': My best race times at age 48. (I wish I could find that training log !) 5K: 20:42, 10K: 43:53, 10 mile: 1:14:00 Half-marathon: 1:37:11 , 2-miler: 13:12

Favorite races: I always gear up for Aramco Half-Marathon!

Favorite restaurant: IHOP

Best experience: The year they handed out flags for you to carry just before you finished the Half Marathon at Houston. That's the year Joe and I both ran a big PR. He was 2:38 in the marathon and I ran 1:37 in the half.

Worst Experience: When I ran Houston Marathon at age 50. It took almost 5 hours. I'm a "wannab" marathoner.

Started running because: See next answer!

Something about you that HMSA does not know about you: Before I discovered running I was a dance instructor. I also starred in local community theatre in the musical "Annie" as I sang and danced across the stage as Daddy's Warbuck's secretary "Grace." This all changed when a friend invited me to a local fun run. They talked me into running the mile. I ran an 8:05 and won my division. The whole experience was intoxicating. I wanted more of what I saw and felt so I traded tap shoes for running shoes. Little did I know where the journey would take me!



The Numbers

By Tom McBryer

Back in 1980, 90% of marathon finishers were men. In 2005, the percentage had dropped to 59%. And that's where it stayed through 2011. Also steady for the past several years, Masters at 46%, Open at 52% and Juniors (under 20) 2%.

Popularity of the marathon distance is still growing, but that growth is slowing. The estimated number of finishers for 2011 was 518,000, a 2.2% increase from 2010. Recent years have seen growth in the 8% to 9% range.

You have probably guessed by now where the growth is concentrated and you'd be right — the Half. No numbers available yet.

The two largest marathons in the U.S. are also the two largest in the world: 1) NYC at 43,133 (largest all time) and 2) Chicago at 35,755. The 12th largest is Chevron Houston at 6,919 finishers.

Thanks to **Ryan Lamppa** at *Running Times USA* for the stats.

Out & Back (continued from Page 2)

◆A few days before The Woodlands Marathon, the call went out to Houston clubs, "We need volunteers." They needed 500 more volunteers to fill the slots on race day. A couple of days later, another call came. This time they offered a donation to your charity in an amount proportional to the number of volunteers from your club. The races came off as scheduled, but reports indicated thinly staffed aid stations.

◆HMSA's oldest member, **Ralph Osborn**, celebrated his 99th birthday on March 24. Ralph served in the Army during World War II. In fact, he was drafted in 1942 while he was playing trumpet with one of the big bands in Boston. Ralph is a fan of Dr. Ken Cooper, the first running guru, and was tested often at The Cooper Clinic in Dallas. His aim is to return for his 100th birthday.

Save the date April 29, 2012



HMSA

Spring Banquet

Details Later

HOUSTON MASTERS SPORTS ASSOCIATION

Results

Rodeo Run ©

Nic Messana 11 ag 54:26

Spectacle Spectacular ©

Carlo Deason 1 Master 18:31
Mary Deason 2 ag 40:55

The Wall 30K ©

Jen Durenberger 10 ag 3:05:45

Arizona Rock 'n Roll ©

Jen Durenberger 100 ag 4:53:13

Galveston Half Marathon ©

Jen Durenberger 10 ag 2:00:50

Florida Challenge Trail Half Marathon

Larry Teeter 141 Male 2:31:39

Woodlands Marathon ©

Larry Teeter 21 ag 3:57:06
Ken Merenda 20 ag 4:20:55

Woodlands Half Marathon©

Billie Kay Melanson 1:44:56

Livestrong Austin Marathon ©

Larry Teeter 79 ag 4:15:55

Gusher Half Marathon ©

Joe Melanson 1 ag 1:24:29
Billie Kay Melanson 1 ag 1:47:06

Gusher Marathon

Jen Durenberger 5 ag 4:53:45

Rocky Raccoon

German Collazos 96 oa 24:48:58

Stride for Stroke ©

Paul Cooley 2 ag 21:44
Clark Courtright 6 ag 24:36

Run Against Violence ©

Tuan Nguyen 1 ag 18:20
Barbara Stoll 1 ag 19:56

Because We Care Half ©

Ken Merenda 3 ag 1:51:02

Bayou City Classic ©

Tuan Nguyen 1 ag 38:06
Barbara Stoll 2 Master 41:15
Mike Glasscock 2 ag 42:21
Bernard Castro 15 ag 44:01
Paul Cooley 5 ag 45:35
Bobbie Glasscock 1 ag 52:18
Michelle Castro 9 ag 52:27
Larry Lindeen 4 ag 54:07
Don Brenner 5 ag 54:42
Mike Mangan 6 ag 59:53
JoAnn Luco 1 ag 1:22:27

Seabrook Lucky Trails Half ©

(Saturday)

Dung Quach 2 ag 1:48:09
Ken Merenda 5 ag 2:00:33

Seabrook Lucky Trails Half ©

(Sunday)

Colin Als 2 ag 1:38:49
Kim Tran 1 ag 1:49:40
Paul Cooley 1 ag 1:50:49
Clark Courtright 6 ag 2:08:03
Ken Merenda 2 ag 2:15:06
JoAnn Luco 1 ag 3:12:51

Seabrook Lucky Trails Marathon ©

(Sunday)

Dung Quach 1 ag 3:45:42
Larry Teeter 4 ag 4:22:55

Law Week 8K ©

Joe Melanson 1 ag 29:28
Tuan Nguyen 1 ag 30:05
Mike Glasscock 2 ag 34:08
Kim Tran 3 ag 37:51
Billie Kay Melanson 1 ag 37:59
Tom Hebert 8 ag 38:14
Bobbie Glasscock 3 ag 40:20
German Collazos 14 ag 40:22
Kim Budzik 6 ag 40:49
David Holloway 13 ag 41:07
Larry Lindeen 4 ag 42:21
Ron Morgan 6 ag 43:06



Kaytlynn Welch, age 11, was the youngest runner in the Lucky Trails Half Marathon and won first overall female with a time of 1:42:31. She's pictured with JoAnn Luco who won the honor of first in her age group

Jack Lippincott 4 ag 43:26
Don Brenner 6 ag 43:52
Mike Mangan 7 ag 45:52
JoAnn Luco 2 ag 1:01:55
Rosa Herst 3 ag 1:03:35

SCOPE 5

Paul Cooley 1 ag 21:48
Clark Courtright 7 ag 24:55

Sugar Land Half ©

Juan Galvan 22 ag 1:49:28
Larry Lindeen 1 ag 1:54:52

Rock 'n Roll (New Orleans) ©

Jen Durenberger 53 ag 4:54:08

Ohio River Road Runners Half ©

Jen Durenberger 153 ag 4:54:08

Upcoming

04.01 7:00 am	Angie's Half Crazy Half ©	21.1 km	Clear Lake
04.05 6:00 pm	Tour de Bayou	5-8 km	Spotts Park
04.06 6:45 pm	Alex's Run ©	5 km	Bear Creek Park
04.07 8:30 am	Four the Park ©	4 Miles	Memorial Picnic Loop
04.07 8:15 am	Yuri's Night	5 km	Webster
04.12 6:00 pm	Tour de Bayou	5-8 km	TBA
04.14 8:00 am	Tomball Bunny Run ©	5 km	Tomball
04.14 8:30 am	Blue Bell ©	5 & 10 km	Brenham
04.14	Davey Crockett Bear Chase	42.2 km & 21.1 km	Groveton
04.18 6:00 pm	LP Run	33 1/3 minutes	Rice Track
04.19 6:00 pm	Tour de Bayou	5-8 km	TBA
04.21	Pamela's Race ©	5 & 10 km	Orchard
04.26 6:00 pm	Tour de Bayou	5-8 km	TBA
04.28 4:00 pm	Bayou Bash Relay	4 x 1.9 Miles	Rice Stadium

APRIL BIRTHDAYS

Barbara Shoemaker	04.01
Bob Alexander	04.02
JoAnn Luco*	04.03
Galvan Juan	04.14
Willy Kuehn	04.05
Robert Chandler	04.06
Bobbie Glasscock	04.15
Jack Lippincott	04.19
Sue Kelley	04.23
Jackie Houg	04.2
John Wiehe	04.27

