

HMSA News

July/August 2010

Houston Masters Sports Association



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Time To Let Your Mad Go

By Mary Anne McBrayer



Race Director Brant Kotch had a lot of listening to do – and he did. (Photo by Jay Hendrickson)

Were you one of the runners upset by the marathon's announcement of a lottery? If so, you had lots of company. Unfortunately, many runners were less than considerate in their manner of expressing displeasure; many were vicious and that's unfortunate. Is this why Facebook was created? Apparently you can say things here that wouldn't be allowed over the airways.

HARRA held an emergency meeting to come up with some ideas that could be conveyed to the marathon. At the same time the marathon board was meeting to formulate a plan that would take into consideration those HARRA members who run the HARRA series of races and compete for Runner of the Season. Actually, the marathon had planned all along to offer some concession to HARRA that would include these runners and they admit this plan should have been in effect prior to the lottery announcement. Please keep in mind this lottery is a new venture and will be a work in progress for a while. Be that as it may, here's the plan in effect for the 2011 CHM as announced at HARRA's June

meeting by Race Director Brant Kotch and Managing Director Steve Karpas.

- 1) Any HARRA runner who has finished at least 5 Houston marathons will get in.
- 2) In addition to all current Veterans and runners with 5-9 Houston marathons, HARRA will be allocated 500 entries. It's up to HARRA to determine how these will be selected but they must be selected before the end of the marathon registration period. (NOTE: HARRA hopes to have a plan in place by July 1 and the 500 chosen by July 31. They will announce plans as they are formulated.)
- 3) Anyone who signs up for the marathon and cannot run will be guaranteed automatic entry for the following year, but the entry fee must be paid again.

These are the basic rules for 2011 and, again, may change next year and only for the marathon. HARRA members receive no concessions for the Aramco Half. And that's only fair as the Aramco Half is not part of the HARRA series. That honor falls to the Koala/Luke's Houston Half scheduled in October.

Runners were asked to submit their suggestions and comments in writing and after that there was a lot of open discussion. There were still some angry people, but the marathon reps kept their cool while answering from the marathon's perspective. Keep in mind that the marathon has a budget and projections are made with the prospect of 11,000 runners in each race. They have sponsors to satisfy as well as the public. As runners, we also need to realize that "Our" marathon has achieved international status and that's good for everyone – runners, the city, the hotels, restaurants, etc. Even with that status, statistics show that 65-70% of marathon entrants come from 19 Texas counties (Houston and the counties that surround us) and they don't expect that to change even with the lottery. They do not feel they are casting aside local runners. Maybe we'll ask them for these stats next year just to see if the lottery has made a difference.

The HARRA board feels we are being treated fairly, so let's go along with that. HARRA wants to be an inclusive organization and hopes that all this will prompt more runners to join. But rest assured, new members will not be included in this year's selected 500. And that's fair too.

Information about the lottery is on the marathon website at <http://www.chevronhoustonmarathon.com/GeneralInfo/FAQ.cfm#Registration>. They are updating the FAQ's on a regular basis.



Keep in touch: www.houstonmasters.org

HMSA's UGLY/PRETTY FOOT & BREAKFAST IN THE PARK

SUNDAY, JULY 11, 2010

PREDICT YOUR TIME: 8:15
BREAKFAST: 9:00
FOOT CONTEST: 9:30

BRING YOUR FAVORITE
BREAKFAST FOOD TO
SHARE.

**Sign up for the Marathon lottery begins at 6:00 a.m. CST on July 27, 2010
and ends on August 12 at 11:59 p.m. CST**

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

Paul's Corner By Paul Cooley

Buffalo Marathon

I ran the Buffalo (NY) Marathon on May 30, 2010. It was my 50th marathon (actually 41 marathons, eight 50ks and one fifty miler) three days before my 60th birthday. The race was relatively small, with about 1000 runners in the marathon and three times that in the half along with a marathon relay. We anticipated the weather to be cool, but it was in the upper 70's at the start. The race began by the convention center in downtown Buffalo, through the remnants of Buffalo's former industry in the form of abandon and rusting grain storage buildings and warehouses. Having grown up there in the 50's and early 60's it was interesting to see. At about mile 7 a train blocked the way for the runners and caused a delay of about 3 minutes. At the half way point the marathon is back at the convention center and proceeds north past Forest lawn Cemetery and into Buffalo's main running venue, Delaware Park. In the park between 17 and 18 miles of the marathon I began to feel the impact of the heat. By mile 21 I had taken my shirt off and was stopping at the water stations for extra helpings. The water stops were not at every mile. They did not start until mile 3 and were every 2 miles thereafter. At mile 22 I began experiencing muscle cramping in my legs, feet and toes. I began walking and when I would try to fast walk, the cramping would come back. I stood by the side of the road at one point with a severe cramp to my left calf. A race volunteer asked if he could do anything for me and I told him no. He offered to massage my calf and I took him up on it – painful but successful. I thanked him and continued walking. Somewhere before mile 25 a young boy handed me a banana, which I think eventually helped. At mile 25 I began jogging again, and along the way someone yelled "how is that calf?" It was the volunteer that had messaged it, I yelled back a thank you and suggestion that he consider become a masseuse. I was very happy to reach the finish line, although it was my slowest marathon to date, ten minutes under 5 hours. But by now my legs felt great and the next day I did not have any of the usual post race soreness or stiffness. I went on the trip with Larry Lindeen, Clark Courtright and Greg Felts. It was the fifth marathon outside of Texas that we have gone to as a group. We went up a couple days ahead of the race as I had arranged to meet up with some former school friends and family friends. We spent time marveling at Niagara Falls and shared a couple beers with some Canadian friends I had known from childhood, one of whom has restored an old barn into a house, put in several ponds and has 30 to 40 Canadian Geese as permanent residents on his property. It was a lot of fun going "home" again.



L to R: Robert Topa (boyhood and hometown friend of Paul's), Greg Felts, Larry Lindeen, Clark Courtright and Paul Cooley

Sunscreens: Bogus Protection?

An organization known as the Environmental Working Group recently published its finding regarding commercial sunscreens. The findings are surprising and remarkable: they recommend only 39 (eight percent) of the 500 beach and sport sunscreens it assessed. EWG says many sunscreens do not adequately protect your skin from both UVA (which causes premature aging, skin cancer, and other skin damage) and UVB (which causes sunburn) rays. Plus, several products contain questionable chemicals. Their data base can be found at <http://www.ewg.org/2010sunscreens/finding-the-best-sunscreens/?ptype=sunscreens>. For example, I have been using Blue Lizard based upon recommendations from my dermatologist. But on the data base, all Blue Lizard products are rated with a 3, which means caution, and two are noted to have oxybenzone. Oxybenzone is a popular UV filter but is known to be absorbed into the blood, the full effect of it is not yet known. The EWG report states that higher SPF (sun protection factor) products are not necessarily best. In fact, the FDA says these numbers can be misleading. It is important to remember that the SPF is based solely on UVB protection so that indicates protection against sunburn-causing rays, but has nothing to do with skin-damaging (UVA) rays. There's concern that high SPF products may give people a false sense of security and encourage people to stay out in the sun for too long without reapplying sunscreen. EWG recommends sticking to SPF 15 to 50-plus. Another danger EWG warns against is Vitamin A. Their report states that recently available data from an FDA study indicate that a form of vitamin A, retinyl palmitate, when applied to the skin in the presence of sunlight, may speed the development

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Join A Clinical Study To Reverse And Even Prevent Heart Disease

By Mac Crone

A study being conducted at Memorial Hermann Hospital might help you avoid significant heart-related incidents. Having many risk factors myself, I signed up to take part in this study and have made significant changes to my diet – and I was already eating a healthy diet for an American!

As runners, we are engaging in one of the most important factors that contribute to overall health and longevity – cardiovascular exercise. Yet we have all known someone who exercised regularly, ate well and did many of the things that contribute to good heart health but had significant heart-related incidents, including death. Despite a healthy lifestyle, someone might develop coronary heart disease as a result of other factors, including genetics.



In people with coronary heart disease, cholesterol builds up in the walls of coronary arteries. The first sign is usually a sudden heart incident, including infarctions or even death due to the cholesterol plaque in the artery wall suddenly rupturing or breaking loose. On contact with this plaque, blood clots or forms a thrombosis that blocks the artery. Current medical treatment often consists of invasive procedures like stents or bypass surgery. However, this does not get to the underlying problem. Removing the cholesterol deposits from the artery wall by intense medical management, including supporting healthy

lifestyles, reduces the risk of plaque rupture and heart incidents.

The Weatherhead P.E.T. Center for Preventing and Reversing Atherosclerosis at the University of Texas Medical School began aggressively treating patients 20 years ago with lifestyle changes, medications and use of invasive procedures like surgery only when proven necessary as guided by accurate imaging with P.E.T (positron emission tomography). To document this innovative management of coronary heart disease, UT Medical School and Memorial Hermann Hospital are conducting the CENTURY Health Study. This five-year study will compare two strategies for treating heart disease. One study group will be scheduled for dietary and lifestyle assessments once a year throughout the study; the other study group will be scheduled for dietary and lifestyle counseling at months one, two, four, eight and 12 for the first year and every six months thereafter. Special imaging of the heart through P.E.T scans will be done on all patients to test whether it guides their treatment more effectively. This is the first randomized control study ever done to evaluate outcomes and costs using a combination of advanced imaging and prevention management, as well as intense individualized treatment to help save lives. The study will enroll 1,300 patients over five years. To be eligible, you must be at least 40 years old, have sufficient cardiovascular risk factors, symptoms of heart disease or documented coronary heart disease, and be under the care of a family physician or cardiologist. For information on the study, call 713-500-5200 or visit www.centuryhealthstudy.org.

Out & Back

By Tom McBrayer

➤ You know Impact A Hero as a very nice 5K in Sugar Land with a great post race party and the great big – and heavy – awards. But it really is a non-profit nationwide group that supports severely wounded veterans. These are the ones who have lost a limb() or suffered some other traumatic injury in Iraq or Afghanistan. Locally, the vets are guests of the Texans and come from Brooke Army Medical Center in San Antonio, the Army Burn Center. In addition to their being the honored guests in an air-conditioned tent at the finish line, they also attend an Astros game and a special banquet. The support that Impact A Hero includes both financial and emotional. It's a great group.

➤ The announcement by the marathon committee about adoption of a lottery system made national news shortly after we heard about it. *Running USA* had a full report two days later.

➤ **Andy Stewart**, race director for the 30K, celebrated the 25th anniversary of Finish Line Sports, Sugar Land's first running store. Family and friends were well represented at the catered BBQ dinner with brother Steve taking charge. Andy's favorite charities also benefited from the evening's silent auction, where there was a lot to choose from. Congrats to Andy and the entire Stewart family, and here's to a golden future.

➤ HARRA announced the 2009-2010 VVIPS (Volunteers-Very Important Performers) at their annual banquet. They included: (\$100 gift certificates) 3 Star recipients **Tom McBrayer, John Phillips, Joe Sellers**; (\$75 gift certificates) 3 Stars to **Paul Cooley and JoAnn Luco**; (\$20 gift certificate) 1 Star to **Michael Luna**. We need more volunteers like these!

➤ This is a follow-up to our front page lead article. HARRA prez **Ron Morgan** has appointed a three-person committee to propose a set of criteria HARRA can use to determine priority for HARRA's 500 entries into the 2011 CHM. Look for them to propose a system that will reward those who have participated in the longer races. Given that many of our members are Veterans or have completed over five Houston marathons, it is highly likely that many members will get in this year. Keep the "this year" in mind because chances are excellent things will change next year as the marathon refines the lottery system. HARRA will have filled all 500 slots by the end of July and you will be notified if you are in. Then it's up to you to enter the lottery during the regular lottery sign-up. 6:00 a.m. CST on July 27, 2010 and ends on August 12 at 11:59 p.m. CST.

➤ **Jock Geller** wrote about completing the Tenderfoot Hill Climb in Salita, CO. He was proud to have finished even if he did come in last. Apparently, it's straight up and straight down. Salida's elevation starts at 7080 ft with a land area of 2.2 square miles. Jock doesn't run many events any more and this was his first time running with a chip!

Your current HARRA membership will expire on June 30th. Unless you have already renewed, you should do so now. Why is this vital? For those HARRA members wishing to be a part of the 500 Chevron Houston Marathon slots we have available, you must renew to be eligible.

Sign up for the Marathon lottery begins at 6:00 a.m. CST on July 27, 2010 and ends on August 12 at 11:59 p.m. CST

Results

Venture On 10K

Paul Cooley	2 ag	46:50
Larry Lindeen	1 ag	49:17

Astros Run for the Pennant ©

Gerardo Mora	1 M	16:40
Ed Fry	1 ag	19:09
Don Brenner	1 ag	22:48

Heights Fun Run ©

Carlo Deason	2 ag	17:25
Larry Tidwell	3 ag	18:55
Jack Lippincott	7 ag	25:22
Mary Deason	2 ag	41:16

Impact a Hero ©

Paul Cooley	2 ag	21:49
Don Brenner	1 ag	24:13
Ivy Martino	4 ag	25:59

Dad's Day 5K ©

Billie Kay Mealnson	1 Senior	22:55
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Run by the Bay 10K ©

Paul Cooley	1 GM*	48:06
Clark Courtright	1 ag	50:02
Larry Lindeen	1 ag	53:07

GM = Grand Master

Run by the Bay 5K ©

Mike Mangan	1 ag	24:45
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Tenderfoot Hill Climb 5K

Jock Geller	Last place	52:15
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Polish Pickle 5K

Al Salinas	15 ag	27:27
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Independence Run

Paul Cooley	1 ag	21:11
Don Brenner	2 ag	22:17
Larry Lindeen	1 ag	24:09
Mike Mangan	2 ag	25:04
John Phillips	4 ag	34:32

State of the Sport Part II

By Tom McBrayer

Recession! What recession? It was a down year economically in 2009 but you would never know it by the stats.

	2009	Change from 2008
Marathon finishers	467,000	+10%
Half Marathon finishers	1.1 Million	+24%
All road distances finishers	~10 Mil (a record)	
Online registration		+15%
<i>Runners World</i> - Market share, sales and price, all up		
Thanks to Running USA for the above figures.		



**SUMMER'S HERE
BE CAREFUL
STAY HYDRATED**

(SUNSCREEN CONT FROM PAGE 2)

of skin tumors and lesions (NTP 2009). This evidence is troubling because the sunscreen industry adds Vitamin A to 41 percent of all sunscreens. The best bet is to do your homework, study what is in your sunscreen and avoid not only chemicals which may be harmful to you, but avoid sun exposure at the hottest parts of the day and wear protective clothing if you are going to be exposed to the sun. A practical tip for applying sunscreen: from my personal experience, the most sensitive areas of my face are my eyelids and the skin along the front of my ears. It is hard to apply a sun blocker to these areas with your hands and fingers, but if you take a lip balm stick that contains sun blocker and use it on those areas, it makes application a snap.

Joe Sellers	07.02	
Mike Mangan	07.04	
Edwin Thompson	07.07	
Kim Budzik	07.08	New ag
Tom McBrayer	07.09	New ag
David Lloyd	07.14	
Sam Musachia	07.16	
Phil McGonigle	07.19	
Bill Fenner	07.20	New ag
Pamela Snapp	07.20	New ag

**JULY
&
AUGUST
BIRTHDAYS**

	Hope Sellers	08.09
	Greg Kelley	08.20
	David Nemoto	08.20
	Luis Salinas	08.21
	Harriet McGonigle	08.22
	Larry Teeter	08.26
	Fred Price	08.28

**Burglary Prevention Tips
For Vehicle Owners**

This article was prompted by a note from Luis Salinas saying that three lady friends were the victims of motor vehicle theft. Unfortunately, all three had left a purse in the car while running in Memorial Park. The tips below are supplied by HPD and are applicable to several situations.

- Do NOT leave any articles of value in your car unattended, e.g., a cell phone, laptop computer or other electronic devices, sunglasses, money, handbags, wallets, etc, in plain view. Lock these items in the trunk.
 - Lock your purchases and packages in the trunk. Lock your doors and roll up your windows.
 - Park in high traffic areas of a parking lot. When possible, park in well-lighted areas near other vehicles.
 - BE AWARE if your surroundings at all times. When out shopping, return to the store if anyone looks or acts suspicious. Call police or notify security of any suspicious activity.
- OUR ADDITIONS: 1) Put valuables in your trunk before you park. 2) DO NOT put your keys on top of a tire. Impossible to believe, but people still do this.

Upcoming

07.03	FireCracker 4 ©	4 Miles	Lake Jackson
07.04	Freedom 5K ©	5 km	Sugar Land
07.04	7:30 am RunWild 5K ©	5 km	Uptown Park
07.17	7:30 am Lunar Rendezvous ©	5 km	NASA
07.31	7:30 am Mosquito Chase ©	5 km	Clute
07.31	7:30 am Outriggers on the Bay	5 km	Seabrook
08.07	7:15 am Lazy-Hazy-Crazy Days of Summer ©	5 km	Downtown Aquarium
08.07	7:30 am Run for Scouting ©	5 km	Schulenburg
08.14	9:00 pm Sand Crab Night Beach Run	5 & 10 km	Galveston

