



December, 2013

HMSA News

HMSA's Classical 25K Is Still Classy By Mary Anne McBrayer

Yesterday was a great day for running and **Mike Mangan** and his race committee pulled off a flawless event. Numbers were up this year with approximately 1550 runners in the 25K and 150 in the 5K. There were lots of happy people. There seemed to be two in particular and we'll quote them here, as the race seems so special to these participants.

Billie Kay Melanson: "Houston Masters hosted a great 25K Classical! Race director did an awesome job. How in the world did you guys get such a perfect weather set up??? Well I'm proud to share with the club...I qualified for a LOCAL ELITE INVITE to Houston Marathon this year for the 60 year old division yesterday! I tell you it is simply a blessing! I had no idea I would even be able to run again in July after a 10-month layoff. And no idea I could run these distances so soon. But I must say: God is good. **Joe** also received a local elite invite from the Half-Marathon in October. PS Awards: The beautiful awards were boxed so nicely. Looked like pie boxes. I must admit though I was so hungry afterwards..I was hoping it was a pecan pie. LOL"



Billie Kay placed second in the 60-64 category. To her left is Donna Sterns, first place and to her right Pat Himel who came in third. Photo by B. J. Almond

Our congrats to Billie Kay and Joe for their Elite Invites.

For the first time, we were pleased to have a wheelchair participant in the 5K. **Eric Lutz** participating in his first organized event. Eric wrote this to Mike, "Thank you again for making my participation in the HMSA 5k Fun Run possible yesterday. It was a significant achievement for me and an honor to be your first wheelchair runner. I had hoped to stay longer to thank you and others in person (especially the woman at the first/last hydration station that deftly returned my iPhone to me mid-stride!) and to share the post run high with compatriots but it was a tad too cold. . . In the end, the best take away of the day was just doing it and finishing. Those are the only metrics that I really need. Thanks again to you and everyone that made the event possible and fun." Eric's finish time was 25:32



NOTE: Eric's wife took this picture. As he says "it's blurred" but it certainly captures the moment."

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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

Celebrate the Holidays with HMSA

Sunday, December 15, 2013

6:00 p.m.

Houston Master's holiday party will be at Becks Prime in Memorial Park, 1001 East Memorial Loop Dr., in the golf course clubhouse. Please bring a coat, jacket or other warm clothing or a blanket so we can make a donation to the Star of Hope in the spirit of giving for the holidays.

As a member of HMSA, you're entitled to a free dinner plus two drinks if you RSVP to hmsa@houstonmasters.org by noon Sunday, Dec. 8. The admission fee is \$15 per person for guests and for members who do not RSVP by the deadline.

If the parking lot by the golf course clubhouse is full, you're welcome to use the parking lot across the road by St. Theresa Catholic Church, 6622 Haskell St. If you have limited mobility, please call B.J. Almond at 713-419-9980 when you're heading out for the party and he will try to reserve a parking space close to the restaurant or provide transportation from the St. Theresa lot so that you don't have to walk so far.

We hope you can join us for an evening of food and fun. Don't forget to RSVP!

What Do You Think? **By Tom McBrayer**



You missed your first chance but your second one is coming up on Tuesday, December 10. It's your opportunity to speak up on the subject of upgrading the Seymour Lieberman Exer-Trail in Memorial Park. The trail, as you know, is incredibly popular, with an estimate of more than 10,000 runners and walkers using the three-mile trail, day and night. **The Memorial Park Conservancy will host the meeting from 6:30 to 8:30 at St. Theresa Church hall, 6622**

Haskell St, located just north of the park. They want to hear what you have to say concerning the park in general and the trail in particular.

Construction on the Running Trails Center (pictured above) began in September. It will be available to runners, bikers, hikers, rollerbladers and other visitors that "utilize the southern section of the park." There will be showers, lockers, restrooms, and a multi-purpose (hopefully meetings) room. HPD and the Conservancy offices will be located there. Construction is expected to be complete in spring 2014.

Work will soon begin on erosion problems, drainage, dangerous spots and grading, all part of the master plan. HARRA contributed \$25,000 toward the engineering study, which is the basis for the entire program.

The Conservancy is also looking for runners to take part in an online survey: www.memorialparkmasterplan.mindmixer.com. They are aiming for 5000 participants and need all of us to help.



What's On Your Christmas List?

By B. J. Almond



Seat covers for sweaty runners, a watch with GPS and running socks are among the holiday gift suggestions from members of Houston

Shopping for a friend, partner or other family member who's a runner? We asked some members of Houston Masters Sports Association (HMSA) to share what's on their holiday wish list. Maybe their suggestions will help you decide on a gift for a special runner in your life.

Nic Messana: "I'd love a stylish running jacket for cold winter mornings."

Clark Courtright: "I tell my kids to give me running socks, especially the fun ones. They are a nice price for a gift."

Mary Anne McBrayer: "When you run six or more miles a day, you know you are getting your 10,000 steps per day. But when you can no longer run, you really don't know what you're doing. The 10,000-steps-per-day program is being touted more and more for healthful living. So for Christmas, I'm putting at the top of my list a good pedometer, one that will clip to your waistband. I understand that Weight Watchers has a pretty good one."

Kim Budzik: "Since I like to run ultramarathon road races, it often requires that I travel to the destination to make it happen. Thus, if I were the lucky gift recipient, I would like to have frequent flyer miles or an airline gift card, or if someone is feeling really generous, maybe the whole ticket paid for!"

HMSA President Michael Luna: "I like seat covers. They help keep your car from smelling too bad after a run. If you're looking to spend more, I really, really like my

GPS watch. Not only does it tell me the time, distance and pace, it also records the routes I run."

More suggestions:

- A gift certificate for a foot massage.
- A subscription to a running magazine, such as Texas Runner and Triathlete.
- Cash to pay the registration fee for a major race in 2014 or the Houston Marathon in 2015.
- Memberships in Houston Masters (houstonmasters.org) and HARRA (harra.org).

Gerardo Mora, who has been sidelined by foot pain for more than two years, has a different kind of wish: "It is very simple -- the ability to run. When the will to run is there but the body is unable due to running injuries, the most important and valuable gift is to be able to run without fear of injury. Why so important? You need only ask those who have been out of running -- not for lack of desire, but because of a failing foot."

Gerardo's wish may be harder to fulfill, but this *is* the season of hope ...

December Birthdays

B J Almond	12.04
Peter Birchhead	12.07 (new ag)
Mary Deason	12.09 (new ag)
Deborah Touchy	12.09
Jim Butler	12.06
Ken Hodges	12.15
Ceana Deason	12.24

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**



Remembering the “Roaring Seventies...”

By Jack Lippincott



Jack is a 29-year veteran of Houston's Marathon and will complete his 40th in January, 2014

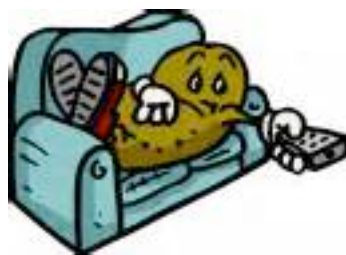
Looking at some results from the 1978 version of what is now called the “Bayou City Classic” has caused me to reminisce a bit about the early days of the “jogging boom;” and, marvel again at the changes that have taken place in the Houston running scene over the past 35-40 years. Frank Shorter, a true “legend” of our sport, is considered to be one of the causes of this jogging craze, due in large part to his victory in the 1972 Olympic marathon, and a follow-up second place in 1976. I got to know “Big Frank” a little bit when I lived out in Santa Fe, New Mexico. He was raised north of there, in Taos. Anyway, Frank visited Houston and ran in this 6-mile race (the rest of the world’s metric measurements had not yet overcome the American fixation with mile-denominated distances). I am not sure exactly why he was here; but, think that he had already embarked on – as he continues to this day – a partial career being a “celebrity guest” at all kinds of running events around the country. In the late 1970’s, of course, Frank was still close to his prime as a distance racer. The big thing I remember about this event was that he said some words to the crowd after the race, to the effect that, “They told me this was supposed to be a fun run!” His surprise at being beaten by a couple of our fast younger guys was evident; but, he was nice enough to make a joke about it...

The actual run was on a point-to-point course down Memorial Drive, from downtown into the western entrance of Memorial Park, finishing about halfway in towards the Tennis Center. I am guessing that there were several hundred entrants, compared to the multi-thousands that now show up for it - and many other local runs - these days. Earlier in the 70’s, I can recall jogging in the Park on Saturday mornings, while not seeing more than eight or ten other folks doing the same thing. Currently, you see more runners than that in the Park in the middle of the night! The other thing I cannot help noticing when perusing these several pages of results – which contain a total of over a hundred names – is how few of them I can recognize as still being around the local running scene. Maybe there are five or six. Some of that is certainly due to the mobility of our modern society. But, I do not want to think too much about why the rest have disappeared. Plenty of others have taken their place; and, that is pretty cool...!

NOTE: Tom recently found the complete results from the 1978 of the 3rd annual Bayou City Fun Run. Jack’s name was among the finishers and he asked Jack to look at some of the results and put his memory to work about some of the early days of running. There are names in the results that you still see in some of the current races, e.g., **Donna (Burge) Sterns, Kay Duplichan, Camille Yarbrough**, not to mention Jack. There are people who are still around and still involved but don’t run any more. It’s a very nice piece of history.

Are You Calling Me a Couch Potato? By Tom McBrayer

Well, yes. If you sit all day staring at a computer, and/or a TV screen, even though you ran 6 miles before breakfast, you are a couch potato.



The average American sits for at least 8 hours a day and, according to one study, every hour sitting shortens your life by 22 minutes. But then you’re not average. Or, are you? That’s what investigators from the School of Public Health at the University of Texas Austin hoped to find out. They contacted local runners who were planning to run either the Austin marathon or half marathon.

The study was focused on how each runner spent his/her typical day — time sitting, commuting, training, etc. plus their expected pace on race day. What they found:

- Average training time, almost 7 hours/week
- Average sitting time, 10 hours on work days, 8 hours on non-work days.
- Almost no correlation between pace or amount of training time and sitting time.

Conclusion: “Time spent exercising does not supplant time spent sitting.” So it’s possibly that people can be both very active and very sedentary, but it’s not possible to say, from this study at least, that the positive effects of running will negate the negative effects of sitting. Maybe that will be the next study. Meanwhile, lets keep on moving.

Gretchen Reynolds in Science Times, 11/06/13



HARRA Notes

By Tom McBrayer

- ◆ It was graduation day for the PIM fall session runners at Alex's Run 5K. Over 100 newbies showed how their PIM training paid off and, by all accounts, they got a good taste of what a 5K is all about — chip timing, awards, post race party, etc. **Lara Allen** directed the event for over 500 entrants.
- ◆ **Andy Stewart**, race director of the 30K, showed that he's ready for 1500 runners on December 15. He also let it be known that headphones will not be allowed and the Sugar Land police are instructed to look for bandits.
- ◆ **Lisa Pace** reported at the November meeting that the HARRA web site is due a rebuild and bids are now being evaluated. Lisa is also involved in HARRA merchandise and reported that singlets with club logos are proving to be very popular items. The HARRA logo is on the front and, for an additional charge, your club logo can be printed on the back.
- ◆ Current membership is fast approaching 2000 says member chairman **Bob Schamus**.
- ◆ With 5000 registered runners — only 3600 finishers — the Houston Half will be able to make a very nice contribution to the Memorial Park Conservancy. The event was rain delayed by one hour and many did not stick around. Those that did waded through the mud and managed to down 11 kegs of St. Arnolds at the post race party.
- ◆ The MP stretching deck and the code blue AED units are stalled. There was a change in management in the AED organization and the construction crew uncovered a large concrete shaft that is too big to remove. So it's back to the drawing board.

Out & Back

By Tom McBrayer

- ◆ Houston's new marathon and half marathon courses (new again in the last couple of months) are ready to go. The new start lines are about a half mile from the George R Brown, not as close as before but not so bad — a good warm up. The big change was necessary because the Elysian Viaduct was to be torn down in August, but we're still waiting. The new courses are posted on the marathon's web site, chevronhoustonmarathon.com
- ◆ Also new for 2014 will be the full and half swapping sides on Allen Parkway. The half will use the north side (outbound); the full will use the south side (inbound).
- ◆ And the elite marathoners will have each kilometer marked — all 42 of them! The elite tend to be international, so they grew up with the metric system. All these markers will come down after the elites have passed.
- ◆ Good coverage of the New York Marathon on ESPN, all with knowledgeable commentary that included — **John McEnroe?** — that's right; the ex tennis player. Hey, he's from New York; it's called local color. And from start to finish there was heavy emphasis on the security in place as a result of the Boston bombing. And, it was the largest marathon in history with 50,740 starters and 50,304 finishers, which gives us a completion rate of 99.1%! What we had was a whole lot of motivated and determined runners with an 8-hour time limit.
- ◆ Locally, a Kenyan Way runner, while cooling down in Memorial Park, suffered a heart attack. This happened early in the a.m. on November 6. His coach, **Sean Wade**, ran to his truck to bring back an AED unit and was able to revive the runner. Currently, there is a defibrillator located at the tennis center and at the swimming pool. HARRA has funded a prototype AED station (code blue AED help point) to be solar powered and, with additional funding, these units will be located every quarter mile along the 3-mile trail in Memorial Park. Also, every HARRA running event, starting in 1999, has had cyclists with AED units on the course, ready to respond to such emergencies.
- ◆ Paul Cooley ran the Pass Mountain Trail 16.2 miles in Arizona (see results) and there were places on the mountain trail where "you had to use hands and feet to climb over rocks and very few stretches did not have large rocks and boulders you had to navigate over." Seems to beat any trail course we might have around here.
- ◆ **Jon Warren**, head track coach and men's cross-country at Rice, is the subject of a Q&A interview in a recent issue of the school weekly, *The Rice Thresher* (www.ricethresher.org). Before he was a coach, Jon was a student, class of '88, and ran for the track team. If you aren't familiar with Jon, he's also one of the great boosters of the local running community. Examples: the Rice track serves as the venue for HARRA's LP run; the Rice campus is the site of HARRA's Bayou Bash Relay and Family Picnic. And there's his "marathon job" as the expert commentator for ABC 13's live broadcast. He actually knows those international runners!



Results

Houston Half (c)

Joe Melanson	1 ag	1:23:59
Ed Fry	2 ag	1:32:45
Billie Kay Melaonso	2 ag	1:48:10
Tom Hebert	9 ag	1:50:23
Fred Ward	2 ag	1:59:06
Fred Queen	24 ag	2:05:34
Jack Lippincott	7 ag	2:14:18
Al Salinas	41 ag	2:23:20

Fit Kids of Arizona 5K

Paul Cooley	1 ag, 4 OA	22:27
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Houston Half Relay

Mike Mangan & Don Brenner	1 ag	
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Race For The Halo

Ken Merenda	1	24:45
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Child Advocates Superhero 5K

Steve Sievert	9 ag	19:31
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Run In The Park

Don Brenner	1 ag	28:34
Noah Matthews	3 ag	31:35

National Duathlon Championship Sprint

Steve Sievert	9 ag	52:24
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Pleasure Island Half

Joe Melanson	1 ag	1:25:00
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Cajun Cup 10K

Billie Kay Melanson	1 ag	48:59
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Pass Mountain Trail 26K

Paul Cooley	55 OA	2:57:00
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Holiday Half Marathon (c)

Ken Merenda	4 ag	1:50:16
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*HMSA president Michael Luna (L) and Race Director Mike Mangan are RTG — ready to go on the 28th running of the Classical 25K
Photo by B. J. Almond.*

Alex's Run ©

Carlo Deason	1 Master	17:41
Joe Lengfellner	7 ag	23:43
Ken Merenda	3 ag	24:14
Ron Morgan	4 ag	26:05
Don Brenner	2 ag	27:51
Deborah Touchy	9 ag	30:58
Mary Deason	3 ag	45:17
Mike Mangan	7 ag	49:29

HMSA 5K (C)

Carlo Deason	3 OA	18:29
Mary Deason		42:36
Eric Lutz		25:32

HMSA Classical 25K (c)

Joe Melanson	1 ag	1:41:03
Bernard Castro	28 ag	2:02:38
German Collazos	17 ag	2:08:40
Billie-Kay Melanson	2 ag	2:10:32
Tom Hebert	11 ag	2:13:06
Juan Galvan	63 ag	2:18:35
Mariela Botella	19 ag	2:21:19
Fred Ward	5 ag	2:23:32

Upcoming

12.07	Trifigura Run For the House ©	5/10 km	Downtown
12.07	Sealy Jingle Bell ©	5 km	Sealy, TX
12.07	Texas 10 Series ©	10 Miles	Conroe, TX
12.07	Rudolph Fun Run	10/5/1 km	City Centre, Houston
12.008	Run Girl Half	21.1 km	Duessen Park, Humble, TX
12.14	YES College Rush	5/10 km	Discovery Green
12.15	Sugar Land Finish Line Sports ©	30 km	Sugar Land Town Square
12.21	12Ks of Christmas	12 km	Discovery Green
12.22	Santa Hustle Texas Half ©	21.1 km	Galveston
12.28	Houston Running Festival	24 Hours/12 hours 42.2 km/21.1 km 100 Miles/100 K 50 Miles/50 K	Bear Creek Park
01.01	Texas Jammin' in January	42.2 km	Kingwood

