

NEWSLETTER

Out & Back

By Tom McBrayer

- ◆ Be sure to visit Trials Town at Discovery Green on January 12-14. Featured will be:
 - Road to London tour by the USOC, an interactive fan experience focusing on achieving the Olympic dream.
 - Nike Zone — everything with a Swoosh logo
 - Track Town USA by USATF — another interactive fun zone for young athletes

On Friday at 5:30 pm, the Olympic Trials opening ceremony will be held. There will be lots of current, past and future Olympians plus assorted local dignitaries.

To date, 160 men and 225 women have qualified for the Trials.

◆The January issue of *Texas Runner and Triathlete* announced TexStats 2011 Hall of Fame inductees. They included two Houston runners, **Donna Sterns** and **Sean Wade**, familiar names to all of us. Donna ran in the first women's Olympic trials in 1984 plus the 1988 trials. She has a total of 42 marathons to her credit.

Sean started as a tennis player at Rice, but really found his niche in cross-country running. From X-C to the roads, he dominated the local scene, and then he turned 40. Hello big time national! Sean won 21 of his 22 next races. He's now cross-country coach at Kincaid School and leads the Kenyan Way training group.

◆And, while we're on the subject of *Texas Runner and Triathlete*, it's been noted that reports from the Austin Runners' Club and the Dallas Running Club no longer appear in this publication. The ARC last appeared in the February issue and the DRC in October. Now, what you see are a dozen or so club reports from Houston. This poses another question. Why is it that both Austin and Dallas (and San Antonio for that matter) are dominated by one big club, while Houston has dozens?

◆The Bear Creek New Year's Eve Marathon on December 31 — start time 7:30 am — has a cap of 15 runners. You'll run 13 loops of the 2-Mile jogging path. With a \$20 entry fee, it has to be the cheapest marathon you'll run this year.

◆Running USA will hold its 2012 conference here in Houston on January 15-17, just after the Trials and the Chevron Houston Marathon. These are the folks that "run" the running world, as we know it. They also compile all the stats and numbers that sponsors love.

◆In November, we told you about the new sponsor, Apache Energy, for the Bayou City Classic. **Peter Birckhead** has now snared several others as well and a 5 km event has been added. Part of the "new" is that, for the first time ever, all — make that ALL — positions on the operating committee have been filled with willing volunteers. Now, maybe Race Director **Joe Sellers** can catch his breath. And, let's not forget to mention wife, **Hope**, who manages Joe.

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**Houston
Masters**

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◆HMSA had a very successful Holiday Party. Approximately 100 members and guests enjoyed the food, and the friendship at Treebeards on Sunday evening, December 18. There were new and old faces in the crowd. **Jock and Martha Geller** were in town on business and were able to join us for the evening. New member **Karina Blest** and her husband, **Joel**, joined us for the first time as did **Mike and Bobbie Glasscock**.

We also discovered that **Sue and Greg Kelley** were to celebrate their 50th wedding anniversary during Christmas week. That's an event! Congratulations.

Pictures of the party are posted on our web site. www.houstonmasters.org.

January Birthdays

Mary Anne McBrayer	01.01
David Holloway	01.05
Celisa Deason	01.07
Michael Luna	01.11
Chris Rampacek	01.13 new ag
Tuan Nguyen	01.19 new ag
Natalie Hegg	01.23
Tom McCay	01.23
Mariella Botella	01.23
John Phillips	01.25
Michelle Castro	01.25
Anita Mattis	01.29
Libby Myers	01.30





Houston Masters Sports Association

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Road Runners Club of America

Houston Area Road Runners

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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: <http://www.houstonmasters.org>

Results

Trafigura Home Run 10K ©

Carlo Deason	1 OA	36:22
Mary Deason	1 ag	1:22:17

Sealy Jingle Bell 5K ©

Susie Walters	1 OA	20:52
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LaPorte By the Bay Half ©

Ken Merenda	15 ag	2:03:39
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Finish Line Sports 30K ©

Joe Melanson	1 ag	1:59:36
Susan Walters	1 ag	2:10:16
Barbara Stoll	1 ag	2:12:21
Mike Glasscock	2 ag	2:14:45
Bernard Castro	19 ag	2:25:19
Tom Hebert	12 ag	2:33:50
Ken Merenda	14 ag	2:34:46
Paul Cooley	8 ag	2:34:52
Michelle Castro	10 ag	2:36:32
Fred Ward	1 ag	2:39:02
Juan Galvan	36 ag	2:39:46
Bobbie Glasscock	1 ag	2:42:09
Larry Lindeen	3 ag	2:45:49
Freed Queen	13 ag	2:46:40
Clark Courtright	39 ag	2:47:56
Bob Alexander	26 ag	2:53:18
Jack Lippincott	6 ag	2:57:27
German Collazos	61 ag	3:01:24
Jen Durenberger	36 ag	3:19:35

Ole Man River Half Marathon

Jen Durenberger	10 ag	1:56:45
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30K Notes

The 7-minute delay of the start was due to technical difficulties with the timing system. No complaints though since that was only a 6:37 a.m. start, and it was overcast most of the morning.

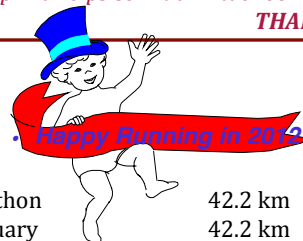
The lead vehicle for the males was a 4-wheeler with a clock mounted. **Joe Thorne**, the male lead and eventual winner was from Austin and had never run a 30K before.

Record-wise, the big news was the winning woman. **Rachel Booth** of New Orleans ran a 1:50:44, breaching **Donna Sterns** long standing record of 1:53 set in 1985. In addition to the prize money of \$350, Rachel also snared a \$600 break-the-record bonus for her effort. She'll be back for the Olympic trials in January, having already qualified with a 2:43 marathon time.

The **Welch** sisters dominated the 14 & under category, taking No. 1 and No. 2 spots. **Katlyn**, 11, was first with a 2:28 (sub 8 minute pace) followed by **Heather**, 9, in 2:54. If they got on the same scale together, they might weigh 110 pounds. The sisters are also into triathlons.

Check out some of those HMSA age group winners: **Bobbie Glasscock, Joe Melanson, Fred Ward, Susan Walters, Barbara Stoll.**

NOTE: So many of our members are training for either the Chevron Houston Marathon, the Aramco Half or the EP 5K. After you have completed your run, please remember to send us your time and finish place in your age group. It helps so much. We look at all results, but, with so many names, it's easy to miss you. **THANKS AND GOOD LUCK!**



Upcoming

12.31	7:30 am	New Year's Eve Marathon	42.2 km	Bear Creek (15 person limit)
01.01	8:00 am	Texas Jammin' in January	42.2 km	Kingwood
01.08	7:15 am	Keep on Truckin' Trail	21.2, 42.2, 50 km	Brazos Bend State Park
01.13	5:30 pm	Olympic Trials Opening Ceremony		Discovery Green
01.14	10:00 am	Longest Causeway Run ©	10 km 3 M Walk	Port Isabel
01.14	8:00 am	Olympic Trials Marathon ©	42.2 km	George R. Brown CC
		Men's and Women's trials		
01.15	7:00 am	Chevron Houston Marathon ©	42.2 km	George R. Brown CC
01.15	7:00 am	Aramco Houston Half ©	21.1 km	George R. Brown CC
01.15	7:15 am	EP 5K ©	5 km	George R. Brown CC
01.21	7:30 am	Rockets Run 2012	5 km, 2M walk, Kids 1 km	TBA
01.21	7:30 am	Chili Pepper Quick Step	5 km	Yaga's Café Galveston
01.28	8:00 am	Spectacle Spectacular ©	5 km, 10 km	Angleton
01.28	9:00 am	Dawson Winter Dash	5 km	Pearland

IF YOU HAVEN'T PAID YOUR DUES YET, YOU'LL GET A SEPARATE E-MAIL REMINDER.