



November, 2013

HMSA News

HMSA Classical 25K and 5K Fun Run

We're down to the wire with less than a month to go. Race Director **Mike Mangan** held a final meeting on Thursday October 24 and there was a good turnout. Everything seems to be a go and we're a little ahead of where we were this time last year. Mike and his team of techs have made good use of social media and the internet this year. And they won't be stuffing packets this year with bits and pieces of paper. Runners will receive a virtual packet with via e-mail and can download the coupons they want.

There's still room and time for you to volunteer. Contact JoAnn Luco at joannluco@att.net.


Out & Back
By Tom McBrayer

Fleet Feet in The Village celebrated its 25th anniversary in October. **Jim Braden** opened his shop in 1988 in Rice Village and now it's run by his son **Danny** and they have just completed a top-to-bottom remodeling job. They still haven't been able to do anything about parking, however.

It was shovel-some-dirt time on Saturday September 26 when city and park officials gathered at the new running center site on the south side of Memorial Dr. the new facility, scheduled to open next April, will have men's and women's locker rooms, office space meeting rooms and parking. This is all part of the third and final phase of a \$10 million capitol campaign that started in 2008 to improve the park.

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The George R Brown Convention Center was the site of the National Recreation and Park Association's annual convention. That would be park people from all over the country, ~ 6500. One of its off site events was a 5 km run in Hermann Park. So about 200 attendees were bused to the newly revamped park and enjoyed the loops around the zoo and golf course. Last year's meeting in Anaheim capped its 5 km at 100 runners. That's all Disneyland would allow.



Tearing out that deck was a dirty job. And we can prove it by looking at Joe Schweiterman, one of many hard workers tearing out the old deck.

Saturday October 19 was Volunteer Day at Memorial Park and under the direction of **Peter Birkhead** and under the watchful eyes of a Harvey Construction Crew, the old stretching deck/hang-out spot was demolished and loaded into a big dumpster. The volunteers found two credit cards plus one Texas driver's license and wolfed down several dozen doughnuts and bagels along with hot coffee, all supplied by **Joe Carey**, HARRA prez.

The demo was completed by 11:00 am, well before the 3:00 pm projected time. We'll see how the 90-day construction estimate works out.

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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

Member Happenings By Mary Anne McBrayer

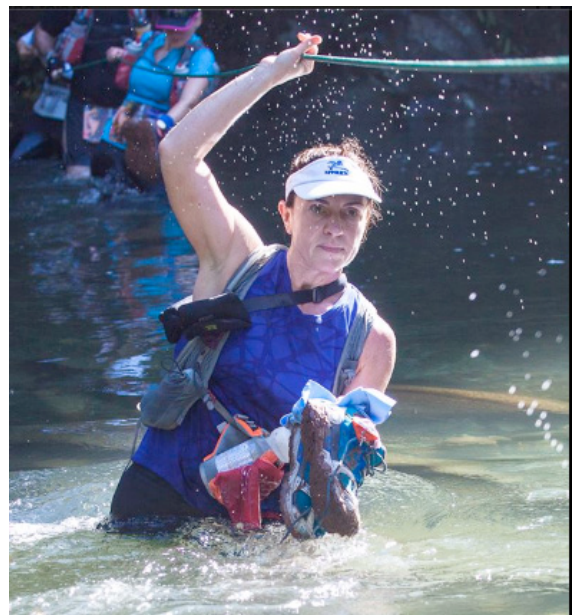
◆ **Carlo Deason** recently traveled to Antwerp, Belgium to compete in the 2013 World OUT Games. Carlo won the Bronze medal in track and field in the 800 (2:21:74) and 1500 (4:50:28) meter events. Carlo says, "The competition was much more challenging than in the past. Antwerp was a great host city where I was able to reconnect with runners whom I have not seen in a couple of years." He looks forward to future European competition. But in 2017, he'll travel to Miami Beach for the 4th running of the Games.

Carlo is a veteran academic advisor in the College of Technology and in 2009 he received the George Magner Award for Excellence in Undergraduate Academic advising along with a plaque and \$1,000.

In addition to all this, Carlo serves as a mentor for members of the UH track and field team.

UH College of Technology/News and Events

◆ There are track events and there are distance events. **Mariela Botella** looks at ultra distance running as her cup of tea, so to speak. Mariela recently competed in The Most Beautiful Thing 100 km Trail Run in Sabah, Borneo and finished in 25 Hours, 10 minutes — 5 hours under the allotted time. The race begins on the north side of Mount Kinabalu and competes over the Crocker Range Mountains. It includes gravel roads, village trails, tar-sealed sections, cabbage patches (in the dark) and crossing over hanging bridges to finish on the SE side of Mount Kinabalu. There are even two sections, which involve river crossing "at very reasonable water levels." Even so, several pairs of extra socks are advised. And given the trail conditions, there are no support vehicles. WOW!



Could this be where Mariela picked up her traveling companions? Does it look like "a reasonable water level?"

Photo by Nasier Le

Not only is terrain difficult, but weather conditions are unpredictable with heavy rains always possible and extreme temperature changes. In this picture, you see Mariela crossing a rapidly filling river brought on by a sudden downpour. So much for "reasonable water levels." All this with a 5200 meter elevation gain). The river crossing is probably where Mariela picked up two passengers, two leeches! They attached to her leg. One dropped off on its own; the other was removed with hand sanitizer containing alcohol. She later found out that alcohol causes the leech to regurgitate into the wound and she did get an infection in her leg.

We can now proclaim two Wonder Women in HMSA, **Mariela** and **Kim Budzik** whom we wrote about earlier this year.

You can see Mariela's complete story and more pictures at <http://endurancebuzz.com/2013/10/03/i-left-my-shoes-in-sabah-the-most-beautiful-thing-100-km-race-report-by-mariela-botella/>

HOUSTON MASTERS SPORTS ASSOCIATION

Out & Back Continued:

◆ The NYC Marathon will be televised live on ESPN2 on November 3 from 9:00 to 12:30 EST. A highlights show will air from 4:00 to 6:00 pm on ABC (local Channel 13)

◆ Many of the major marathons have had charity programs for a number of years, but participation seems to be slowing down. In New York there are still 3000 slots available out of 8,200 for charity runners. One charity supporting developmental disabilities raised \$113,000 last year and had 30 runners. This year they are looking at losing money with only 5 runners committed to \$16,000. All entry slots are generally sold out well before now, a week away from the event. Runners admit it's hard to keep going back year after year to the same friends asking for donations. Some marathons report rotating the charities from year to year to help that situation. It's interesting to note that **Fred Lebow**, founder of The New York City Marathon, "loathed the practice of charity running but a team bearing his name was started after his death in 1994." We can only guess why.

◆ *Shades of Northern Exposure!* If you remember, **Clark Courtright** and his family moved to Alaska in June. A recent E-mail reported, "This morning at around 6 am, there was a moose feeding in our front yard when **Anne** started to walk the dog. Scared her almost to death; then, everything was fine." In Texas, depending on where you live (e.g. Austin), you might find a deer roaming your street, but a moose would be startling.

◆

◆ Most of you didn't know **Jaroslav (Jari) Vodehnal**, but the running community lost one of its greats when he was killed in a tragic motorcycle accident on October 3 in Schulenburg. Jari was a competitive runner starting back in the '70's, including marathons. In the past few years, he was an AED cyclist for HARRA. A memorial service was held at Heights Funeral Home to an overflow, standing room only crowd.

Exercise and Sleep By Mary Anne McBrayer



Dr. Kelly Glazer Baron, a clinical psychologist and sleep researcher, was surprised when some of her clients complained that strenuous exercise did nothing to help their insomnia. Always a firm believer in the merits of exercise for sleep, she and some of her colleagues at Feinberg School of Medicine at Northwestern

University decided to examine a small 2010 study involving several women and one man. All were over 60 and had a diagnosis of insomnia and all were sedentary.

Some of the group were told to remain sedentary, change nothing. Others were told to exercise moderately three or four times a week in the afternoon, using either a stationary bicycle or a treadmill. This went on for 16 weeks.

At the end of the program those who exercised reported sleeping an average of 45 minutes more each night, woke up less often and felt better upon awakening. But this still did not tell if sleep was better on the days they exercised. After studying the data in the group's sleep diaries, she had to say no. And, after two months the women "were sleeping no better than at the start of the study. Only after the full four months of the program had their insomnia improved."

Further studies revealed that subjects did not sleep better on the nights after exercise and on the days after a bad night, they always shortened their exercise period. These findings were at odds with the earlier conclusion that after four months of exercise, sleep patterns had improved and did not correlate with other studies that found that "that regular exercise lengthens and deepens sleep."

Looking into other studies, Dr. Baron found that most of them involved volunteers without sleep problems. Most of them didn't deviate from the predicted results of exercise, tire your body and sleep well.

But people with sleep difficulties tend to be "neurologically different. They have what we characterize as a hyper-arousal of the stress system." A single bout of exercising could make sleep more difficult "since exercise is a physical stressor." She felt, however, that if workouts are continued, the stress from it is lessened and they fall asleep more easily and sleep longer. This was demonstrated in the four-month study. Nothing changes overnight!

*Taken from Gretchen Reynolds column in The New York Times,
August 27, 2013*

HMSA Holiday Party

Our president and vice-prez, Michael Luna and B.J. Almond, are working on our annual holiday party. They're looking at the dates of December 8 and 15, a Sunday as always. Keep those dates in mind as you plan your December Calendar. We particularly celebrate those who planned and directed our HMSA Classical 25K



HOUSTON MASTERS SPORTS ASSOCIATION

Results

The Most Beautiful Thing 100 Mile Trail Run, Borneo

Mariela Botella 60 OA 25:10:00 hours

10 For Texas

German Collazos 7 ag 1:26:00

Soulstice Mountain Trail Run (11 Miles Flagstaff, AZ)

Paul Cooley 90 OA 1:58:44

Space City 10-Miler

Ed Fry 2 ag 1:09:44

German Collazos 10 ag 1:23:51

Fred Ward 2 ag 1:28:33

Jack Lippincott 3 ag 1:43:23

Mike Mangan 3 ag 1:59:56

Huntsville 5K

Carlo Deason 1 OA 18:07

Mary Deason 1 ag 44:04

DeFeet Breast Cancer 5K

Ken Merenda 1 ag 25:05



Patricia Collazos	11.02	
Larry Lindeen	11.09	
Louis Ciaccio	11.12	
Dung Quach	11.15.	new ag
Gloria McLeod	11.17	new ag
Dennis Arnie	11.20	
Ron Morgan	11.20	
Nancy Crane	11.26	
Fred Ward	11.28	new ag
Angie Jones	11.28	
Clark Courtright	11.30	

HARRA Notes By Tom McBrayer

◆ The October meeting opened with the pop of champagne corks. HARRA had a lot to celebrate: the start of actual construction of the new stretching deck, ground breaking for the new runners' center, the start of the fall running season to mention a few.

◆ The next runs in HARRA's fall series, the Houston Half and the 25K, sent their race directors to show they were ready for the runners. The Half is back in Sam Houston Park following completion of a much needed park renovation.

◆ **Azita Di Marco** presented her Houston Wellness Project and was seeking HARRA's participation and help. The project is a non-profit to help all Houstonians to a better lifestyle; it includes running and yoga programs. They conduct a monthly free 5K. It's less than two years old and already attracts several hundred runners. See their website: www.hwp.org.

◆ The spring series is almost complete. What we have so far:
Buffalo Wallow X-C, either a 6 or 4 km — February 22, 2014
Bayou City Classic 10K — March 8
Law Week 8K — March 22
Bellaire Trolley Run 5K — March 29
Bayou Bash Relay: 4 person x 2 miles — TBA
LP Run — TBA

So why did we wind up with three runs in March? It's complicated, but maybe it can be straightened out by 2015. Remember, you're dealing with the cities of Houston and Bellaire.

◆ A surprise and welcome guest was **Eddie Rodriguez**; he's not running yet but walking with the aid of a cane and he's able to drive. You may recall he was struck head on by another vehicle that had jumped the median as he was driving back from Austin. Eddie was still smiling and very optimistic. He wants to run again and, knowing Eddie, he probably will.

Upcoming

11/2	Texas 10 (c) Waco	10 miles	Waco
11/9	Firefly Run (8:30 pm)	5 km	Reliant Stadium
11/9	Run in the Park	5 km	Hermann Park
11/9	Rockets Run (c)	5 km	Toyota Center
11/9	Dream Mile	5/10 km	Sugar Land
11/16	Alex's Run (c)	5 km	Tom Bass Park
11/17	By the Bay Half	12.1 km	La Porte, TX
11/23	Purple Stride	5 km	Reliant Park
11/24	HMSA Classical 25K (c)	25 km	Wortham Center Houston
11/28	Sugar Land Turkey Trot (c)	5 M	Sugar Creek
11/28	Bay Area Turkey Trot	10/5 km, Kids K	Clear Lake
11/28	GE Run Thru the Woods (c)	5 M/3M Walk/Kids Run	The Woodlands
11/28	TXU Energy Turkey Trot (c)	10/5 km	Uptown Park

