



April, 2014

## HMSA News

**PIM + MD Anderson**  
**By Rosie Schmandt**

**NOTE:** One of HARRA's most popular programs is PIM — Power In Motion. There are 10 weekly sessions that take you from couch potato to a 5km runner, and it's offered in both the spring and the fall. This year's current program has something special to offer wannabe runners by becoming involved with cancer researchers at MD Anderson Cancer Center. The following was written by **Rosie Schmandt**, who is a researcher at MDA, a member of Bayou City Road Runners and an active member of Houston's running community.

"It is becoming more and more apparent that obesity and inactivity (lack of exercise) increase cancer risk for a variety of cancers including colon, breast and uterine cancer, as well as others. The American Institute of Cancer Research (AICR) estimates that one-third of cancers could be prevented if we increase our activity, maintain a healthy weight and improve our diets!

(Check out the AICR website at [www.AICR.org](http://www.AICR.org) for more information on this topic and some really interesting and healthy recipes)

For cancer survivors, regular exercise and a healthy diet do a lot to prevent a cancer from recurring. For example, a recent study showed that breast cancer survivors, who exercise the equivalent of a half-hour brisk walk per day, reduce the risk of their cancer recurring by as much as 40%! Runners are doing it right!!

Several groups at MD Anderson, including ours, are trying to understand how weight, diet and exercise, influence cancer risk and cancer survivorship. We are looking at a variety of blood and tissue proteins that may be "cancer protective" and whose levels

change in response to lifestyle changes. We would ultimately like to monitor such proteins in cancer patients, to predict how well someone is doing in response treatments that may include "exercise therapy". We already know that the presence of some tumor types influences whether or not some of these exercise proteins are made.

One of the difficulties in performing these sorts of experiments is that we also need to understand how healthy, cancer-free individuals respond to exercise for comparison. Unlike a general hospital, most of the patients who visit The MD Anderson Cancer Center are either cancer patients, or are cancer survivors or are otherwise thought to be at risk for cancer (maybe due to a genetic predisposition). We don't see as many cancer-free individuals who can serve as a "control group" for our studies. That's where PIM runners are helping us out!

This season, researchers in the Departments of Gynecologic Oncology and Behavioral Science, at MDACC started a pilot study with HARRA's Power in Motion program. More than 20 runners are voluntarily allowing us to draw blood, measure their height, weight, hip and waist measurements as well as other measurements of fitness before and after their 10-week training program, which ends with the Cinco de Mayo run on May 3. The interest in the study was phenomenal. Even the coaches were signing up! We are so grateful for their willingness to help us out.

If the pilot study is successful, and if PIM will still have us, we hope to expand the study in the fall and include more runners, especially those people who are newbies.

The motto of MD Anderson Cancer Center is "Making Cancer History"... and PIM is helping!! Another example of our Houston runners giving back to the community!"

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*keep in touch*  
[www.houstonmasters.org](http://www.houstonmasters.org)

## 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 at [www.houstonmasters.org](http://www.houstonmasters.org)

## Bayou City Classic By Tom McBrayer

It started out as a race director's nightmare. "Sorry, the course is blocked; you'll have to find a detour." That's just what **Joe Sellers** had to do when faced with a high crawler crane in the middle of Travis, behind the old Macy's site. The BCC 10km was moved one block west to Milam and the start line adjusted accordingly. Only two splits had to be adjusted. As the kids say, "Nooo problem." That set the tone for race day.

And yet, another on-course issue came to light — about 150 school buses hauling high school kids to a convention at the GRBCC from the Double Tree and the Hyatt. The drivers were looking for parking spots near the hotels.

There were lots of kids in both races but especially the 5km. Keller Middle School from Pasadena ISD sent 22 fifth and sixth graders under the watchful eye of their teacher; parents and grandparents no less. And then there was Poe Elementary of Houston ISD in a centipede of about 25 Dalmatians (black spots on white T-shirts), with parents holding the leashes.

And, what's your favorite Tee? **Jack Lippincott** was hearing his, the original 1976 Bayou City Classic. It was red, white and blue, designed by **Mary Anne McBrayer** for the bicentennial. It was a snug fit on Jack, but it still fit. Shrinkage?

Something new at the adjusted start this year and that was trumpeter **Terry Jensen** of Lake Jackson playing The National Anthem. We're accustomed to a vocalist. He hit the octave jump at the end and no busted note. Both Terry and his wife then walked the 5km. Idea for 2015: since he's a runner, put him on the start line with a bugle and everybody could yell "Charge!"

As usual, the **Blues Brothers** and **St. Arnold** were present. **Jake** and **Elwood** were in fine form, performing from start to finish before helping the hang-around crowd float 8 kegs of the local brew. They gave two thumbs up for the band, **Crazy 8**.

How do you like your results? Let's see, we've got your print 'em out and post 'em, big screen monitor scrolling through the age groups and now, for your viewing pleasure, lap tops in the results tent where you can punch in your number and see how you did. Results have come so far since the days of the popsicle sticks at the finish line, which some of us old-timers remember well.

Before the morning was over, that guy in the green hat was "the Leprechaun" to all volunteers and Cenikor workers. And underneath the hat was race director **Joe Sellers**. And, yes, you could spot him a block away.

Along with Whole Foods and St. Arnold, we had the best fajitas in town — the ever-popular Fajita Pete's.



*Hope and Joe Sellers, "The Leprechaun," kept their cool as they moved through a lot of unexpected happenings on race morning.*

*Photo by Kathi Mabon*

*Continued on Page 4*



TEXAS' OLDEST CRAFT BREWERY

## Spring banquet to be May 4 at Saint Arnold

The HMSA party planners are trying a new venue for the spring banquet: Saint Arnold Brewing Company.

**Please mark Sunday, May 4, on your calendar and join us from 6 to 8 p.m. for food, conversation, door prizes and the election of officers.** Note that this date is different from the one we announced in the March newsletter; Saint Arnold was not available on the date we had originally set for the spring banquet.

As a member of HMSA, you're entitled to a free dinner and two drinks if you RSVP to [hmsa@houstonmasters.org](mailto:hmsa@houstonmasters.org) by noon Sunday, April 27. The caterer needs to know how many people will be attending, so if you don't RSVP by deadline, we'll have to charge you \$15 to attend. The admission fee is also \$15 for guests. Mary Anne McBrayer will again be taking your reservations at the [hmsa@houstonmasters.org](mailto:hmsa@houstonmasters.org) address.

Saint Arnold is located at 2000 Lyons Ave. Below are directions from their website, <https://www.saintarnold.com>. The phone number is 713-686-9494.



From the Katy Freeway: Take I-10 toward downtown. Take the Hardy/McKee/Nance exit. At the first stop sign (Hardy), take a left. At the next stop sign (Lyons), take a right.



From I-45: Take the I-10 East exit. Then take the first exit on I-10: Hardy/McKee/Nance. At the first stop sign (Hardy), take a left. At the next stop sign (Lyons), take a right.



From 59: Take the Lyons exit. Then go west on Lyons until you reach the brewery.



From East Freeway: Take I-10 toward downtown. Take the San Jacinto Street exit. Make a U-turn under the freeway. At the first stop sign (Hardy), take a left. At the next stop sign (Lyons), take a right.



From downtown: Take San Jacinto north out of downtown. At the traffic light at I-10, take a right, but stay on the feeder road. At the first stop sign (Hardy), take a left. At the next stop sign (Lyons), take a right.

## Tour De Art

You got a heads up last month, but this one is so good that it deserves another. On Mothers' Day, May 11, **Roger Boak** will lead you, your family and your mother on an hour-long slow run (or walk) touring many of the outdoor art pieces in downtown Houston and along Buffalo Bayou.

The Tour starts and finishes at the downtown library plaza, where street parking is free on Sunday. It's an 8:00 AM start. Plenty of refreshments will be provided by the Houston Striders, and, best of all, it's FREE!

Pick up a copy of the Spring 2014 edition of *Downtown Magazine*, with the bright red cover, for a very informative article about all of Houston's remarkable outdoor art collection. You can find a copy at your neighborhood library or coffee shop.



*Points of View by James Surls in Market Square Park*

## Out & Back

**By Tom McBrayer**

◆Ready for the return of The Mile Run? It could happen as soon as this year if all the plotting and planning comes to be. It would be a straight shot down Allen Parkway, probably finishing at Sam Houston Park and all sorts of competition — schools, city departments (HPD-vs-HFD!), all age groups, wheelchairs and a very fast mile with invited runners. Time to start your speed work.

◆No Great Pumpkin Run last year and nothing on the schedule yet for 2014, but something just might take its place. Goblin Gallop? Zombie Drag? You name it. Both a 5 km and 10 km are in the works with a new party site to be revealed at a later date.

◆Early registration for the Chevron Houston Marathon and McKee Half Marathon is from May 6 to May 29; lottery registration is from June 4 to June 19, with the lottery announcement on June 23. The Run For a Reason kickoff Party is scheduled for Saturday, June 28 7-10 AM on the south side of Memorial Park. Same as last year, look for big crowds. So get there early for your in-training T-shirt.

◆Also in June is National Running Day, June 4, 4-7 PM on the north side of Memorial Park.

# HOUSTON MASTERS SPORTS ASSOCIATION

## Results

### Seabrook Half Marathon (c)

Ken Merenda 5 ag 1:56:43

### ConocoPhillips Rodeo Run (c)

Jack Lippincott 11 ag 1:01:20

Michael Luna 122 ag 1:01:43

### Bayou City Classic (c)

Tuan Nguyen 1 ag 38:34

Jack Lippincott 8 ag 56:44

Mike Mangan 5 ag 59:02

### Memorial Hermann Sugar Land Half (c)

Ken Merenda 7 ag 1:56:55

Larry Lindeen 2 ag 2:10:16

So, whose running these days? Lots of runs, but we're not hearing from anyone with run times. Send us an e-mail at [hmsa@houstonmasters.org](mailto:hmsa@houstonmasters.org) and let us know what you're doing.

(c) = certified course

*Bayou City Classic continued from Page 2:*

There was yet another "No problem" episode. (Would it never end?!) The last art car in the parade featured a pole dancer complete with pole — a very tall pole. You know what comes next; it was too tall to fit under the finish line arch. So with runners rounding the corner, only one thing to do — lift the arch so the car and pole, with dancer, would clear. That's what happened and the day was saved yet again.

There were lots of centipede and costume entries, and it seems like they were all winners. The Welsch sisters of Alvin, **Kaytlynn** and **Heather**, were dressed as a Greek goddess and Dorothy (red running shoes, not slippers). The sisters were 1 and 2 in their 14 and under age group, 41:46 and 45:27. Kaytlynn who is now 13, ran the Sugar Land Half 6 days prior in 1:30:37.

Centipede winners:

Fastest: The Village People

Current Events: Duck Dynasty

Longest: 101 Dalmatians from Poe Elementary

Club: Bay Area Running Club with Prison Break

Just to name a few.

Looking ahead to 2015 you can expect

1. a new course: there is way too much construction planned for the west side of Main St to allow for weekend 10km's.
2. a new date: maybe even in February before the ConocoPhillips 10km
3. a new venue: maybe Sam Houston Park, now that the restoration has been completed.

They are always looking for a few good volunteers. Race day volunteers, yes, but have you thought about heading up a sub committee on the BCC board? You'll be able to combine your years as a runner with your managerial skills and see it all come together on race day. It doesn't pay much, but it sure makes you feel good when you see what was accomplished.

## Upcoming

04.01	<a href="#">Tour de Bayou X-C</a>	5 - 8 km	Spotts Park
04.05	<a href="#">Hell's Hills</a>	50 miles/50 km, 25km	Smithville, TX
04.05	<a href="#">4 For the Park (c)</a>	4 Miles	Memorial Park
04.05	<a href="#">Danish Capitol of TX</a>	5 km	Danevang, TX
04.06	<a href="#">Angie's Half Crazy Half (c)</a>	21.1 km	Clear Lake, TX
04.08	<a href="#">Tour de Bayou X-C</a>	5 - 8 km	White Oak
04.12	<a href="#">Blue Bell Fun Run (c)</a>	10 km/5 km	Brenham, TX
04.12	<a href="#">Strides For Students (c)</a>	5 km	Deer Park, TX
04.13	<a href="#">Texas 10 Series (c)</a>	10 - 5 Miles	Huntsville, TX
04.13	<a href="#">Divas Half Marathon (c)</a>	21.1 km/5 km	Galveston, TX
04.15	<a href="#">Tour de Bayou</a>	5 - 8 km	T. C. Jester Park
04.22	<a href="#">Tour de Bayou</a>	5 - 8 km	Ho Chi Minh Trail
04.23	LP Run	33 1/3 minutes	Rice University Track
04.26	<a href="#">green 6.2 (c)</a>	10 km	City Centre
04.29	<a href="#">Tour de Bayou</a>	5-8 km	Ho Chi Minh Trail



## April Birthdays

Barbara Shoemaker	04.01 new ag
Robert Alexander	04.02 new ag
Jo Ann Luco	04.03 new ag
Juan Galvan	04.14
Willy Kuehn	04.05
Robert Chandler	04.06
Bobbie Glasscock	04.15 new ag
Jack Lippincott	04.19
Sue Kelley	04.23 new ag