



June/July 2014

HMSA News

Spring Banquet and Elections By B. J. Almond

Michael Luna was re-elected president of Houston Masters Sports Association at HMSA's spring banquet and annual meeting May 4.

All other current officers and board members agreed to serve another year and were re-elected also: **B.J. Almond**, vice president; **David Holloway**, treasurer; **Joe DeBruyn**, secretary; and board members **Mariela Botella**, **Paul Cooley**, **Tom Hebert**, **Ann Hibbert**, **Libby Myers** and **Al Salinas**. **JoAnn Luco** will still serve on the board as past president, and **Tom** and **Mary Anne McBryer** will continue to help the organization as non-voting board volunteers.

In addition to electing board members for 2014-15, the membership voted to approve changes to the association's bylaws. **Michael Luna**, **B. J. Almond**, **Joe DeBruyn** and **Libby Myers** recently revised the outdated original bylaws to make them more practical and reflective of digital communications tools. The amended bylaws increased the amount of funds that Houston Masters, which is a 501(c)(4) organization, can donate to charities from the proceeds of the



New members Michael Haley and Brittani Quertermous joined Mac Crone, an old timer, for an evening of fun.

previous year's HMSA 25K Classical. As a result of that change, Houston Masters donated \$5,000 to Avondale House, a nonprofit agency that provides educational services to children with autism. This is in addition to two \$5,000 donations that HMSA made earlier this year to Cenikor Foundation and Fallen Heroes Survivors Foundation Inc.

The spring banquet was held in a new venue – Saint Arnold Brewing Company, Texas' oldest craft brewery – so there was plenty of cold beer on tap to wash down the savory roasted barbecue chicken and baked ziti served for dinner. Two tiers of gourmet cupcakes emptied quickly as sugar-craving runners and walkers surrounded the dessert table.

Fifteen lucky attendees went home with a \$25 gift card or a Saint Arnold T-shirt given as door prizes, and everyone had the option to take home one of Saint Arnold's custom-made glasses. JoAnn Luco continued the tradition of writing and reading a limerick for the meeting. J

*Using the theory by Charles Darwin,
The strong and the fast always win.
But the weak and slow
And runners we know
Will always try it again.*

That prompted member **Jack Lippincott** to come up with his own limerick.

*JoAnn is one heck of a poet.
She doesn't mind if you know it.
You try to compete,
But she just can't be beat.
Hey, I'm taking a shot. Watch me blow it.*



Right: Ed Fras is first at the dessert table, diving into the mound of gourmet cupcakes.

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keep in touch
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

On the Road in Bangkok By Chris Rampacek

Traveling and teaching for the United States Sports Academy, I got the opportunity to spend eight glorious mid-April days in Bangkok, Thailand. What an amazing time.

Upon my arrival, I was pleasantly surprised by the warm and engaging personalities of the Thai staff people whom I met. This friendly attitude was further displayed by my students, all

coaches within the Thailand Sports Authority, who were enrolled in the Sport Coaching Methodology course I was sent to deliver.

Even though most of my students could not understand the English language, and I taught with the assistance of an interpreter, I was able to introduce Western coaching philosophies, techniques and strategies to students of a Far Eastern culture and tradition. I even learned some new Thai sport knowledge by being introduced to wood ball (a derivation of croquet) and **sepak takraw** (foot juggling with a rattan ball that is ultimately spiked over a badminton level net).

Although time moved so exceedingly fast, it was still exciting for me when the West merged with the East. A form of educational ying-yang for both teacher and student.

I was able to explore my local environs on foot, although the city is extremely populated and cars/motor scooters are everywhere and at all times day or night. Thirteen million city dwellers will crowd the streets and sidewalks a bit. I converted most of my outdoor fitness efforts to walking thereby avoiding collisions with pedestrians, barking dogs and numerous street food vendors. I did garner some inquisitive stares from the locals since I was the only (read - white male Caucasian) exerciser on the street. However one morning I was engaged in conversation by a Thai man who inquired first about my exercise, then my home and finally what I thought about Thai women. I have found that exercise and sport are the universal language beyond the spoken word.

Bangkok is a beautiful city, with the melding of centuries old architecture and modern structures. I had the brief chance of visiting both tourist sites and off the map locales (you can view the photos

on my Facebook page under photos - albums. I cannot do justice to the city's beauty with the written word.) I wish I had more time to explore - possibly, if I have the opportunity to return.

My next teaching adventure will send me to Shanghei, China in July to teach elite athletes to become sport coaches. Another new port of call with new experiences. More to follow...





Putting It To Rest ***By Tom & Mary Anne McBrayer***

For Tom and me, the last 45 years have seen the tremendous growth of the crazy boom called “running.” Many of you running now probably can’t picture the sport of running as it was then. No running trails in Memorial or Hermann Parks, no trails along the bayous, 150 people registering for the Houston Marathon. Seeing **Leonard Hilton** run a sub-four minute mile on the Rice track, his first and a first for Houston and Texas. Post race parties were practically non-existent; if you got beer, bananas and/or bagels, you were satisfied. There were so many firsts, including the formation of several running clubs — Harriers, Terlingua, Houston Masters Sports Association and a few others that are no longer in existence. (If we left you out, we apologize)



That’s us taken last year on the occasion of our 55th wedding anniversary.

At that time, HMSA had monthly meetings on a Sunday afternoon in members’ homes. We soon grew and found larger venues. A short run always preceded the meeting. Early on we found that a newsletter would be informative and the HMSA Newsletter was started by our founder, **Don Slocomb**. It wasn’t too long before Tom and I began to write and publish the monthly issue.

And now we can say that we have been doing the HMSA newsletter for 35+ years. They went from typed and mimeographed on legal-size paper to what we have today, a digital copy with full color and we like to think they have been newsy and appreciated.

Since we’re not really actively involved with the running community as we were years ago, it’s becoming more and more difficult to fill the four pages we’re accustomed to doing. We both feel it’s time to turn over the HMSA newsletter to someone who is more active, though we could continue to contribute from time to time. We thought we would go ahead and publish a June/July issue and then put it to rest for us. ***While doing that, we send a big thank you to all of you who have contributed over the years. It’s been a huge help.***

I will continue to do the website for another year or so or until someone is anxious to take it over. It’s not an active site except during the fall preceding and right after the 25K. Even though the 25K has it’s own site now, the old one gets plenty of activity. Also, Tom and I will continue to monitor the PO Box and the roster and I’ll be happy to send out any e-blasts.

We are not in the habit of using age as an excuse for anything and we won’t start now. However, we are beginning to experience health issues a bit more frequently than in years past.

Who out there would like to take over the HMSA Newsletter? There has to be someone who enjoys writing. There are plenty of templates for putting together a newsletter. Anyone? Our president, Michael Luna (michaeljluna@yahoo.com), or vice-president, B. J. Almond (bjalmond@sbcglobal.net), would love to hear from you. Or, you can contact Tom or me (mametm@sbcglobal.net) if you have questions and are interested.

We’re putting the newsletter to rest for us and will look forward to working with a successor.

That’s a Good Idea ***By Tom McBrayer***

It’s a given — your running, walking, exercise in general — improves thinking skills both short and long term. All of us do better on memory and executive function tests after exercise. This has been shown in many studies. But about those ideas: Stanford University has come up with studies that link strolls/walks with creativity.

Students were given creativity tests before, during and after treadmill walking. Tests included how many uses they could come up with for some common object, such as a button, in eight minutes. Creativity increased substantially both during the walk and afterward for 60% of the students and the effects lingered.

Testing then moved from the treadmill to outside and, though researchers expected better results, that was not the case. The move to Stanford’s leafy campus gave about the same number of creative ideas as using the treadmill inside.

Bottom line: keep moving, anywhere.



On the Road in Boston By Stan Coburn

Last month, a small group of the Houston Marathon Committee (**Dr. John Cianca, Steven Karpas, Brant Kotch, Wade Morehead and I**) went to observe and volunteer for the 118th Boston Marathon.

My trip started on Friday morning of race weekend and by chance I met Larry Lindeen on the same flight. After studying the subway maps and getting checked-in, I met Larry at the Expo and later explored the north side of Boston. Since Larry's has visited Boston numerous times for work and running the Boston Marathon, I had a great guide for the weekend.

On Saturday, I helped at the first water station (yes, even the BAA has 2 water stops for a 5k) for the Freedom 5k race. There were 10,000 registered runners and the race finished at the Common Park. This was the first year the race did not finish at the Marathon finish line.

In the afternoon, I helped with the elite runners and had a chance to visit with **Meb Keflezighi**. Once my volunteer duties were completed, I was able to talk my way into Fenway Park to see the last 2 innings of a Boston Red Sox's win. That evening, the group went to meet with the other race industry contacts at the Runners World reception and the Adidas party.

On Sunday, I went to a very moving Easter service at the Trinity church in Copley Square near the Marathon finish. That afternoon, my day included attending the elite runner's technical meeting and checking-in their hydration bottles.

Monday morning came too early and it was off to set-up the 8 elite hydration stations (every 5K). Once the last station at the 40K mark was set-up, I walked back to the finish line to see Meb win.

After watching in Boston the events of last year's Marathon, it was special to be back in Boston on Easter weekend and witness the spirit of "Boston Strong".



*Jim Edward Lloyd
Kings of the Grill*



HMSA'S Annual Breakfast in the Park

Sunday, July 27

7:00 a.m. Predict your time run

Followed by all you can eat breakfast

We do the pancakes and tacos. You bring fruit, yogurt, baked goods, whatever you like.

Notice: we have called a halt to the ugly/pretty foot contest. We've seen enough of your runner's feet.



On the Road in Spokane ***By Mike Mangan***

I attended the RRCA Convention in Spokane, Washington in early May. Coming from Houston, one quickly learns that the town is very small and also very hilly. Well, almost every town is small and hilly compared to Houston. The weather was surprisingly similar and, in fact, was warmer than Houston the day I arrived. It won't be that way in July! It's a lovely place. We ran each morning and the hills weren't too bad, if you walked them. So I did!

I attended several workshops during the three days of the convention. Some provided reaffirming information that we are definitely doing the right thing with our 25K; some gave us ideas where we can improve. I participated in a workshop, which attempted to answer the question, "Should we offer race day registration?" The answer was an overwhelming "we have no idea!" Well, it actually broke down into the race directors of huge races (Houston Marathon size) saying absolutely not and the race directors of small races (500 or less) saying absolutely. We in the middle ground got no great advice.

We were reminded during the insurance discussion about the importance of making sure all runners sign the waiver and the prevention of bandits running the race. Another important session was the value of social media as a marketing device. After that session I realized I had to either learn more about social media or get an expert to help us this year. I chose the latter. We should have some great social media coverage for this year's 25K!

The convention finished with the running of the Bloomsday 12K. I ran with Kathi Mahon who was there representing HARRA. We agreed to run together AND to walk the hills, especially Doomsday Hill (yes, they have a doomsday hill!). I finished in 14,052nd place and finished in the top third of all runners! The race was so large that the last wave of runners, actually walkers, began the race a half hour after the winner had finished!



Mike is second from the right. Other Houstonians in the contingent were Kathi Mahon, Lee Greb, Carol Watson and Bob Schamus

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

◆ This year's Texas Independence Relay (March 29/30) had 149 teams to complete the 200 miles from Gonzales to San Jacinto. And once again, there was a definite big-city rivalry — Dallas vs. Houston. H-Town runners came in No 1 at 19:52:01, a sizzling 5:58 pace, followed by Dolls in Towel Boyz, out of Dallas, 15 minutes behind in 20:07:19, a 6:02 pace. Best team name: Blood, Sweat & Beers. For those of you forming a team for 2015, the dates have been set for March 28/29.

◆ Texas is second to California in population (26.4 million), but yet again we were Number 1 in the number of new certified race courses with 261 in 2013. That's a 14% bump-up from 2012. Nationwide, 55% of the 2808 new courses were 5Ks, 11% were half marathons and, close behind, was the ever faithful 10K at 10%.

Every Thursday night in June there will be all-comers track meets at the Rice track. Start time: 6 pm. These are full-blown track meets including field events and a 4 x 100 m relay. These are open to anyone. There's a \$10 entry fee for as many events as you want to run.

HARRA Notes

◆ Race Reports: Attendance at the LP and Tour de Bayou events was down this year. The Tour de Arts on Mother's Day, however, had a good turnout. They needed two hours rather than the advertised 1.5 hours.

◆ HARRA's annual banquet and election is scheduled for Sunday, June 29, 6:30 p.m. at St. Arnold's Brewery. All taps will be open!

◆ This is a first. The Bayou City Classic 10K is on Saturday March 13 followed by the Tour de Houston (20, 30, 40 mile loops biking) on Sunday. Sounds like it could be an active weekend for a few over achievers. Not by accident, both events are sponsored by Apache Corp.

◆ Finally a date for the X-C Relay, September 17. Venue will most likely be Spotts Park, according to **Manny Valle**.

◆ But not yet a firm date for HARRA's Party in the Park. However, September 6 looks good for now. If you need a reminder, there will be cold watermelon, cold Blue Bunny and

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HOUSTON MASTERS SPORTS ASSOCIATION

A Happy New Year in Boynton Canyon with the Sedona Westerners By Paul Cooley

NOTE: You all know Paul and you probably all know he and Jan moved about a year ago to beautiful Sedona, AZ. Paul immediately became involved in the running and hiking community. Paul's group, Sedona Westerners, recently put together a scrapbook full of pictures of their beautiful scenery and stories of adventure hikes written by members. Paul's story appeared and is duplicated below. Needless to say, our club misses Paul, but he's still a member and we are happy to be in touch with him. You can view the scrapbook at <https://sedonahikingclub.shutterfly.com/sw2013-2014>. At this writing, everyone in the area is focused on the wildfire that started from a campfire in beautiful Oak Creek Canyon, destroying acres. Paul and his family are safe from this fire, but the smoke is very evident. Here's Paul story.



Starting the New Year off on the right foot, the Sedona Westerners' Mustangs stepped into Boynton Canyon on January 2nd on a bright and beautiful red rock morning for a 6 mile hike, round trip. Boynton Canyon was known as Che Ah Chi by the Apache Indians who once occupied the canyon and regarded it as having spiritual significance. Our group was led by Bill Brown and tailgated by Bob Bareuther. The initial excursion into Boynton Canyon necessitates a walk along the side of Enchantment Resort, on the left, with towering rock ledges on the right. This section of the hike provides a striking contrast between ancient rock formations and the building establishments of modern man. Hiking along the path at various intervals the Mustangs were able to catch intriguing views of possible archaic caves inhabited centuries ago by the Sinagua Indians. Our hike had been skillfully scouted in advance by the hike leaders to insure a safe and efficient climb to our lunch destination high on a rocky point with a view back toward Long Canyon and Sedona. A sharp eye could pick out snow patches still clinging to the shadowed portions of Bear Mountain from a mid December snowfall as we socialized and re-

energized at our lunch roost. As always, we picked out unusual rock formations and either guessed at their names or christened them with new names of our own, which would surely be forgotten by the time of any subsequent venture to the same venue. One of the safety requirements of Sedona Westerners is that the hikers wear lug soled hiking boots on all club hikes, and on this hike especially, our boots were tested for their ability to grip the sandstone rocks beneath our feet at often precipitous angles. On several occasions on our journey through the canyon, we would hear the tell tale "thump-thump" of an unseen helicopter, and then be surprised as it either appeared looking like a dragonfly suspended out in the distance of a void in a side canyon, or as it suddenly gained the crest of a nearby peak and descended into the canyon directly overhead. I imagined that the passengers were looking down on us and were envious of us, the Mustangs out and among the wilds of the canyon, as opposed to being a passenger confined to a seat in the helicopter simply as spectators from their perch in mid air. On the return to the trail head, we began meeting other hikers starting out on their excursion and many of them, curious of us, stopped to ask if we had been up on the ledges or to ask us what they could expect to see on their hike. As is the duty of the hike leader, all Mustangs were accounted for at the end of the hike before any of us would head home or back to the Posse Grounds. The Sedona Westerners always welcome new members. There are various hiking levels for club members to choose from based on their preferred level of effort. If you are interested in joining the club, please log onto www.sedonawesterners.org.

HARRA Member News: Don Brenner

As some of you already know, longtime HARRA, BCRR and HMSA member **Don Brenner** recently suffered a stroke. Don is doing ok; he is having trouble with balance and is currently using a walker while he rehabs in San Antonio where he is nearer his family.

Don has been a competitive runner in Houston for a long time. Until recently, he has been a top veteran runner in the HARRA series and other local races, and has also been a local invited elite for the Houston Marathon at least once in recent years. On behalf of HARRA, we wish Don a speedy recovery!

Don does need our help. He has a dog that loves to run and needs a new home.

Tigger is a Jack Russell Terrier. (I don't have a picture, but those who know Tigger say he is adorable.) He and Don would run and/or walk daily. Tigger is six years old and 14 lbs, is fixed, up to date on shots and attended puppy obedience training. Tigger is good with kids and loves being with people.

Please contact Katie Brenner at 512-689-5116 or katiebrenner@yahoo.com if you are interested in adopting Tigger or to send a message to Don.

Taken from HARR News 5/21/14





Results

Cottonwood 10K (Arizona)

Paul Cooley 2 ag 45:52

Brian Michelsen Memorial Marathon(c) Arizona

Paul Cooley 1 ag 4:18:22

4 The Park

Ken Merenda 6 ag 31:08

Dennis Arnie 15 ag 35:53

Noah Matthews 2 ag 43:39

Joy Merenda 21 ag 59:42

Angie's Half Crazy (c)

Ken Merenda 3 ag 1:48:38

Cinco de Mayo (c)

Noah Matthews 5 ag 33:27

Impact A Hero (c)

Steve Sievert 1 ag 18:31

HMSA members who made the HARRA'S Runner of the Season list:

Women 50+ 32. **Kim Budzik**

49. **JoAnn Luco**

Men 50-59 1. **Tuan Nguyen**

Men 60+ 32. **Fred Ward**

HARRRA Notes continued:

cold beer. What's odd about this event is that we're always amazed to find so many runners in Memorial Park who have never heard of HARRA.

◆Word from **Juka Smits**, PIM's head coach, says she will start the fall sessions in mid September. Also in the works is the Coaches Certification Program. Last year's inaugural class was held at St. Thomas H.S and, by all accounts was well received.

◆HARRA had several representatives at RRCA's annual convention in Spokane, **Carol Watson, Kathi Mahon** from the board plus **Bob Schamus** and **Lee Greb**, the South Texas rep. There were a total of 340 attendees and next year's version will be held in Des Moines. (See **Mike Mangan's** report on Page 5.)

Runner of the Season

Run the Spring Season, the X-C 6k, Bayou City Classic 10k, Law Week 8k, Bellaire Trolley 5k, and the LP Run, score points and win a first place. That's what **Tuan Nguyen** did with his best 3 of 5 events. His best three were the 10K, 5K and the LP. OK, so he ran only three, but they were his best events. His average was 80%.

If you're not familiar with **Roger Boak's** scoring system, here's how it works. There are standard tables that convert a runner's time in any event (distance in the case of the LP Run) to a percentage of the World's Best, taking into account age and gender.

Tuan is in the 50-59 age group and his results were:

10K — 38:34	5K — 18:11	LP — 5.3 miles
80.90%	82.39%	79.14%

Upcoming

- 6.07 [Heights Fun Run](#) (c) 5 km Marmion Park
- 6.07 [Texas Coast Running](#) 42.2 & 21.1 km Galveston
- 6.14 [No Label Brewery](#) 5 km Katy
- 6.14 FunFest By the Bay (c) 5 & 10 km Texas City (409-935.1408)
- 6.14 [Dad's Day](#) (c) 5 km Wortham Center
- 6.28 [Polish Pickle Run](#) 5 km Bremond
- 6.28 [Run For A Reason Kickoff](#) 7-10 am Memorial Park Picnic Ln
- 6.29 HARRA Banquet 6:30 pm St. Arnold's Brewery
- 7.04 [Dow Firecracker 4](#) (c) 4 mi Lake Jackson
- 7.04 [Freedom 5K](#) (c) 5 km Sugar Land
- 7.04 [Baytown Bud Heat Wave](#) 5 mi Baytown
- 7.04 [Run Wild 5K](#) (c) 5 km Uptown Park
- 7.19 Watermelon Festival 5 km Hempstead

(c) = certified course

Birthdays



Paul Cooley 06.03
Jonathan Zwickel 06.14
Elizabeth Hayward 06.15
Don Brenner 06.19 new ag
Len Emge 06.22
Gerardo Mora 06.23
Rosa Herst 06.28



Joe Sellers 07.02
Mike Mangan 07.04
Kim Budzik 07.08
Tom McBrayer 07.09
Sam Musachia 07.16
Phil McGonigle 07.19 new ag
Steve Sievert 07.19