



October, 2013

HMSA News

“It’s Not A Race; It’s a Parade”

A September 21, 2013 article by **Kevin Helliker** (of the 50-54 year age group) in the Wall Street Journal began, “A lack of competitiveness among younger runners is turning some races into parades.” This article hits some of the highlights of his writing. You’ll find the whole article entitled *The Slowest Generation* at <http://online.wsj.com/article/SB10001424127887324807704579085084130007974.html>

Thirty years ago, races were about racing; now finishing is the goal and everyone wants a medal because (s)he finished. Quoting **Ryan Llampa**, also a 54-year-old competitive runner and editor of Running USA , “Many new runners come from a mind-set where everyone gets a medal and it’s good enough just to finish.” Hey, you finished. Why bother with all the training for a three-hour marathon when you get as much praise for four hours — or five or six? Does this remind you of competition among preschoolers? No kid wants to come in last so they are all rewarded for finishing and they’re all #1.

Some of the older runners feel this lack of competitiveness among the younger generation is the reason we’re not seeing more Americans winning Olympic medals and no American winning an Olympic marathon medal since 2004.

Mr Helliker also cites a 37-year-old who is America’s top triathlete going for his fifth Olympics and questions why there is no younger athlete yet in the picture.

Statistics show that from 1980 through 2011 the median U.S. marathon finishes for men rose 44 minutes, and in 2012, “nearly 75% of road race finishers were 44 or younger, with 25-34-year-olds representing the largest age group.”

In This Issue

It’s Not A Race: It’s a Parade
by M.A. McBrayer1

Member Happenings
By M.A. McBrayer.....2

Out & Back
By Tom McBrayer.....3

Wash & Wear Canvas3

Results.....4

Party in the Park.....4

Bike - vs - Run4

October Birthday4

Upcoming4



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There are a number of events that contribute to what is being called mediocrity in running. Named in the article are the Rock ‘n’ Roll marathon and half marathon, the Color Run, which had over 12,000 participants in its Houston debut, events such as the Mud Runs. Just come and have fun. Some event directors are telling participants that it’s more fun just to come out and be a part of a happening; don’t worry about a time, just have fun. They know that they can save several thousand dollars by not using timing chips and publishing results.

It’s not something the older generation of runners is happy with. In the recent Virginia Beach half marathon a 50-54 year old runner “was shocked to find he’d made the top 1% of the overall field, despite running 27 minutes slower than the personal best he’s set more than two decades earlier. “I wasn’t thrilled,” he said and added “races are turning into parades.”

So, there’s nothing wrong with having fun while you’re exercising. We of the older generation have to face that times are indeed changing. If these types of events are going to keep you moving, then “just do it.”

HMSA Classical 25K and 5K Fun Run

Less than two months to go. Do you know what your job will be on Sunday, November 24? **Kim Budzik** is assuming **Ivy Martino’s** job on Fish Plaza. **Chris Rampacek** needs a back-up for his finish line announcer chores. And we need a timing chief to see all the course times are in their proper places. To volunteer contact **JoAnn Luco:** joannluco@att.net

Meanwhile our hardworking race director **Mike Mangan** says we’re a little ahead of the game from last year. Let’s give Mike the support he deserves for once again tackling the RD job.



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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

JoAnn Luco ran the Crater Lake Rim Run on August 10, where temperature at the start was 38 degrees with rain and wind — not to mention the start was above 8000 ft and it “goes up from there.” JoAnn reports, “I shivered for about 45 minutes before the start of the race and that really took my energy. I ran several minutes slower that last year, but I finished. The first three miles are up hill and then it levels off, so if you can make the first three miles you have it made. The scenery is unbelievable so it is worth the effort. There are not too many runners from Texas, which make me something special. I finished 1st in my age group...think I was the oldest one at the race. There was only one woman in the 60-year age category too. My time was 1:32:18 and I was 106 overall...there was 141 in the 6.7 mile race. There were 142 in the 13-mile race and 70 for the Marathon. The final finisher for the Marathon was over 6 hours. This is a great race and I will do it again next year.”

Nancy Crane was bit by the traveling bug this summer. Nancy has been heavily involved in genealogy for years and you can often find her in the Clayton Library, devoted to that subject. This summer her research took her to Arkansas, Indiana, and Illinois, where she once lived. That subject really can be fascinating and Nancy is devoted to this research. She’s committed to making another trip to both Kansas and Colorado before the snow get too deep.



News from Arizona continues to flow in.

Paul Cooley has found many interesting and challenging trails to walk or run. There is a small but active running community in Sedona and the surrounding area. A recent competition was the Jerome Hill Run, up the side of Mingus Mountain. Jerome has an interesting history. According to Paul, “Jerome was a billion dollar gold, silver and copper mine in the late 1800’s and early 1900’s. It was abandoned after the mines played out and became a ghost town until bikers and hippies discovered it in the 80s and it became an artsy place

in the 90’s. 2010 census had the population at 444. The streets switchback through the town going up over Mingus from Clarkdale (Sedona) to Prescott (rhymes with brisket).” Paul is finding a number of things to complain about with the local races, e.g., two port-a-cans for 250 people and awards in 10-year age groups or worse still, awards to only the top three men and women. In Jerome, everyone went to the local bar for the post race party. While Paul’s out running, **Jan** is home overseeing the almost complete renovation of their home.

We’ve noticed a lack of **Larry Lindeen’s** name in race results for the past few months and we asked him about it. Larry wrote he was on a trip to Chicago in early May and, while pulling his suitcase, he collapsed all of a sudden from extreme pain in the lower back. He made it back to Houston in a wheelchair to see a neurosurgeon who diagnosed fractured and degenerated vertebrae — not his first experience with severe back injury. He finally consented to surgery in late June, where four threaded titanium rods were placed into two vertebrae and artificial discs placed between the two. He’s hoping the two will fuse so he can run again. He has exchanged the walker and the stiff back brace for a soft elastic brace. Larry has had a number of surgeries, but thought this one the most painful; they all seem to involve bone and relocation of nerves. His family would like for him to find a new “hobby,” but running is what he loves and he has registered for both the Houston and Boston marathons next year. (Larry, you’ve got to quit ignoring the pain.)



Out & Back By Tom McBrayer

The Red Boot run in Conroe on October 13 will be held in conjunction with the Conroe Cajun Catfish Festival. Sounds like fun, but it's got a start time of 10:30 am! Obviously, runners were not part of the planning committee for this one.

The Hong Kong Marathon — and the half and the 10K — will be discouraging use of smart phones. Last April, a runner in the 10K dropped her phone while trying to take her own picture (“a selfie”) and stopped to pick it up. With 73,000 entries total, it was like an overturned 18-wheeler on the West Loop at rush hour. The article didn't say how badly, or if, the lady was hurt, but we can only picture a trampling.

What's your favorite fruit? Maybe bananas? They're certainly the easiest to peel. But according to researchers at Harvard, the best fruits to reduce the risk of Type 2 diabetes were grapes, apples and grapefruit. The big winner — blueberries by far. No word on how this carries over to general health.

From out of the archives, the official results of the 3rd Annual Bayou City Fun Run, March 18, 1978. It was a six-miler from downtown to Memorial Park with 2300 runners. (NOTE: The rugged runners needed only one water station.) You would recognize some of the finishers: **Donna (Burge) Sterns, Ken Yanowski, Carol (Urish) McLatchie, Jack Lippincott, Mary Anne and Tom McBrayer, Al Lawrence, Fred Price and Frank Shorter.** His time was 29:00, good for 3rd overall. And then, down in 10th place, in the 51-55 age group at 44:46, was Gerald D. Hines. It appears to be the same Gerald Hines who has given us the Water Wall, Transco tower, The Galleria, and on and on.

Wilson Kipsand of Kenya broke the marathon world record in Berlin on September 29. In a time of 2:03:23, Kipsang cut off 15 seconds from the former record of 2:03:38, also set in Berlin two years ago by Kenyan colleague Patrick Makau.

If you want a real pick-me-up after an en chocolate milk. In [multiple recent studies](http://well.blogs.nytimes.com/2013/08/26/ask-well-eating-before-exercise/?_r=0), [volunteers who drank chocolate milk](http://well.blogs.nytimes.com/2013/08/26/ask-well-eating-before-exercise/?_r=0) within an hour after working out had higher muscle fuel stores, less body fat and a greater, overall physiological response to exercise than those who recovered with water or a sports drink. http://well.blogs.nytimes.com/2013/08/26/ask-well-eating-before-exercise/?_r=0

Running Trails Center in Memorial Park will soon be under construction, with completion expected in about eight months. The Running Trails Center is a 4,500 sq. foot building at the foot of the Living Bridge on the South side of the park that will contain bathrooms, showers, lockers and vending machines. It is for runners, walkers, cyclists, nature lovers, and all park users to enjoy. It will also house the Memorial Park Conservancy and include an office for HPD.

At the last HARRA meeting PIM reported an uptick in participants this fall with over 227 taking on the challenge. In charge this fall will be **Davie Breurer and Juka Smits.**

The Houston Marathon Committee recently announced that Chevron Corporation renewed its title sponsorship through 2018. Next year, 2014 will mark Chevron's ninth year as title sponsor. The marathon is already sold out and runners will have a new course to challenge them. But the Elysian Viaduct will not be part of it. That and the north side of town will not be included because of construction. The start has moved but the finish remains the same and you can't find a better finish venue anywhere.

And speaking of the Chevron Houston Marathon — The race is on! USATF is checking out Los Angeles as one of the three finalists to host the 2016 U.S. Olympic Marathon Trials for men and women. Houston and Cincinnati are the other two. Houston made quite an impact in 2012 and is said to have an inside track to again win the Trials.

Wash and Wear Canvas



That T-shirt you picked up at your last run had its birth back in 1904 as a “bachelor undershirt.” No buttons, snaps, hooks or flaps to worry about had a lot of appeal, so much so, the U.S. Navy's Quartermaster made it part of the regulation naval uniform.

The pullover stretchy neck caught on and finally got it's name, “T-Shirt” from F. Scott Fitzgerald's 1920 novel *This Side of Paradise.*”

It's popularity grew and grew through the decades. Every rock concert had them for sale and every run gave you one with your entry. You've probably got them by the gross.

Just like fast food, the shirt has been super sized. A large from the '80's looks like a small in 2013. So you've put on a few pounds since your glory days. You can still claim your same old size. No, actually the shirts have gotten larger; even if you've always worn a large, and you've never gained a pound, you can now fit in a medium.

New York Times Magazine, “Who Made That?” by Pagan Kennedy, September 22, 2013



Results

Berlin 100-Mile

Kim Budzik 1 ag 25:15:33

Jerome Hill Climb, Prescott, AZ

Paul Cooley 1 ag 43:08

Purple Monkey 5K (c)

JoAnn Luco 1 ag

Mike Mangan 2 ag 30:01

Crater Lakes Rim Run, 6.7 miles

JoAnn Luco 1 ag 1:25:43

Flagstaff Half

Paul Cooley 1 ag 2:04:45

Party In the Park

Another successful start of the fall season by HARRA, as in nobody left Memorial Park hungry or thirsty on September 7. The two kegs of beer went first — Karback Sympathy for the Lager and Weisse Versa Wheat — closely followed by Real Foods fruit cups and 18 watermelons. About the only items that took some arm twisting were the bagels, but **Jonathon Zwickel** handled that, including the onion-garlic and whole wheat. Everyone got bagels to take home. **Joe Lengfellner** was taking no chances; he brought his own Shiner Prickly Pear, a new ale that actually uses the juice from cactus fruit.

Our 25K race director, **Mike Mangan**, and his crew had arrived early in order to nail down a great spot alongside the running trail and right next to the massage tent. That was **Kristen Miller** and her Affiliates in Physical Therapy who labored long and hard on a whole lot of sore legs. They had such a great time, we'll see them at the relay, half and 30K this fall.

OCTOBER BIRTHDAYS

Joe DeBruyn	10.01	
Sara Collazos	10.04	new ag
Brooks Boyd	10.05	
Bill Hadley	10.06	new ag
Ann Hibbert	10.11	
Joe Melanson	10.11	
Billie-Kay Melanson	10.15	
Carlo Deason	10.18	new ag
Jim Knievel	10.20	
Lorelei de la Reza	10.31	New ag



Bike – vs – Run By Tom McBrayer

Which is better for you as an individual? Well, they are both good according to Hirofumi Tanaka, director of the Cardiovascular Aging Research Lab at UT Austin. They are “both rhythmic aerobic activities that involve large muscle mass.” How they stack up:

	<u>Bike</u>	<u>Run</u>
Calories Burned:	850 (16-19 mph)	1000 (7 min mile)
Appetite Dulled	Yes	Yes
Injuries	Gentler	Common
Aerobic Fitness	Improved	Improved

Then factor in your personal choice and what your body will let you do and don't forget cost and a convenient venue.

But any activity will work to give you greater aerobic fitness, and that is closely linked to a reduced risk of chronic disease and a longer life span.

Science Times, September 10, 2013, Gretchen Reynolds

Upcoming

10.05	Buffalo Stamped Half (c)	21.1 km	Bryan, TX
10.06	Du the Bear	2 M Run, 10M Bike, 2M Run	Bear Creek Park
10.12	10 For Texas (c)	10 Mile	The Woodlands, Market St
10.12	Walk to Defeat ALS	3 Miles	Lynn Eusan Park, U of H
10.13	Space City 10-Miler (c) - HARRA Series	10 Miles	U of H Clear Lake
10.13	Red Boot Run	5 km, Kids K	Conroe, TX
10.13	Head for the Cure	5 km	Minute Maid Park
10.19	Huntsville Half	21.1 km	Huntsville, TX
10.18/19	Capital to Coast Relay	223 Miles	Austin to Corpus Christi, TX
10.19	Toughest 10K Galveston	10 km	Galveston
10.26	Race for the Halo	5 km, 1 km run/walk	Deussen Park, Houston, TX
10.26	Great Pumpkin Run	CANCELLED FOR THIS YEAR!	
10.27	Houston Half & Relay (c) - HARRA Series	21.1 km	Sam Houston Park