



March, 2014

HMSA News

Larry's "Friend"

By B. J. Almond

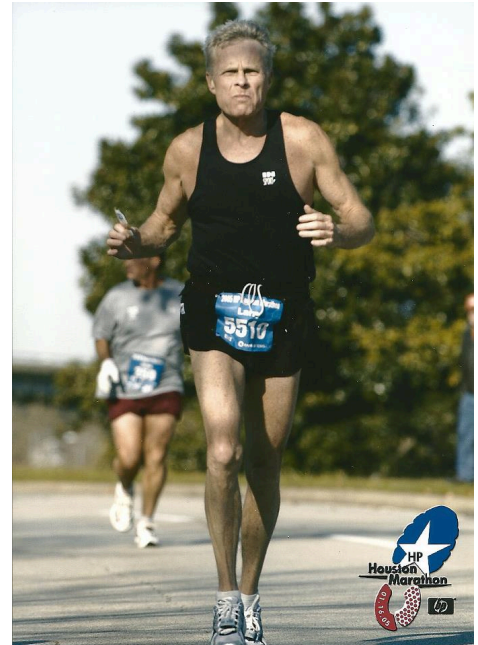
"Pain is your friend. You never run alone."

That's Larry Lindeen's motto, and in that context, it's probably safe to say that Lindeen has never been "alone."

The 73-year-old member of Houston Masters Sports Association finished sixth in his age group in this year's Chevron Houston Marathon with a time of 4:48:42, despite the fact that four months before the race he could barely move around his neighborhood with a walker as he recovered from back surgery that he had in June to correct a dislocated and fractured spine and to remove a piece of arthritic bone. The doctor had inserted an artificial disc along with four Titanium screws and two bars to hold everything in place. "I've got a lot of metal back there," Lindeen said.

By October he had discarded the walker and started running while wearing various types of back braces.

"I wouldn't call it running," he corrected himself. "I was doing a 22 ½-minute mile around Memorial Park."



In This Issue

Larry's "Friend"
By B. J. Almond1

All Decked Out
By Tom McBrayer2

Out & Back
By Tom McBrayer3

Snack Away
by Tom McBrayer3

Results.....4

HARRA Notes.....4

Upcoming4

March Birthdays4



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In conjunction with physical therapy November through early January, Lindeen built his strength and mileage back up. Monthly X-rays revealed no damage, and he got the green light from his surgeon in January to run the marathon.

The pain caused by the pounding on the vertebrae that had been operated on during surgery slowed Lindeen's pace. "I was trying to get under six hours, and I was quite surprised that I finished under five," he said. "My watch stopped coming down Memorial Drive, so I wasn't able to keep good track of what I was doing."

This is just the latest anecdote from a runner who seems to have a very high pain threshold and an endless supply of determination.

When Lindeen ran the Texas Independence Relay in 2008, he broke his ankle. It turned black and blue, but he thought it was a bad sprain. He not only continued to run with a broken ankle throughout the remainder of the 200-mile relay race from Gonzales to the San Jacinto Monument, but he also ran on it for another year before he became convinced that it was time to let a doctor figure out why his ankle wasn't healing. "He put me in a boot so it could heal," Lindeen said.

Then there was the time Lindeen tripped during a run the week before the 2002 Houston Marathon and broke two ribs when he fell flat on his chest near Memorial Park. He wasn't about to let that keep him from doing the marathon, so he had his chest wrapped repeatedly with an ace bandage and then taped with an adhesive to keep the broken ribs in place. However, during the race Lindeen discovered that the wrap was so tight that he couldn't breathe because he couldn't expand his lungs.

"I started turning blue, so my friends had to run around me like a maypole to unwrap the bandage," Lindeen said. He managed to finish the race, but when he got back to the George

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 wwwsite:www.houstonmast

R. Brown Convention Center; he experienced what he calls "the worst pain" associated with broken ribs: hiccups. "I ate too fast after the marathon and got the hiccups," he said. "It was like a lightning bolt to the ribs."

Lindeen's tolerance for pain seems to have been developed at an early age. When he was a teenager he suffered a detached retina while boxing, and then his eye became infected with toxoplasmosis. While playing football in high school, Lindeen tore the cartilage in his knee so often that eventually he couldn't straighten his leg and had to go to an orthopedic surgeon. "He operated at 1 p.m. and then got me up at 4 and made me walk on it," Lindeen said. "I almost passed out from the pain."

Pain has not stopped Lindeen from entering 66 marathons, including 10 ultras, during his running career. He just keeps on keeping on.

The same is true of his professional career. An attorney specializing in civil and criminal defense in environmental law, he retired from Exxon in 2005 but returned to the work force to continue providing legal expertise to the Nashville-based law firm Neal and Harwell. Because he often has to travel to New York for business, he has done training runs in Central Park when the temperature was 25 degrees. "The metal inside me hurts when it's cold," he said. "Also, cold weather has become more painful as a result of three surgeries on my left hand, wrist and elbow."

Lindeen estimates that he has run more than 1,000 races, and in April he will enter his 13th Boston Marathon, along with his friend, "Mr. Pain."

All Decked Out By Tom McBrayer

It was a great day for dedication of the new runners' deck in Memorial Park, and it was in remembrance of **Mark Fraser**, the all-time volunteer who had a deep love for the park. The notables were there, from the architect to the builder to Mark's family as well as about 100 friends of Mark.

The deck is built to last, larger than the original and is bound to be a favorite spot for park users. Following the unveiling of the Mark Fraser marker, **Joe Carey**, HARRA'S president, led a group for one loop of the park.

On of the speakers, **Steve Costello** City Councilman-at-Large Position 1, and former HARRA president, had an additional remark to make: an anonymous donor has come up with \$7M to pay for park improvements which will include revamping of the 2.9 mile loop.

We can't stress enough HARRA's role in park improvements that benefit thousands of Houston runners, including so many HMSA members and, yet, only a handful of us are HARRA members. If you're not one of them, please consider joining at <https://harra.memberize.net/clubportal/checkout/orderform.cfm?clubID=955>



Early architectural rendering of the new deck

HOUSTON MASTERS SPORTS ASSOCIATION

Out & Back

By Tom McBrayer

♦ You can call it The Family Plan or Pass It Along. **Tom** and **Mary Anne McBrayer** are happy to announce their granddaughter, **Samantha Furry**, completed her first half marathon. It was the FreeScale Austin Half on February 15 and her finish time was 2:13, beating her target time by 17 minutes. Now that she's hooked, she's signed up for the Vancouver Half on May 4. The course is said to be spectacular and the only marathon/half that has its own Brew Fest.

♦The half marathon continues gaining in popularity, especially with the women. In 2012, 61% of half finishers were women compared with 43% in full marathons. It seems it's their distance.

♦Everyone loves a relay, even one that goes on for 55 hours. That was the Snow Drop Foundation 55 Ultra, held in Sugar Land on December 28-30th. The course was a 0.76-mile loop and nine teams were entered; only one team dropped out. The winning team was something called "The WildeBeests" and they covered 469 laps for 356.44 miles. Top spot for individual runners went to **Brett Cole** who made 180 laps for 136.8 miles.

♦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), 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."

♦Call it Marketing 101 Plus. Just hours after 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. Covington was the same day as Houston, January 19 and over 500 miles from Dallas. Houston had reached its cap so traveling to Covington was a good option. No report on how many runners took them up on it.

♦Last month, there were a couple of long time marathon volunteers that we didn't give credit to. **Ron Morgan**, former HARRA president was awarded the 2014 Marathon Volunteer of the Year award at the annual volunteers banquet. Ron has been active in all aspects of Houston running for many years. We congratulate him!

♦**Greg & Sue Kelly** are also 10-year volunteers, in charge of Sector 3 mile markers.

♦At the Freescale Austin Marathon and Half you really had a choice. You could ride your bicycle to the start, park it in a secure corral. Then run the marathon or half, pick your bike up and ride back home. Really! The typical finisher couldn't even get on that bicycle.

♦The Boston Marathon is starting on a full-length documentary called simply "Boston." Scheduled to be released in late 2015, it will include many historic moments — who can forget the attempt to remove **Katherine Switzer** from the course and the motorcycle interference when **Bill Rogers** and **Jeff Wells** were neck and neck approaching the finish line. And, of course, there the bombing in 2013. The release will be just in time for the 2016 Boston Marathon.

♦By now, you've probably heard that the 2016 Olympic Marathon Trials went to Los Angeles. Houston had the votes until LA moved their regular April date to March.

♦

Snack Away!

By Tom McBrayer

Now that the holidays have come and gone, we can settle down to some real snacking, the snacking that has been linked to reduced risk of major chronic diseases including heart and blood vessels disorders and Type 2 diabetes.

This snacking is the kind that should be a part of everyone's daily diet. It involves nuts — nuts of all kinds — like pistachios, almonds, brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, peanuts and walnuts. We've known about the benefit of nuts for a while and the well-known nurses' health study gives us more evidence. For decades, this study along with the health professional's follow-up study, followed 119,000 men and women including what they ate. When diets were related with causes of death, the nut eaters were living longer. Not only was their death rate from any cause lower during the period studied, but they were less likely to die from cancer, heart disease and respiratory disease.

Point to remember: roasted or plain — no salt added!



*Just a heads up on our
annual Spring
Banquet.*

*Save the date
Sunday, April 27
More info will be
provided in the April
newsletter*

HOUSTON MASTERS SPORTS ASSOCIATION

Results

Sedona Marathon

Paul Cooley 3 ag 4:25:21*

Rocky Raccoon 100 miles

German Collazos 83 oa 23:18:21

Du the Polar Bear

Ken Merenda 3 oa 1:14:40

Joy Merenda 1 oa 2:02:48

Rhythm & Blues Half (c)

Dung Quach 8 ag 1:40:00

Austin Marathon (c)

Barbara Stoll 1 ag 3:28:44

Buffalo Wallow 6K

Jack Lippincott 2 ag 30:02

Mike Mangan 3 ag 33:32

Race Against Violence (c)

Tuan Nguyen 1 ag 18:25

Hope Sellers 3 ag 33:02

* Paul's award was a bronze medal on a ribbon with no inscription on one side and "Made in China" on the other.

HARRA Notes

By Tom McBrayer

◆The board is having a serious look at the Spring Series, both distances and dates. What with zero open dates in March and April and not much spacing between events and the fact that many are locked in to a certain date or weekend, something's gotta give.

◆Also included in the review is the Bayou Bash Relay. Originally conceived as an end-of-the season celebration, it evolved into a big time event — a band, beer for the adults, games and moon walk for the kids and about 100 four-person teams. Held late afternoon on the Rice campus with a start/finish in the stadium, if you could recruit a team, it was a whole lot of fun.

◆Now don't get mad, but that Karbach beer at the Tour de Bayou Cross Country runs may not come to pass. — something about park permits and city regulations concerning a beer sponsor.

◆HARRA will have reps at the RRCA National Convention in May in Spokane, WA. There's always a championship run held in conjunction with the convention and this year it's the Bloomsday 12K with 40,000 plus runners and walkers.

◆HARRA's minutes are being gradually posted to the web site. **Dave Stadnick** and his wife are in the process of scanning LDR and HARRA minutes; they have posted from 1991 to 2010. Quite a job.

◆A heads up to make your plans early — The Spring Tour de Art is scheduled for Mother's Day, May 11. Since it's the walk part of the run/walk, it will be OK to bring Mom along for the stroll. Art guides will be available and refreshments will be provided by the Houston Striders.

Upcoming

3/1	ConocoPhillips Rodeo Run (c)	10 km/5 km	Downtown Houston
3/1	The Woodlands Marathon	42.2 km/21.1 km	The Woodlands
3/1	Stride 4 Stroke	5 km	Rice Campus
3/2	Sugar Land Half (c)	21.1 km	SL Town Square
3/7	Cantu Master Mile	1 mile	Rosenberg 281-633.0925
3/8	Bayou City Classic (c)	10 km/5 km	Downtown
3/8	The Gusher Marathon (c)	42.2 km	Beaumont
3/15	Shamrock Strut (c)	10 km/5 km	Holcombe @Brompton
3/15-16	Seabrook Lucky Trails (c)	42.1/21.1 km	Seabrook
3/22	Law Week (c)	8 km	Sam Houston Park
3/22	UH Frontier Fiesta	5 km	UH Campus
3/23	K-9 Fun Run	1 mile	
3/29	Bellaire Trolley Run (c)	5 km	Bellaire Civic Center
3/29-30	TX Independence Relay	200 miles	Gonzales to San Jacinto
3/30	Run for the Rose (c)	5 km	Reliant Stadium

NOTE: The Bayou Classic, Law Week and Bellaire Trolley Run are all part of HARRA's Spring Series.



B i r t h d a y s

Andres Collazos	03.04	new ag
Meg Oswald	03.04	
Larry Tidwell	03.07	
Jan Cooley	03.07	
Chuck Nelson	03.09	new ag
Stan Coburn	03.11	
Mac Crone	03.12	new ag
Tim Budzik	03.15	
Susan Davis	03.17	
Moni Butler	03.23	
Bill Fisherman	03.26	
German Collazos	03.27	