



# NEWSLETTER

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***Out & Back***

***By Tom McBrayer***

- ◆ Let's go retro. July 4th will see the return of the Baytown Heat Wave 5 Miler. It hasn't been around since the last century, but they will have the same sponsor, Wismer Distributing Co and the same weather — hot and muggy.
- ◆ Another blast from the past will be the Woodlands Marathon in March. Not only a full but a half, a 5K, a relay and a 2K. Hey, times have changed. Title sponsor is My Fit Foods.
- ◆ Speaking of The Woodlands, that was quite an event they hosted on May 21 — the Memorial Hermann Ironman Texas, full Ironman distances. It attracted pros from not only the USA but many other countries, including Germany, Spain (winner), Belgium, Australia, Hungary, Czech Republic. The oldest finisher was 71 and he finished in 16 hours, 34 minutes. The general entry fee was \$625.00 USD and they are already open for 2012 registration.
- ◆ Did you hear about the 5K the Humane Society is thinking about sponsoring to raise funds for homeless dogs? It's to be called Race for the Cur.
- ◆ One way you can always tell if an event was a good one or not, race officials shout it out — "We're doing it again next year." So it was at Alex's Run, the evening charity run at Bear Creek Park in May. The 7:00 PM start was just right to catch the go-home crowd ready for the weekend to start. TGIF! And then, the beer and barbecue plus ideal weather made it close to all you could ask for. Only one problem: no evening events are allowed at Bear Creek Park because of weekend campers. How they managed to do it this year is another story, but the charity is looking for another venue for 2012.

◆ The Olympic Marathon Trials course is complete. Runners, men and women, will start at the George R Brown Convention Center, making a counter clockwise 2.2 mile loop in the downtown area. Returning to the GRB they will start the first of three 8-mile loops. This loop uses Memorial Drive to Shepherd and returns to town via Allen Parkway, with a short jaunt southward down Waugh Drive to make the full 8 mile loop. If you're wondering where the 8 miles comes from, it's because that's what London is doing for the Olympics in 2012. Not to mention, it's what TV wants and spectators should love it.

Houston's final big loop came after a lot of tweaking and fine-tuning over the past several months. The basic loop was first tried at the National Half Marathon hampionship in January. Runners, coaches, press truck drivers — all disliked it because of the three very tight 180° turns, not conducive to fast times. That's all taken care of; all approvals are in place so look for the top U.S. marathoners in January. Only three men and three women will be going to London. See a map of the course at [http://www.chevronhoustonmarathon.com/Upload/documents/CourseMaps\\_OlympicTrailPPV2.pdf](http://www.chevronhoustonmarathon.com/Upload/documents/CourseMaps_OlympicTrailPPV2.pdf)

***How to Prevent Rust***

***By Tom McBrayer***

"If you rest, you rust," a quote from Helen Hayes is one of Dr. Bob Hoekman's favorites. In fact, he signs his letters with it. Now, it's been proven. Dr. James Levine of the Mayo Clinic found out why some people were fat and others skinny even though their diet and exercise regime were the same. The skinnies were in almost constant motion and one of the interesting aspects of Dr. Levine's study — something called "motion tracking underwear" or "magic underwear" as it came to be called. They were now able to measure every calorie consumed or expended. It was apparent from the start: those

who sat the most were the heavies; those who moved the most were the skinnies, spending nine hours a day at a desk plus TV time is bad for your health. As Dr. Levine says, "Excessive sitting is a lethal activity."

This finding was the result of a long-term (six year) study. Thinking there might be a metabolic answer, subjects were at times fed an extra 1000 calories a day and results were the same. The skinnies tended to do more when they ate more; they were "unconsciously moving around more," like taking the stairs more often or jogging to the water cooler." So we all know what we have to do — Keep Moving!.

*James Vlahos, New York Times Magazine, April 17, 2011*

## 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>

### Paul's Corner By Paul Cooley

I sometimes travel a good ways out of Houston to find smaller races in order to enjoy the experience of running with a smaller group of participants. This past Saturday, the opposite apparently occurred. While a good portion of the Houston running community was in Corpus Christi for the Beach to Bay Relay, I stayed in Houston and found a race starting and finishing just a few feet from the start of our Metric Marathon (formerly the 25K). The U.S. Vets 5K had its 4th annual race starting at 8:00 a.m. in front of the Aquarium at the corner of Bagby and Memorial. The race course is pretty simple: out 1.55 miles on Memorial Drive, turn around, and come back. This is the 3rd time I have run this race and the second time at the present location. This year there were about 130 participants, down considerably from the year before. The reason for the low turnout, aside from running the race on the weekend when most racers leave town for Corpus, was that it was not very well marketed: I could find very little advance advertising for this 5K and actually had to do some hunting on the Internet in order to confirm that was being run this weekend. But the race organizers did a good job otherwise.

There were several booths at the finish with water and assorted food items. There were ice chests with iced down bottled water right at the finish line. Besides overall and master awards, there were five year age groups through the 70's with trophies awarded 3 deep in each age group and each sex category. I almost had the distinction of being the oldest male runner in the race, but there turned out to be a gentleman that was 5 years older than me, who finished some 30 minutes after I did. I finished first (and only) in the 60 - 64 year age group with a 22:25 and Clark Courtright finished 3rd in his age group. We were led the first part of the race by a pace car and a group of motorcycle riders.

Pre-race included observing the Houston Police Department searching for a body spotted off the Smith St. bridge in Buffalo Bayou. One of the police officers said it was a youngster that had jumped or been pushed in the water, but the Sunday paper said it was a homeless person that may have met a violent death. They had found some gun casings under the bridge and will still investigating when I wrote this story.

### Chicago Event Summit By Stan Coburn

On May 16<sup>th</sup> and 17<sup>th</sup>, a group of Houston Marathon Committee staff and volunteers participated in the 3<sup>rd</sup> Chicago Event Management summit. Chicago Event Management (CEM) is the Chicago-based event organizing company for the Bank of America Chicago Marathon and the Bank of America Shamrock Shuffle 8K. Through its exclusive partnership with Bank of America, CEM is responsible for all aspects of event production, including management, operations, communications, marketing and volunteers.

The race management summit created by CEM is another way that other marathon organizers can get together to share best practices and network. Marathons represented at this year's event included, Austin, Atlanta, Dallas, Los Angeles, Minneapolis, Toronto, and Tulsa.

Topics covered over the two days were operations, volunteers, medical, IT, marketing, social media, charity and VIP services. Additionally, a few us had an opportunity to visit two of the 4 CEM warehouses.

Some fun facts about CEM and the Bank of America Chicago Marathon are below:

- 14 million dollar budget
- 24 full time staff
- Offices on the 27<sup>th</sup> floor of the Bank of America building
- 4 warehouses
- 12,000 volunteers (1,100 that are medical)
- Two 53 ft semi-trailers full of supplies per water stations

NOTE: Stan and a crew of volunteers oversee an 8000 square foot warehouse full of marathon paraphernalia. It's a real sight for those of us who remember the 400 square foot of yesteryear. Stan says Chicago has triple that space plus the trailers and 10 storage pods. Marathoning started small, but it's grown into a major business all over the world.

**Meet Our Members**  
**By Luis Salinas**

**Name:** Kim Budzik  
**Age:** 50  
**Occupation:** Administrative Assistant  
**Family:** My husband, Tim, and 3 children (Kassie, Shobai, and Chayton), 2 dogs and 1 cat  
**Coach:** Depends on the race  
**Years Running:** Seriously for 13  
**Current Weekly mileage:** 100+  
**Currently Training For:** 2011 Badwater!  
**Started Running Because:** Bought a dress for my 20 year high school reunion that was a tad too tight. Had 6 weeks to get the dress to fit and knew that running would help me get there more quickly. I then trained myself for my first marathon in Venice, Italy (1998)  
**Worst experience running:** Turtle Marathon in Roswell, NM (Don't eat chilies before running a marathon in the middle of nowhere!)  
**Best experience running:** Qualifying for the Boston Marathon on my 18<sup>th</sup> attempt – Austin Marathon in 2006  
**Favorites**  
**Races:** Houston Marathon, Lake Tahoe Triple Marathon and 100-Mile races that are not loops  
**Place:** Any place new  
**Running Beverage:** My own unique concoction  
**Running Food:** Hammer Gels, Turkey sandwiches, watermelon  
**Running Trick:** Push myself mentally through the pain and fatigue. It will pass.  
**Favorite Restaurant:** Chuy's  
**Movie:** Running on the Sun (about the 1999 Badwater Ultramarathon)  
**Coffee:** Coconut Creme  
**Wine:** Sweet sparkling white wines  
**Ice Cream:** Cinnamon from Marble Slab  
**Destination:** So many places to travel and run!  
**Definition of a Perfect Day:** Hearing that I've been accepted into the Badwater Ultramarathon  
**Prefer to be movie star, rock star, politician or all-star athlete?** Athlete  
**Last book you read?** Currently reading Marshall Ulrich's "Running on Empty" and Kirk Johnson's "To the Edge"  
**Do you play a musical instrument?** No, but would love to play piano



**Something unique about you that other Houston Masters should know about you is...** I used to work in the summer on offshore oil and gas production rigs as a roustabout when I was in my mid-20's. During the summer of 1984, I was assigned to a rig that was actually two rigs connected by a catwalk. One rig contained the living and work headquarters, and the other rig had gas transmission lines on it. In the evenings after working 12-14 hour days, I'd put on my running shoes and run around one rig, cross the catwalk and then run on the other rig. I'd do this several times a week for about an hour. At first the big burly guys working on the rig with me would laugh but eventually they decided they needed to lose weight too and started joining me on my runs!

|   |  |   |
|---|--|---|
| <p><b>Paul Cooley</b> 06.03<br/> <b>Sandy Fenner</b> 06.05<br/> <b>Dave Powell</b> 06.08<br/> <b>Lloyd Luco</b> 06.16<br/> <b>Don Brenner</b> 06.19<br/> <b>Len Emge</b> 06.22<br/> <b>Gerardo Mora</b> 06.23 (new ag)<br/> <b>Rosa Herst</b> 06.28</p> |  | <p><b>JoAnn Luco</b> loves to write limericks. She delivered her latest at the Spring Banquet.</p> <p>Years ago when we started to run<br/> The world was our oyster — all things were fun.<br/> To qualify for Boston became our new goal<br/> We would run a hundred miles and never get old<br/> But as we got older, reality set in<br/> The races were harder and arthritis begin<br/> And now in the twilight of our running career<br/> Our goal is to finish — while there is still beer.</p> |
|---|--|---|

**Results**

**4 For the Park**

Nic Messana 2 ag 32:04

**LP Run**

Joe Melanson 1 ag 5.478 M  
 Mike Glasscock 1 ag 5.170 M  
 Paul Cooley 5 ag 4.402 M  
 Billie Kay Melanson 1 ag 4.397 M  
 Fred Ward 2 ag 4.328 M  
 Tom Hebert 10 ag 4.247 M  
 Larry Lindeen 1 ag 4.071 M  
 Jack Lippincott 4 ag 4.035 M  
 Mike Mangan 5 ag 3.885 M  
 Don Brenner 3 ag 3.597 M  
 John Phillips 8 ag 3.007 M  
 JoAnn Luco 1 ag 2.537 M

**Bayou Bash Relay**

Houston Masters Dashers Senior Male

David Holloway  
 Fred Ward  
 German Collozos  
 Thomas Hebert 10<sup>th</sup> 56:58

Houston Masters Legs of Fury

Bernard Castro  
 Billie Kay Melanson  
 David Nemoto  
 Hilda Gonzalez 2<sup>nd</sup> 51:21

**Sprint For Life ©**

Al Salinas 6 ag 26:05

**Texas Exes Longhorn Stampede**

Ken Merenda 2 ag 22:44

**Boston Marathon ©**

Kim Budzik 4:08

**Alex's Run ©**

Mike Mangan 2 ag 26:37  
 JoAnn Luco 1 ag 41:32

**U.S. Vets 5K**

Paul Cooley 1 ag 22:25  
 Clark Courtright 2 ag 26:41

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

**Upcoming**

|       |         |                                  |       |                              |
|-------|---------|----------------------------------|-------|------------------------------|
| 05.30 | 7:45 am | Astros Race for the Pennant(c)   | 5 km  | Minute Maid                  |
| 06.04 | 7:30 am | Heights Fun Run (c)              | 5 km  | Heights Blvd at Marmion Park |
| 06.04 | 7:30 am | Impact a Hero (c)                | 5 km  | Sugar Land City Hall         |
| 06.11 | 7:30 am | Fun Fest Run by the Bay(c)5 km & | 10 km | Bay Street Park, Texas City  |
| 06.18 | 7:45 am | Dad's Day Run & Walk (c)         | 5 km  | Wortham Center Downtown      |
| 06.25 | 8:00 am | Polish Pickle                    | 5 km  | Main Street Bremond, TX      |

**Your Running Log**

There's a web site for everything. Some of you may already be aware of this one — MapMyFitness.com. It provides a logbook for use on your computer, iPhone, Blackberry or Android. You can keep track of your workouts — your route (and you can map it using the GPS on your phone), the distance you ran, time, duration, speed, type of workout (bike, gym, run, walk, etc.). Include your height and weight and it will tell you how many calories you burned. All this info can be stored on your electronic device and on the mapmyfitness website just as if you were maintaining a written log. And, you can share the details of your fitness activities with friends and family, via email, Facebook, or Twitter.

The basics of this are free when you join. But there are packages that range from \$29 to \$99. The more you pay, the more features you get. There are features that will give you the elevation profile of your workout and even your heart rate. Anyone already using this? Let us know how you like it.

**HARRA Notes**

**By Tom McBrayer**

◆Membership continues the upward trend. The new high is — 2514. Another record! The HARRA 500 does make a difference. This is the block of 500 marathon entries reserved for HARRA members. It worked last January and it's already full for 2012.

◆**Roger Boak**, HARRA's stat guy, now has some help. **Steve Moore** came on board as a volunteer to lend a hand to a very busy Roger. As you know, he's the one who keeps track of Runner of the Season (ROTS) plus team and club standings

◆If you ran all five of the spring Tour de Bayou or ran four and volunteered for one, you will receive a pair of Tour de Bayou socks!

◆The #1 hit at the HARRA site is Results. Even though they are usually posted first at one of the timing companies' sites or a club site, you do like having all results available on one website.

◆HARRA had two reps at the National RRCA convention in Fredericksburg, VA: President **Ron Morgan** and VP Communications **Mark Fraser**.

◆**Joe Carey** will captain the HARRA fluid stations at the 2012 Olympic Marathon Trials. You had your practice at the national half marathon in January, so now for the real thing. About 175 volunteers are needed.

◆This year's Summer Celebration (and annual meeting) is scheduled for June 11, 6:00 PM at the Cadillac Bar, 1802 Shepherd, just south of I-10. See harra.org for details.

