



May, 2014

# HMSA News

## HMSA Report for May 2014 By B. J. Almond

Houston Masters Sports Association (HMSA) is donating \$10,000 to two nonprofit organizations: Fallen Heroes Survivors Foundation and Cenikor Foundation. Each will each receive \$5,000 to support the services they provide. "Every year Houston Masters contributes a portion of the proceeds from our HMSA 25K Classical to charitable organizations that the board considers a worthy cause," said President Michael Luna. "We feel it's important to give back to the community."

Fallen Heroes Survivors Foundation Inc. provides assistance to the spouses and dependent children of service men and women from the Army, Navy, Air Force, Marines and Coast Guard who have sacrificed their lives in the Iraq and Afghanistan wars fighting terrorism so that Americans can enjoy freedom in the United States.



Mike Mangan, race director for the HMSA 25K Classical, presents a check to Fallen Heroes Survivors Foundation Chairman Mike Ladouceur (left) and FHSF Executive Director Sally Ladouceur. The Ladouceurs are co-founders of FHSF.

The HMSA donation is intended to support scouting activities for the children of fallen heroes.

Cenikor Foundation is one of the nation's oldest and most successful substance-abuse treatment centers with services throughout Texas and Louisiana. The foundation is committed to helping people deal with behavioral health issues and addictions by providing a full continuum of care that includes short-term and long-term inpatient programs, detoxification, outpatient and intensive outpatient services. Cenikor also provides adolescent short-term inpatient treatment, outpatient and intensive outpatient care. In addition to making a donation to Cenikor, HMSA also pays Cenikor to provide workers to help at the 25K race each year.

## Out & Back By Tom McBrayer

◆A funny thing happened to **Meb Keflezight** on his way to winning the Boston Marathon on April 21. The elite women that he was passing, who had started 28 minutes earlier, were cheering him on. Usually, the first man is all alone at this time. Here was a runner, almost 39, who had lost his shoe sponsor — Nike, past his prime and about to run a personal best of 2:08:37. Meb was the first American winner since 1983 and the oldest since 1930. Oh yeah, his new sponsor is Skechers, best known for skate boarding footwear.

### In This Issue

HMSA Report for May  
By B. J. Almond .....1

Out & Back  
By Tom McBrayer .....1

You Can Make an Impact  
By Tom McBrayer .....2

State of the Sport  
By Ryan Llampa .....3

HARRA Notes  
By Tom McBrayer .....3

Results .....4

The Sights & Sounds of  
Running .....4

Upcoming .....4

May Birthdays .....4



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Continued on Page 2



## 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)

### Out & Back Continued

◆If you're looking for a new distance to challenge you, look no further. It's the Marine Corp 17.75K, based on the Corp being founded in 1775. This is the first event of the Marine Corps Marathon Series. Others include Rum Amuck and Mini Run Amuck in June, the Quantico Tri (August) and the Turkey Trot in November. The Marines also have a historic half on May 18 and, of course, the Marine Corp Marathon annual on October 26. (If you haven't converted yet, 17.75k is 11.02 miles.)

◆The City has given approval for the Marathon's Run for a Reason kickoff party in Memorial Park, June 28, 7:00 am. Details will be available from CHM.

◆So, where has it been? Packets for the 2013 25K were mailed out the first week of November. One was "return to sender," that's us, on March 26, 2014. That's five months on the missing list.

◆The Bellaire Trolley Run has been around since 1989, and it still yields the fastest 5K times, male and female, in town. Lots of runs like to say "flat and fast," and this is one that really is. And, for almost that many years, the Al Lawrence Running Club has been directing. First it was **Camille Yarbrough**; now it's **Annie Hadow**. The entry numbers aren't big, but the times are fast.

◆Bellaire Park & Rec is the hosting partner for the Trolley Run. P&R Director **Jane Dembski** paid tribute to **Al Lawrence**, founder of the ALRC 25 years ago. We know Al as an outstanding running coach, but his history is nothing short of phenomenal. He medaled in the 10,000 meter event for his native Australia at the 1956 Olympics in Sydney, attended the University of Houston on a track scholarship and was winner of back-to-back NCAA Cross Country Championships in 1958 and 1959.

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### You Can Make an Impact By Tom McBrayer

And every time you make that impact you improve your bone health. Like most parts of your body's health, exercise is the key. Running and jumping "create ground-reaction forces that move through your bones and stimulate them to remodel themselves and add density." That's from **Dr. Jon Tobias** of the University of Bristol.

Most high-impact sports will improve bone density and, if coupled with weight training, the increase is even greater. Weight training alone has only a slight effect, but more than non-impact sports of cycling and swimming. Don't forget walking. If you aren't able to run, walk briskly and throw in a few zigs and zags, the so-called "odd impacts." Those moves help remodel you spine and hips.

There's something new and different found in many gyms now — the whole body vibration platform. Three five-minute sessions per week for six months were found to increase spinal bone density in women by 2%. A control group lost ½% density.

*Gretchen Reynolds in Science Times April 22, 2014*



## 2014 State of the Sport – Part I: Non-Traditional Running Events

In 2010, **Running USA** published its first annual Half-Marathon Report because of the impressive growth in the 13.1 mile distance in the United States, and now, because of the explosive growth in another sector of the sport, we present our **Non-Traditional Running Events Special Report**. In just five years, the number of estimated finishers in non-traditional events has grown from low six figures in 2009 to a staggering 4 million in 2013, a nearly hard-to-believe 40-fold increase. In addition, a handful of mass participation adventure series in 2009 has rapidly expanded to more than 35 non-traditional or themed running series that included mud, color, foam, electric, zombie and even ugly sweater runs by 2013.

Across the country, themed races and obstacle events have attracted a loyal audience of fitness-minded people who want to be active, but not necessarily competitive; many just want to have fun, enjoy the camaraderie of others and focus more on the social, team-building aspect rather than serious competition. This proliferation of themed races appeals to nearly everyone and offers a unique twist to the straight-laced classic road races of the First Running Boom by providing participants a less-competitive atmosphere where they can focus on fitness, fun and the experience that they can and do share with friends and family; in addition to possibly contributing to a charitable cause.

[Read the rest of the report summary on RunningUSA.org](http://RunningUSA.org)

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### HARRA Notes

By **Tom McBrayer**

◆Remember: HARRA has early registration access for 475 members who do not qualify via other means. So far, 260 HARRA members have applied for the 475 places. Early registration opens May 6, so there is a strong chance that any HARRA member that wants to avoid the lottery can do so.

<http://harra.memberize.net/clubportal/EventDisplayNew.cfm?clubID=955&EventID=203142>

◆Date for the annual banquet and election of officers is still undecided but it appears to be late June and it does look like St. Arnold's will be the venue.

◆There were lots of disappointed runners because of cancellation of the Bayou Bash Relay, not to mention the HARRA party following the relay. The Rice stadium was available, but **Coach Jon Warren** was not, and he's the gatekeeper.

◆Tour de Bayou entries were down for the year. **Roger Boak** counted 40-50 entries each week. No Karbach this year; had to do with race venues.

◆The web site revamp under direction of **Lisa Pace** is into the testing mode. Won't be long now.

◆A race management committee headed up by **Carol Watson** was named: **Roger Boak, Annie Hadow, Jon Walk** and **Lee Greb**. Their first big challenge is to come up with a spring series that works. The spring calendar is very crowded. Every weekend has something and determining what appeals most to runners will be a challenge.

◆The fall schedule is complete except for the XC Relay:

XC Relay	Best guess 9/27
USA 10 Miler	October 12
Houston Half	October 26
HMSA Classical 25K	November 16
Finish Line Sugar Land 30K	December 14
Chevron Houston Marathon	January 19, 2015

◆HARRA's new medical director was introduced. He is **Dr. Harry Sokolow, M.D.**, who is in Family Practice. **Dr. Bob Hoekman** will assist

◆The 2014 RRCA convention will be the weekend of May 3-5. **Carol Watson** and **Lisa Pace** represented HARRA in Spokane, WA; **Mike Mangan** will be HMSA's representative.



## Results

### Cottonwood 10K, Arizona

Paul Cooley 2 ag 45:52

### Brian Mickelsen Memorial Marathon

Paul Cooley 22 oa, 1 ag 4:15:23

### 4 the Park (c)

Ken Merenda 6 ag 31:08

Dennis Arne 15 ag 35:53

Noah Matthews 2 ag 43:39

Joy Merenda 21 ag 59:42

### Angie's Half Crazy Half (c)

Ken Merenda 3 ag 1:48:38

### Boston Marathon (c)

Tom Hebert 4:11

Larry Lindeen 4:33:17

### LP Run

Tuan Nguyen 5.301 Miles

Mike Mangan 3.145 Miles

JoAnn Luco 2.328 Miles



## The Sights & Sounds of Running

Actually, there is not much sound, unless it's the wind, but the sights are like nothing we can see in Houston while out on a daily run or hike.

You may remember that long-time HMSA members **Paul and Jan Cooley** moved to Sedona, AZ about a year ago. Paul immediately made himself known to the running community and life has certainly been changed for Paul and Jan.

These pictures were taken not too long ago in Rockart Canyon, about 20 miles from home. A rancher owns much of this property where the art has been protected for the last 50+ years and it's not open to the public. Paul says the Navajos maintain a sweat house and a Hogan on the property. We had to look up Hogan which is described as a "traditional structure of the Navajo people." The center photo is a hogan on Rockart Ranch. The lower picture shows an earth lodge which Wikipedia describes as "a semi-subterranean building covered partially or completely with earth."

It seems that all of Paul's runs or hikes provide beautiful scenery and lots of history and we're happy to share his photos.

## Upcoming

05.03	<a href="#">Sprint For Life ©</a>	5 km	Medical Center
05.03	<a href="#">Lone Star Stampede ©</a>	5 & 10 km	Uptown Park
05.03	<a href="#">Cinco de Mayo ©</a>	5 km	Bear Creek Park
05.03	<a href="#">5K Color Course (obstacles)</a>	5 km	College of the Mainland
05.10	<a href="#">Texas Crab Festival ©</a>	5 km	Crystal Beach
05.10	<a href="#">Hog's Hunt Trail Run</a>	50/25/10 km	Sam Houston State Park
05.10	<a href="#">Pamela's Race ©</a>	5 & 10 km	Orchard, TX
05.10	<a href="#">Pear Run ©</a>	5 & 10 km	Pearland, TX
05.11	Tour de Art 8:00 am	slow run/walk	Downtown Library
05.17	<a href="#">Impact A Hero ©</a>	5 km	NRG Park (Reliant)
05.24	<a href="#">Race For the Pennant ©</a>	5 km	Minute Maid Park
05.24	<a href="#">Foam Fest (obstacles)</a>	5 km	Rio Bravo Motocross Park

(c) = certified course



## Birthdays

Ivy Martino	05.07	
Al Salinas	05.07	
Pat Powell	05.09	new ag
Noah Matthews	05.20	new ag
George Bashen	05.23	new ag
Edward Fry	05.26	
Jock Geller	05.30	