



January, 2014

HMSA News

Holiday Party – A Festive Occasion By B. J. Almond

Houston Masters Sports Association (HMSA) spruced up the private dining room at Becks Prime in Memorial Park for its holiday party Dec. 15. Red and green helium-filled balloons containing flashing lights helped set a festive tone, and an elegant four-tiered tower of gourmet cupcakes prompted a number of guests to start salivating for dessert before they had dinner.

More than 60 members of HMSA came out for the celebration at Becks, where they had a choice of ribeye, chicken, hamburger, veggie burger or hot dog from the grill. The dinner was free to members, but they were asked to bring a coat or blanket for the club to donate to the Star of Hope mission.

President **Michael Luna** thanked members for volunteering at the HMSA Classical 25K in November, and race director **Mike Mangan** announced that the event sold out. The 25K is part of the warm-up series for the Chevron Houston Marathon and is Houston Masters' main project each year.



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Keep in touch
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Mary Anne and Tom McBrayer were honored for producing the club's monthly newsletter, maintaining the website and volunteering their time and talent to the club in countless other ways. The McBrayers co-founded Houston Masters in 1974. Luna presented each of them with a \$100 gift card in appreciation for their dedication.

Former HMSA President **JoAnn Luco** read a holiday-themed limerick that she had written for the party, and then members had a chance to win one of 12 gift cards as names were drawn for door prizes. Pictures are posted on our web site www.houstonmasters.org.

Out & Back By Tom McBrayer

Call it marketing 101 Plus. Just hours after the cancellation of the Dallas Marathon because of the deep freeze, the Louisiana Marathon in Covington, LA was offering a 20% discount to any runners entered in the Dallas event. It's the same day, January 19, as Houston and over 500 miles from Dallas. Of course, Houston is capped.

According to *Running USA*, the so-called "mob" events are gaining momentum with some serious increases in both the number of events and participants. In case you've been napping, we're talking Color runs (paint), blinking light runs, mud runs and obstacle runs. They're fun, very social and lend themselves to teams. Entire offices and companies compete and social media spreads the word. The typical "mob-ster" is a 40 something female doing it "cause it's something new and different and fun."

According to WalkSports (that's **Jon Walk**), 61 runners ran all four of HARRA'S individual fall series — 10 Miles, Half Marathon, 25K and 30K, with the marathon yet to come. Of the 61,48 were HARRA members. HMSA'ers included **Fred Ward, Norma Evans and Jack Lippincott**.

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
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Random Thoughts on the Bayou City Fun Run By Pete League



NOTE: Last month we asked **Jack Lippincott** to give his thoughts about the 1978 Bayou City Fun Run. Then we thought of **Pete League**, who started this event in 1976. Pete, now living in Austin has a lot of good memories about Houston running and especially the Houston Marathon and the Bayou City Fun Run. Pete is shown at left running the BCFR in 1984.

THE INAUGURAL (1976) BAYOU CITY FUN RUN was part of the 1976 Bi-Centennial celebration. I had stepped down as race director of the Houston Marathon and I wanted to start a large-scale "fun run". The 1976 race was five miles and began on the Sabine Street bridge. **Terry Hickman** and **Gary Hardin** laid out and measured the course, taking runners along Buffalo Bayou (no formal trail then) to the Shepherd

Street bridge. We created a trail beneath the bridge with a steep downhill and then a steep uphill, returning to Memorial Drive... plenty of runner comments about that trail. There were relatively few runners and they were well spaced out because it was a "handicap" race, with the (theoretically) slower runners starting first and the faster runners starting last. **Mary Anne McBrayer** of Houston and **Clyde Villemez** of Port Arthur were the first two runners off the starting line. **Jim McLatchie** started with the final group, passed the entire field and won the race.

OLYMPIC CHAMPION FRANK SHORTER quietly showed up, thinking he would have a cakewalk. He was outrun by **Charlie Gray** (winner) and **Ron Tabb**, two very good, accomplished runners... Ron Tabb later enjoying a good national reputation. In the women's race, 26-year old **Carol Urish** dominated!

FIRST INTERNATIONAL BANK IN HOUSTON was the primary 1978 sponsor, headed by **John Hazard**, a very personable and supportive fellow.

1978 TRAFFIC CONTROL This was a breakthrough year for great relationships with the Houston Police Department. We were relieved because the field grew more than ten-fold since 1976... We had been naïve about traffic control issues and HPD's **Captain Bill Higgins** got us on the right track. Memorial Drive was traffic free and the runners loved it!! Houston Parks Police **Captain Kinnege** was very supportive as well!

1978 FINISH AREA We borrowed a large shade cover/tent from a local funeral home and set it up near the finish. And yes, it had the name of the funeral home in large letters. A bit weird, but we took in-kind donations as we found them. There were hundreds of orange traffic cones laid out by **Charles Smerker** and his crew defining the route to the finish line along West Memorial Loop from Memorial Drive to the finish line (about two-thirds the way to the old Tennis Center). And in spite of our efforts to keep vehicular traffic out of the West Memorial Loop, I looked up about an hour after the first runner was in to see a big ol' yellow school bus very slowly creeping along among the runners. Reliable **Kroger's** came through with plenty of fresh fruit.



Mary Anne McBrayer	01.01	New ag
David Holloway	01.05	
Celisa Deason	01.07	
Michael Luna	01.11	
Chris Rampacek	01.13	
Tuan Nguyen	01.19	
Steve Davis	01.17	
Mariella Botella	01.23	
John Phillips	01.25	
Michelle Castro	01.25	
Anita Mattis	01.29	
Libby Myers	01.30	

HOUSTON MASTERS SPORTS ASSOCIATION

Running Away From Home

By Dr. Christopher Rampacek



I recently spent eight weeks working for the United States Sports Academy in northern Malasia teaching physical education and sport coaching to local educators. During my tenure I had the opportunity to briefly explore the capital city, Kuala Lumpur, and then my assigned rural town of Kulim, Kedah by foot.

I chose to avoid the congested traffic of Kuala Lumpur by departing from my hotel very early morning (or very late night depending on your chronological orientation) starting at 3am. That would be 5pm for you in Houston. There is little life stirring at this time, however I did get rather startled by the rats as they scurried from the garbage left in the streets from last evening's street fare. You could get a plyometric/agility workout by jumping and dodging the critters as they ran underfoot. The city offered sidewalks, usually on both sides of the street, although the British driving style exists and if you were to run facing traffic you would be on the 'wrong' side of an American road. I would encounter this phenomenon when I ran in the remote northern state of Kedah.

I loved the sub-tropical weather; warm at about 75-80 degrees F and muggy-moist. Since it rained most days (we were in the midst of Monsoon season) the air was rather full of moisture most days. Running bare chested was the norm for me.

I was the only runner, the only mat sallah (white man) and the only individual on the roads (most of the time). I did see some locals, and as you would imagine, the looks I got were inquisitive. I

just waved and ran on.

After a few days in KL I was transferred to the town of Kulim in the northern state of Kedah which is approximately two hours south of the Thailand border. I ran at 4am to give me a little more needed rest and since my travel to the teaching center started at 7am I could easily shower and be ready to go with time to spare. In Kulim, a small remote town, I found that I woke up the roosters and met every dog along my route (some confronted me with concern so I moved to the opposite side of the street in those situations.) I ran on the right side of the road facing traffic and learned to yield by stepping into the grass when the occasional car, truck, bus or motor moped approached (and I saw all of the afore-mentioned at one time or another.) I was thankful that no other native fauna were evident in my travels.

Although it was dark, the sillouettes of palm and rubber trees, the rice paddies and the jungle vegetation made for an exotic backdrop. On a few occasions the full/new moon shone brilliantly and gave the run a special luminescence. It only rained on me once, but the warm water cleansed the body and soothed the soul so I welcomed it. However, it did not last the length of the run.

My students marveled when I told them of my discipline to arise and run early. I transferred my love of running/walking to my teaching and I had my class start with a 15 minute effort around the teacher's center. By my departure all my students were able to complete a 100 minute effort and asked me to compose a further training program for them (they had two weeks of continued education to complete). As of this writing they are all continuing to run/walk as a group. Two of my students used the running to launch a training program for Ironman Malasia in September.

I believe, with a little imagination and fortitude, you can run anywhere. Always pack your shoes.

PS...The Penang Bridge Marathon, Half Marathon and 10K races were held on November 18th starting at 3am. I was working on that day. The bridge is the longest in Malasia and connects the island of Penang with the mainland (in northern Malasia). The total attendance for all events was 45,000. Where all these people were training is a mystery to me.

Pill Poppin' *By Tom McBrayer*

It's almost standard procedure. Take two Advil and then run the marathon; everyone knows that; it's a preemptive strike against the pain that's bound to follow. But a recent study has shown the ibuprofen (Advil) taken prior to a workout does not "offer any benefit and may be causing disagreeable physical damage instead, particularly to the intestines."

Strenuous exercise alone leads to leakage of the digestive system since all the blood is going to the active muscles. This heals quickly as part of normal recovery, but add in the ibuprofen and the healing process is extended for several hours.

This is what has the medics worried: with leakage comes small amounts of colonic bacteria in the blood stream, and that leads to higher levels of bodily inflammation.

The study also revealed that the subject runners were just as sore after the race as runners who had not taken ibuprofen.

So, why do it? The idea is so entrenched in running lore that it has to be true; but it's not. To quote the author, **Dr. Kim Van Wijck**, of the Orbis Medical Center in The Netherlands, "We do not yet know what the long-term consequences are" ... but "ibuprofen consumption by athletes is not harmless and should be strongly discouraged."

Gretchen Reynolds in Physed; The New York Times December 11, 2012

HOUSTON MASTERS SPORTS ASSOCIATION

Results

Beaumont Turkey Trot 10K

Joe Melanson 1 M 37:45
 Billie Kay Melanson 1 GM 49:28

Sugar Land Turkey Trot 5 M (c)

Ed Fry 2 ag 34:07

Texas Trails Endurance Run 50 Miles

German Collazos 8 ag 9:48:10
 Tom Hebert 39 ag 11:29:37

Bryan College Station Marathon ©

Luis Salinas 9 ag 4:50:58

Finish Line 30K ©

Joe Melanson 1 ag 2:02:00
 Norma Evans 1 ag 2:20:30
 Ken Merenda 14 ag 2:37:17
 Billie Kay Melanson 2 ag 2:42:31
 German Collazos 20 ag 2:42:40
 Fred Ward 1 ag 2:45:03
 Jack Lippincott 4 ag 3:23:10

Grand Parkway 5K

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

NOTE: As part of the grand opening of the Grand Parkway, a 700 HP hopped-up 2014 Corvette traveled the Parkway at a top speed of 200.6 mph.

It's dues time again. We're on a yearly basis and dues are due unless you joined in October or later.

Individual membership: \$15.00
Family: \$20.00

Make check payable to HMSA and mail to
P O Box 667190
Houston, TX 77266-7190

What to Expect on Marathon Weekend

By Tom McBrayer

Doin' the Double. Here's how it works. Run the ABB 5K on Saturday, January 18 and receive a finisher's medal. Then run the Aramco Half or Chevron Marathon on the 19th and receive a medal plus a third medal for Doin' the Double! Sounds like a deal.

Not running? There's a place for you and your friends with Hoopla. Contact hoopla@houstonmarathon.com.

Nice write up in the December issue of *Downtown* mag about "Marathon Men" — the three guys who "run" the marathon year 'round. That would be **Brant Kotch Race Director, Wade Morehead Executive Director and Steven Karpas Managing Director**. They are totally dedicated to making the hometown run a world-class event. They spent several days in December at the USATF annual meeting presenting Houston's bid for the 2016 Olympic Marathon Trials. Los Angeles was the other contender. The LA event is usually held in early to mid March, giving two fewer months to recover for the Rio Olympics in August.

Like all big marathons since the Boston bombing in April, Houston will be on high alert. What to expect:

- Just like voting, you must have a valid government-issued photo ID to pick up your packet.
- If picking up for a friend, a signed copy of their final confirmation plus a printed copy of their government-issued ID will be needed.
- All bags will be subject to search
- All runners will be issued a clear gear-check bag at packet pickup. Please use this on race day.
- Also note that the GRB opens at 5 a.m.

Now for spectators: There will be lots of check points in the finish line area and no up-close and personal. A covered bridge will get you from the Hilton across Lamar to Discovery Green. There will be no viewing from the GRB side.

The latest inductee to the Houston Marathon Hall of Fame was **Denny Morse**. Denny recently retired from the board after 30+ years of service. His primary job on race day was official scorer and records. Back in 1984, Denny called the winner in what is probably the closest marathon finish ever. That was an Olympic year — Los Angeles — and fever was high. **Charlie Spedding** (Great Britain) beat out **Massino Magnani** (Italy) by ~ 1/2 inch. Spedding's time was 2:11:54. An oil painting based on a photo of the finish was commissioned by Tenneco and hung in the lobby of that building until it was taken over by Kinder Oil & Gas. The picture was trashed, but someone took it out of the trash, called the marathon office where it was snapped up and now proudly hangs.

Upcoming

01.01	Texas Marathon (c)	42.2 km	Greentree Park, Kingwood, TX
01.01	Commitment Day (c)	5 km	Sam Houston Race Park
01.18	ABB 5K (c)	5 kilometers	GRBCC/Downtown
01.19	Chevron Houston Marathon (c)	42.2 km	GRBCC/Downtown
01.19	Aramco Half (c)	21.1 km	GRBCC/Downtown
01.26	ChocoLoco	5 km	Uptown Park
01.26	Dawson Winter Dash	5 km	Pearland, TX
01.26	USA Fit Marathon & Half (c)	42.2 & 21.1 km	Sugar Land, TX
02.01	Texas 10 Series (c)	10 Miles	College Station, TX
02.01	Surfside Beach Marathon & Half	42.2 & 21.1 km	Surfside Beach, TX

