



NEWSLETTER

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Don't forget Sunday's HMSA social.
June 10, 2011
8:00 am, Memorial Park Picnic Loop.

Out & Back By Tom McBrayer



Bernard & Michelle Castro taken by Paul Cooley

Paul Cooley is always looking for something different from the usual 5K run — he likes something adventurous and he found it on July 2 along with teammate **Bernard Castro**. Without really knowing what they were getting into and with no training, they entered the Navasota Adventure Run. They did know it consisted of biking a 10-mile loop, running a 3-mile course and kayaking plus a mystery “adventure.” **Michelle** accompanied them and, unfortunately, this is the only picture we have of the event as

Michelle’s camera was stolen on their way back to Houston and it had all the pictures. Paul has written the full story and you will find it on our website at www.houstonmasters.org/memberspage

On June 4th **Ed Thompson** ran the R2R (Rainier to Ruston), point-to-point 50-miler, actually 50.9 miles. It was an all-downhill course, from near the Carbon Glacier in Mt Rainier National Park to Puget Sound. His time was 15:54:52. “I was the only man over 60, there was one lady over 60; she beat me. They had a category for Super Master, i.e., over 60, and I fell into that, first place. Only 38 men and 15 women ran the 50-mile race. They also had a 50k and relays of about any kind, with about 1000 total athletes. It was gorgeous course, though sometimes muddy, and sometimes technical. I started early, at 4:30 am and it was light enough already. It was the hottest day of the year in Tacoma, but very mild compared to Houston. And there were no clouds, not sure where they went. A well run race, about its 10th year, and I highly recommend it.”

Dr. Bob Hoekman spends the summer months in Washington State and loves to boast of “shivering,” and having to wear a jacket while out for his morning jog. But we’ve got him beat in one respect — beer. While you were enjoying a cold St. Arnold Weed Whacker after The Heights Run, Dr. Bob had to settle for a Moose Drool. Not a joke; there really is a beer called Moose Drool from the Big Sky Brewery in Missoula, MT.

It’s the latest thing in results. Forget about the printed page taped to the bulletin board; we’re talking real time. It’s **Gary Mulvihill’s** (RunWild Sports Timing) 46” Samsung, no-glare commercial screen monitor mounted vertically at the end of the finish chute. It was used first at the Astros run in May and then at the Heights Run in June.

In 1962, Houston got a major league baseball team called the Colt .45’s, and they played in Colt Stadium, a temporary field next to the under-construction Astrodome. That was then; now the team is known as the Astros and we’ve got them in Minute Maid Park. So, for the 50th anniversary (2012), the Astros Race for the Pennant 5K will add a 10K for the occasion. Fortunately, it won’t be a 50K

Run for a reason — even in the Gaza Strip. In early May, the Gaza Strip held its first-ever marathon, with the course running the full length of the small coastal territory. Fifty runners were on the start line. Nine runners (Palestinians training for the Olympics) went the full distance, with more than 1,000 schoolchildren forming relay teams and joining in for shorter stretches. The marathon raised \$1 Million to be used for a summer camp for Gaza children.

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

HARRA Awards — Spring 2011

Runner of the Season

Awards are based on the top 8% of runners in each division (based on participation in last year's series). For example, if there were 100 participants in the last Fall series Men's 50-59 division, then the top eight (8) men this Fall will receive a cash award (8% of 100 = 8).

Important: There is no rounding. So, if there are only 99 men in the 50-59 division, then only the top seven (7) men will receive an award (8% of 99 = 7.92). Runners receive a percentage score for each race based on the World Masters Association standard times for that distance. A runner's final standing is determined by adding his or her top 3 races together.

Women	Club	Best 3/5	Men	Club	Best 3/5
Under 40			Under 40		
1. Heidi Garza	BCRR	230.73%	1. Chris Layman	BARC	242.84
40-49			17. Juan Galvan	HMSA	171.52
1. Laura Bennett	BARC	237.26	40-49		
50+			1. John Ackerman	Tornados	244.72
1. Sabra Harvey	Striders	288.45	19. Gerardo Mora	HMSA	156.74
3. Billie-Kay Melanson	HMSA	241.47			(2 events only)
10. Bobbie Glasscock	HMSA	223.96	50-59		
24. JoAnn Luco	HMSA	111.94	1. Joe Melanson	HMSA	254.64
			22. Tom Hebert	HMSA	201.56
			60+		
			1. Mike Glasscock	HMSA	252.44
			9. Paul Cooley	HMSA	220.42
			Fred Ward	HMSA	219.87

Iron Foot Awards

Any HARRA member who completes all of the races in either the fall or spring race series earns the prestigious IronFoot award (running singlet, caps, and more). Volunteering can be substituted for running at one of the races.

Fall 2010
Michelle Castro
German Collazos
Paul Cooley
Juan Galvan
Bobbie Glasscock
Mike Glasscock
Michael Luna

Spring 2011
Paul Cooley
Mike Glasscock
Fred Ward

Club Competition

Members of HARRA affiliated clubs score valuable points for their club and team. Interclub Competition point totals are kept in the Open, Masters, Veterans, Women's, Masters Women's, and Veterans Women's Divisions. In the spring, the Bayou City Road Runners continued their winning ways, amassing a total of 471 points for the spring session. In second place was Bay Area Running Club with 340 points, followed by the Houston Striders in the third slot with 298 points.

Out & Back continued from Page 1

Do we call off a marathon? You betcha. When the earthquake and tsunami hit Japan just a few days before the event was scheduled, the Nagoya International Women's Marathon wisely decided to call it off.

Race for the Cure is looking for a new course. With the new Whole Foods Market now open, both Waugh Drive and West Dallas will be off limits to runs. So what to do with 30,000 runners and walkers?

The Reliant Stadium Marathon and Half-Marathon (November 19 & 20) have an elevation climb of 165 each 1.2mile lap. So, doing the math: 22 laps for the full = 3630' climb and 11 laps for the half = 1815' climb. Remember, what goes up must come down, so get ready for some screaming quads! This event is part of Indoor Marathons of America. **Continued on P 3**



Meet Our Members

By Luis Salinas

Name: Rey and Lorelei de la Reza – married and running around together for years

Occupation: Rey established his own architectural practice (RdIR) in 1982. It has grown into a highly respected and successful design firm which was recognized in 2005 -- as Firm of the Year in Texas – the highest honor awarded by the Texas Society of Architects. As a former full-time mother, Lorelei continues to volunteer in various church and community activities, including La Leche League and our neighborhood organic community garden (Meredith Gardens)

Family: Three children and six grandchildren (including triplets)

Coach: Self-coached with info gleaned from running books -- such as the early editions of: Jeff Galloway's *Galloway's Book on Running*, Al Lawrence's *The Self-Coached Runner*, and Michael Schreiber's *Training to Run the Perfect Marathon*.

Years Running: On and sometimes off since the early '80s

Current Weekly mileage: : Rey combines running with strength training for all-around fitness. Lorelei only runs when it's cool outside – so no more running for the summer – only indoor fitness activities. Our most recent run together was from our home and around Rice University and back.

Currently Training For: National Senior Games – in basketball. Rey coaches Lorelei's female basketball team. Lorelei began playing basketball for the first time 10 years ago.

Started Running Because: We wanted to have an activity that we could do together and also set a good example for our children. Our son ran the 1985 Houston Marathon and used that training experience as the subject of his college entrance essay. As a result, he was accepted into Yale University.

Best experience running: For Lorelei -- winning the 2005 Houston Half Marathon in the 60+ age group – sprinting to a split second win. For Rey – running his PR in the Houston Marathon at a 7:30 pace. That marathon was the second marathon of three that he ran in three months.

Worst experience running: Rey not finishing The Woodlands Marathon – the third of the three marathons.

Favorites

Races: Any race when the temperature is cool, and the course is beautiful.

Place: Rice University/Hermann Park area

Running Beverage: Water

Running Food: We eat a banana before running, a smoothie afterwards, and a rainbow of colorful plant foods later.

Running Trick: We stretch for ½ hour prior to running or any other activity: interval training, plyometrics, kick boxing, jumping on a mini-trampoline, lifting weights, playing basketball. When we were running marathons and not stretching – we were stiff and sore – but not any more. Stretching has changed our lives and given us flexibility.

Favorite Restaurant: It's always a treat to eat at Pepper Tree vegetarian restaurant.

Coffee: We don't drink coffee – but do enjoy hot tea when it's cold outside.

Computer: PC for Rey; Mac for Lorelei

Ice Cream Rocky Road for Rey; chocolate soy dream for Lorelei

Destination: Anywhere that our out-of-town children and grandchildren are currently living.

Definition of a Perfect Day: Staying up late to watch an NBA playoff game, sleeping late the next morning, then going to the gym to workout and play basketball, followed by visiting Lorelei's 91-year-old parents or our triplet grandchildren.

Prefer to be movie star, rock star, politician or all-star athlete? All-star athlete!

Do you play a musical instrument? Lorelei plays the piano as part of her theatre performing experience as a dancer/singer/actress. Rey's talent is in the visual arts.

What does the world need? Compassion for all creatures

Something unique about you that other Houston Masters should know about you is... Lorelei has a bumper sticker on her car from the first marathon she and Rey ran in 1982.

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This from the Liturgical Calendar: July 15 is the feast day of Saint Arnold.

The running store business seems to be alive, well and growing. New Balance has opened a new store in Humble (Kingwood area). That makes two locations in the Houston area plus three Fleet Feet stores. All five are part of Jim Braden's group. We did lose one, however — Pearland's On the Run recently closed its doors.





Results

Sunrise 5K (c)

Bernard Castro	2 ag	21:43
Michelle Castro	1 M F	24:34

Cinco de Mayo 5K (c)

Carlo Deason	1 ag	17:56
Mary Deason	2 ag	41:47

Astros Run for the Pennant (c)

Don Brenner	4 ag	26:01
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Heights Fun Run (c)

Carlo Deason	1 ag	17:42
Fred Ward	2 ag	23:58
Jack Lippincott	3 ag	24:01
Al Salinas	16 ag	26:34

Impact a Hero (c)

Tuan Nguyen	2 ag	18:37
Ed Fry	1 ag	19:23
Bernard Castro	7 ag	20:42
Paul Cooley	2 ag	22:54
Ivy Martino	2 ag	29:11

Dad's Day 5K (c)

Fred Ward	1 ag	24:39
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Rainier to Ruston 50 Miles (R2R)

Ed Thompson	1 ag	15:54:52
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Polish Pickle

Ed Fry	1 ag	19:17
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Navasota Adventure

Paul Cooley & Bernard Castro	4 ag	3:03 hours
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RunWild 5K (c)

German Collazos	10 ag	23:44
Fred Ward	1 ag	24:30
Fred Queen	3 ag	25:11
Chris Rampacek	32 ag	33:08

Freedom 5K (c)

Ed Fry	1 ag	19:40
Mike Mangan	1 ag	27:56

NOTE: Today was Mike's birthday so it's his first time in a new age group. Happy BD Mike.

If you don't see your time(s) listed here, please remember to send it via e-mail to hmsa@houstonmasters.org We appreciate it.

State of the Sport — 2011

By Tom McBrayer

Are you a "core runner"? According to the 2011 national running survey from Running USA, here's the profile of a core runner.

- Education: 77.2% have college degrees, whereas the national average is 29.5%
- Household Income: 72.9% have a household income of \$75,000+ with a national average of 32.4% over \$75,000.
- Activity: You run year round, 213 days/year and 1269 miles/year
- Why you run:

Stay in shape	80.7%
Stay healthy	77.4%
Have fun	66.1%
Relieve stress	64.3%

Almost 12,000 responded to the survey: 54% women and 46% men.

The 10% Solution

It's part of ancient running lore: when coming back from a layoff or injury, do it slowly. You should add mileage at no more than 10% a week. But, does it work? A study at the University of Groningen, The Netherlands, wanted to find out.

The study involved 532 novice runners training for a local 4-mile event. Half followed the 10% rule for 11 weeks running no more than 90 minutes a week. The other half did an eight-week program ending at 95 minutes a week. Both programs were three days a week with a 5-minute walking warm-up. Both groups had about a 20% injury rate. The 10% rule didn't work here.

What about a plan B? They then did a second study with half the novice runners undergoing a four-week conditioning program, the other half just started running. Again, both groups had about a 20% injury rate. Let's face it: if you run, you're going to be prone to injury. *Gina Koata, NYTimes Health 6.21.2011*

Birthdays			
July		August	
Joe Sellers	07.02	Hope Sellers	08.09 new ag
Mike Mangan	07.04 new ag	Bethann Hubert	08.14
Edwin Thompson	07.07	Greg Kelley	08.20
Bernard Castro	07.07 new ag	Luis Salinas	08.21
Kim Budzik	07.08	Harriet McGonigle	08.22
Tom McBrayer	07.09	Mike Glasscock	08.22
David Lloyd	07.14	Larry Teeter	08.26
Sam Musachia	07.16	Fred Price	08.28
Phil McGonigle	07.19		
Bill Fenner	07.20		
Karina Blest	07.26		

Upcoming

07.10	8:00 am	HMSA Mystery Run	< 3 Miles	Memorial Park Picnic Loop
07.10	8:00 am	Pancakes/Ugly Foot Contest (All you can eat)		Memorial Park Picnic Loop
07.16	7:30 am	Lunar Rendezvous ©	5 km	NASA Space Center
07.30	8:00 am	Sandman 5K Beach Challenge	5 km	Porretto Beach Galveston
08.13	7:15 am	Lazy Hazy Crazy Days of Summer ©	5 km	Downtown Aquarium
08.20	1:00 pm	Hot Undies Run	1 Mile	O'Neill Irish Pub Rice Village

