



February, 2014

HMSA News

Marathon Notes By Tom McBrayer

◆Starting Friday at 11 am it was big crowds and long lines at packet pickup at the GRB and it was the same all that day and on Saturday too. "Biggest yet" (expo) to quote long time marathoners.

◆Everyone calls it the "Expo." Bet you didn't know the official title is "Hermann Memorial Ironman Sports Medicine Institute Expo"

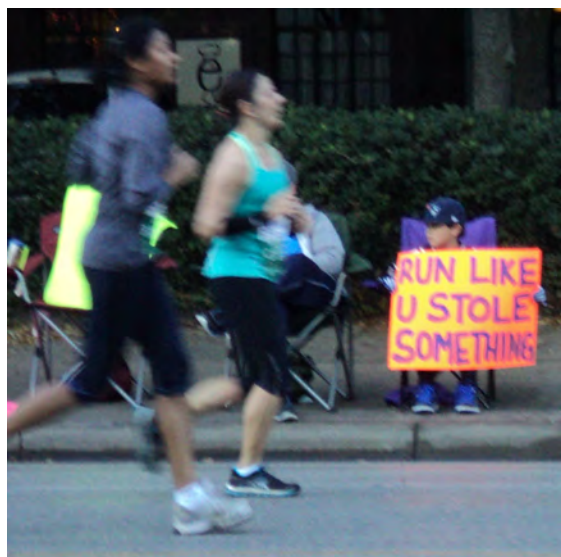
◆The first thing you noticed as you entered the expo was "Fleet Feet, Your Home Town Running Store." In past years, that spot had been occupied by Luke's Locker.

◆You were reminded early on about security what with all those clear plastic carry-in bags. Then there was that fencing and check points, uniformed and plain clothes security.

◆The local elites don't receive much attention from the press, but there were 42 of them this year who had qualified for the marathon by meeting time standards at any of HARRA's fall runs — 10 miles, half, 25 km and 30 km. There was only one "elite couple," **Joe and Billie Kay Melanson**. Joe qualified at the Houston Half and Billie Kay at the 25 km.

◆If you're back in the pack, you're not able to see the "Pace God" at work.

You know him as **Bob Alexander** and this year he had pace trucks for the USATF half marathon championships plus the Aramco Half and Chevron Marathon. The championship started at 6:55 am.



A little encouragement at the Half 9-mile mark

◆**Larry Teeter** finished his 25th Houston Marathon in 4:02:20, a little slower than his goal of sub-4 hours. Larry had this to say, "To minimize impact on my incompletely healed sacrum fracture, I adopted the same strategy as I've used in my training the last several months: run 8 minutes, walk (with a purpose) 2 minutes, repeat, repeat, repeat..... Getting in those "walk-breaks" was quite a challenge with such a crowded field, especially in the first few miles! I'm doing fine today, so it seems like I didn't do too much damage by running "against medical advice."

◆**Jack Lippincott** who is still heading up the Marathon Vets group, added another notch to his belt. His latest finish was his 40th consecutive which started all the way back to the early days of 1975.

◆Some stats on the veterans:

There are 460 active veterans, 143 of them are streaking.

The average age of active vets is 53.

There are 719 inactive Vets.

The average number of completed Houston Marathons for Active Vets is 15.

106 veteran women and 354 veteran men finished the 2013 Chevron Houston Marathon.

◆From **Roger Boak**: We (HARRA) had 647members finish the Marathon. We had 241 members who finished the Marathon and none of the other races in the Fall Series. We had 922 finish at least one race in the Fall Series.

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Keep in touch
www.houstonmasters.org



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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
wwwsite:www.houstonmast

HMSA Volunteers Are All Over on Marathon Weekend By Mary Anne McBrayer

◆Want to know what goes on behind the scenes for the Saturday and Sunday events? We heard from **Wayne Hasle** about his duties, some of which overlap with what **Stan Coburn** and Larry Stryk do. Here's what Wayne had to say: "They call me Course Set-up Captain. I work closely with **Stan Coburn** and **Larry Stryk** to get equipment on the course for 18 refueling stations utilizing 41 city hydrants. At eighteen of these hydrants we mix and serve Gatorade. At the remaining 23 hydrants we serve water. Our job is to keep the runners safely hydrated. We load 10 box trucks (24 feet long) on Wednesday, Thursday, and Friday before the race. Previously, we have worked about four days over two weekends preparing to load trucks. On race morning our day starts at 2:30 am. We utilize 10 experienced volunteers to lead the 10 trucks out onto the course and get the supplies unloaded usually before any refueling station volunteers show up. We also use 424 folding 8-foot tables that are on our trucks but retrieved post-race by our table vendor, Turn Key Event Rentals. After the last runner clears a refueling station, the 10 trucks- along with our 10 set-up lead guys- load all remaining equipment and escort the trucks to the marathon warehouse for unloading. The Saturday after the event we join many others in cleaning and sorting equipment and supplies. Also, I didn't mention we also take a truck out Saturday morning to set-up and help run the water station for the 5k. If we think this is a lot, ask Stan to list his duties." If you're ready to get involved, these are the guys to help you do that. **Paul Cooley**, who has moved to Arizona, was spotted there on Thursday giving a hand. After the marathon is over, all supplies are trucked back to the warehouse and Stan and a crew will be working all day Saturday to clean up and store everything in its proper place, waiting for next year. Wayne and John will be there along with **Kevin Evans, Michael Luna, Tom McBrayer and Michelle and Bernard Castro** and many more. Contact us if you want to join them.



Wayne Hasle and Job Phillips interrupt their work at the warehouse to pose for us.

◆Many of our members were volunteers, some for days, weeks and months. **Stan Coburn** is on the race committee that meets all year long. Stan is in Course Director, so he's even been out in the early a.m. for course validation and has spent many hours at the marathon warehouse along with **Wayne Hasle**, Course Set-Up. They oversee loading and unloading 11 - 24' PV Rental trucks. It takes several days to get all of this done.

◆This year's Aramco Half Marathon was the USATF championship at that distance for both men and women. There has to be a knowledgeable witness to the running of the course. So **Tom McBrayer** was in the back of the press truck to certify that the course was run as measured. Tom said it wasn't bad compared to last year when he sat in the cold, the rain and the wind.

◆Also out on the course was **Bob Alexander**. Bob's official title is Pace God and that entitles him to ride *inside* the lead vehicle. Warm and cozy, Bob is in the lead vehicle with the pace clock on top. Bob has done this for years and there's no one better. While he's warm and cozy, Bob's wife **Barbara Stoll** is out pounding the pavement. She's a terrific runner and a marathon invited runner. Barb placed second in the 50-54 age group this year with a time of 3:22:49.

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HOUSTON MASTERS SPORTS ASSOCIATION



◆**Ed Fry** worked the elite runners hospitality suite from noon on Wednesday before the race until noon on Monday. **Tuan Nguyen** was there on Saturday after running the ABB 5K and again on Sunday. What a place to work, as the hospitality suite is always full of all kinds of fat and sugary goodies.

◆**Rosa Herst** has been Sector 4 captain for many years. And for many years, **Al Mattis**, **Anita Mattis** and **Nic Messana** have been there to help.

◆**German Collazos**, a 15-year marathon veteran, was a pacer for runners hoping to finish in four hours. His group was all smiles as they came in under that time. You can spot the pacers by the signs they carry — little blue signs on a stick.



German Collazos and Suzy Seeley look like they're taking their pacing job seriously. And I'm sure their followers are doing the same.

◆Please don't get those bottles mixed up!!

The "elite" runners always have their own special concoction on the course instead of just plain water and Gatorade. **Deborah Touchy** helped to staff the 15 km elite station and **Don Brenner** was at the 10 km.

◆At the finish line for four days was **Lloyd Lucco** with **Bill Hadley** who was there all day Friday. Years ago, we hung a banner and laid down a finish line. It's gotten a little more complicated than that. It's always a great looking finish line.

◆**Jack Lippincott** is the go-to guy for Marathon Veterans. Jack works the expo all weekend checking in the Vets (and HMSA has several), passing out information and just sometimes getting reacquainted since the year has passed. Jack worked Friday and Saturday and completed his 40th Houston Marathon. No one can catch Jack as he's run all but two of the Houston marathons.

◆I know there must have been more of you out there, but these are the people we've heard from. It was a good response and we thank you for it.

Out & Back ***By Tom McBrayer***

◆Finally! It's taken a long time but the runners' stretching deck will be dedicated on February 1 at 10 am at the site in Memorial Park. Following the ceremony a group run — one loop of the park — will start and finish at the deck. Thanks to all who contributed, to Harvey Construction, the builder, and, of course, to **Peter Birckhead** who ramrodded the whole deal.

◆There's another dedication on the horizon in the park, the Memorial Park Running Trails Center. That dedication is said to be in "spring 2014," so we'll wait for further details.

◆Not a run, but a run-up. On Wednesday, February 5, the NY Road Runners will host the 37th annual Empire State Building Run-UP. From bottom to top (almost), 1576 steps/86 floors of the site of King Kong's last fling.

◆Here's a heads up for all you football fans out there. The Pro Football Hall of Fame Marathon in Canton, OH on April 27 will have a finish that's not like your usual marathon finish. About 100 yards before the finish line in Fawcett Stadium, your family will be waiting for you, literally corralled. The family will have a "finisher bib" pinned on and run with you as you cross the finish

line. That's assuming they can all run the length of a football field.

◆Hey all you Ducky Dudes. If you're not watching Duck Dynasty, grab your duck calls and get ready for the Duck Dash 5K on February 15. There will be a 9:00 am start at Minute Maid Park by none other than Jeb Robertson of *Duck Dynasty* as the grand marshal. A starters pistol will not be used, but the start will be "red neck style," whatever that means. Your \$60 entry fee will get you a T-shirt, bandana and a beard. For the kids, there's the Ducky Dude Dash (1 mile). So, duck it up! We'll see you at Minute Maid Park

◆In December, there was the Snowdrop Foundation 55 Hour (yes hour!) Ultra run. How far can you run in 55 hours? Ultra, ultra LD runner **Kim Budzik** was there and we asked about her distance. Kim told us, "I did not log too many miles; I think 9-10! I had run an ultra in Florida (cold and rain) a couple days before and then I was sick by the time Snowdrop started. It is a balance indeed to not overdo but to keep the mileage up ... I did run 21 miles on the 1st with several people as they ran from the field in Sugar Land to TCH. It's pretty exciting because we have police escort the entire way. By the time we hit the Harley dealership on 59, there were 7 police cars; it was awesome! (NOTE: official results give her about 13 miles, unless we're reading them wrong.)

HOUSTON MASTERS SPORTS ASSOCIATION



Results

Grand Parkway 5K

Ken Merenda	4 ag	23:22
Joy Merenda	4 ag	47:09

Snowdrop Foundation 55 Hour Ultra

Kim Budzik	46 OA	
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Santa Hustle

Ken Merenda	5 ag	1:54:50
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Cajun Coyote 20 M Trail

Larry Teeter	12 OA	3:33
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Shiner Beer Run Half

Larry Teeter	187 OA	1:59:08
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Rocky Raccoon 25K

Larry Teeter	60 OA	2:53:59
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Bandera 100 km

German Collazos		16:03:52
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Texas Marathon ©

German Collazos	64 OA	4:10:37
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ABB 5K ©

Carlo Deason	1 ag	17:50
Tuan Nguyen	1 ag	18:04
Steve Sievert	5 ag	19:07
Deborah Touchy	19 ag	30:06
Noah Matthews	1 ag	34:04
Mary Deason	15 ag	43:37
JoAnn Luco	3 ag	44:39
Joy Merenda	36 ag	48:42
Ken Merenda	75 ag	48:43

Chevron Houston Marathon ©

Joe Melanson	3 ag	3:13:16
Barbara Stoll	2 ag	3:22:49
Norma Evans	13 ag	3:29:53
Kevin Evans	108 ag	3:29:58
Dung Quach	134 ag	3:38:52
German Collazos	73 ag	3:53:21
Jonathan Zwickel	205 ag	3:53:21
Joe Lengfellner	143 ag	3:53:50
Larry Teeter	186 ag	4:02:20
Fred Ward	1 ag	4:02:29

Juan Galvan	309 ag	4:02:32
Susan Davis	31 ag	4:04:12
Steve Davis	126 ag	4:08:35
Paul Cooley	47 ag	4:12:15
Michael Luna	246 ag	4:18:54
Keith Beeman	387 ag	4:24:43
Bernard Castro	435 ag	4:40:29
Tom Hebert	86 ag	4:44:17
Robert Thompson	216 ag	4:45:09
Larry Lindeen	6 ag	4:48:42
Kim Budzik	138 ag	5:15:04
Jack Lippincott	39 ag	5:18:59

Aramco Half Marathon ©

B. J. Almond	21 ag	1:45:36
Michelle Castro	287 ag	2:12:02
Mike Mangan	9 ag	2:12:14
Dennis Arnie	193 ag	2:18:57
Samantha McMurtrey	303 ag	2:21:43
Lisa DeLeon	180 ag	2:23:35
Noah Matthews	21 ag	2:28:25
JoAnn Luco	9 ag	3:20:49

HARRA Notes

By Tom McBrayer

◆Karbach Brewing Company sent a representatives to the last HARRA meeting. Karback wants to be the runners' beer, just like they are for the local cyclists. How does beer at the Tour de Bayou X-C runs and the Bayou Bash sound? Just to prove they are serious about this beer for runners, they are forming their own running club.

◆Another visitor at the meeting was Dave Molany of something called "Charity Bets." It combines fund raising for charities with betting, and the betting is on you, the runner. It's legal and the IRS knows about. See www.charitybets.com for all the details.

◆Andy Stewart, Finish Line Sports, is now the proud owner of a newly refurbished AED. Andy puts on five events a year, including two triathlons, and holds weekly track workouts. The 30K uses HARRA's AED team, but now he's covered for all his events.

Upcoming

02/01	Rocky Raccoon	100 miles	Huntsville State Park
02/01	Surfside Beach Marathon & Half	42.2 & 21.1 km	Surfside Beach
02/02	Texas 10 (c)	10 & 5 miles	College Station
02/08	Heart of Katy	5 km	Katy, Tx
02/08	Buffalo Wallow X-Country (HARRA Series)	6 km	Spotts Park
02/08	Texas Med 5K (c)	5 km	Medical Center
09/08	Run For a Nurse	5 km	Clear Lake
02/09	Rhythm & Blues Half Marathon & 5 km	21.1 & 5 km	Sam Houston Park
02/15	Steps For Students	5 km	Sacred Heart Cathedral
02/15	See Spot Run	5 km	College Station
02/15	Jail Break Run	21.1 km	Baytown
02/15	Duck Dash	5 km	Minute Maid Park
02/16	Galveston Marathon & Half	42.2 km & 21.1 km	Galveston
02/16	Sugar & Spice Half (Women only)	21.1 km	UH/Clear Lake
02/22	Jolly Jester Jaunt	5 km	Galveston
02/22	Buffalo Wallow X-Country (HARRA Series)	6 km	Spotts Park

Happy February Birthday to

Bob Thompson	02.03
Steven Peppel	02.04
Thomas Hebert	02.04
Leona Schroeder	02.10
Sharron Fisherman	02.12
Doris Thompson	02.12
Nic Messana	02.19
Edward Fras	02.21
Ken Merenda	02.21
Peter Manry	02.25

