



NEWSLETTER

In This Issue

- Out & Back**
By Tom McBrayer1
- Paul's Corner**
By Paul Cooley2
- Alex's Run**2
- HARRA Notes**
By Tom McBrayer3
- Marathon News**3
- Runner of the Season Standings**
.....4
- Results**4
- May Birthdays**4
- Upcoming**4



Out & Back *By Tom McBrayer*

◆**Larry Teeter** reported on the Cross Timbers Trail Run, which he ran in February. It's a 26.2 mile event and is the oldest trail run in Texas. It's out and back along the shores of scenic Lake Texoma along mostly narrow, hilly trails with some rocky and hazardous areas. It's also billed as the "Toughest Little Trail in Texas." (See Results)

◆**Lorelei de la Reza** was recently featured on Fox 26 news, not for her running skills but for her prowess in basketball. Lorelei didn't begin in this sport until she was in her 60's and, now, has for several years, represented the Houstonian team in the Senior Olympics and has won 12 gold and silver medals. This 66-year-old grandmother of six participates in strength training, aerobics, and stretching, in addition to her basketball. She has completed five marathons and one year won her age group at the Houston Marathon. And, is there another HMSA member who can say (s)he has played basketball with Clyde Drexler.

◆**Lorelei** also gave us an update on the National Senior Games. Over 12,000 very active seniors will be here in June to show their stuff in cycling, track and field, swimming, basketball, tennis, etc.; you name it. But, if you haven't qualified already at the state level, forget about competing in this one.

◆The March 2011 Honda Los Angeles Marathon, from Dodger Stadium in LA to Santa Monica, was no picnic in the park and there was no singing in the rain. And rain is what

they had. Runners "battled torrential rains and shin-deep puddles to complete this popular event." There were 23,542 entrants and 19,890 finishers. Thousands were evaluated for hypothermia and 25+ were transported to local hospitals. All recovered. Unfortunately, there's no George R Brown to welcome them at the finish.

◆Disney is cashing in on a couple of trends — again. First, it was the Princess Half Marathon weekend; now we'll have the Tinker Bell Half Marathon weekend on January 27-29, 2012. Both are limited to women. To go along with Tinker Bell, they'll have the Neverland Family Fun Run 5K. What'll it be next? Maybe the Captain Hook 5K Walk the Plank!

◆Please don't get any ideas, but one of the finishers at the London Marathon just kept on running — all the way home — 99 miles away! A first time marathoner, the 28-year-old had a 3:45 and wound up at home about 25 hours later.

◆Other participants in the London Marathon had other ideas. Seems like this couple couldn't wait for the royal wedding; they ran as Kate and William, giving the crowd an early look at the royal couple. "Get 'em to the church on time!"

◆This from the April issue *The Energy Source*, the newsletter of the Energy Corridor District: The Energy Corridor District and the National Parks Service announced the completion of the West Houston Trails master plan. The study calls for a 100+ miles interconnected trails system on the 113,000 acres of west Houston. One unique feature of the plan is the Patterson/N. Eldridge Spine Trail that runs from State Highway 6 to Terry Hershey North Trail through the Addicks Reservoir. That's where it connects with a Metro park and ride, a city bikeway and the Energy Corridor District.



(Out & Back continued on Page 3)

Houston Masters Sports Association

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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

Sugar Is Sweet

A recent New York Times story (<http://www.nytimes.com/2011/04/17/magazine/mag-17Sugar-t.html?hp>) entitled "Is Sugar Toxic?" examines the obesity epidemic in this country, and in other areas of the world, and the possible role that sugar plays in it. The article discusses a 2009 lecture by Robert Lustig called "Sugar: The Bitter Truth" (<http://www.youtube.com/watch?v=dBnniua6-oM>) which has had a remarkable number of viewers each month on YouTube, which apparently prompted the New York Times story. Dr. Lustig's lecture is 90 minutes long and gets into some fairly technical material, but it is well worth viewing. His hypothesis is: The obesity epidemic is caused by a "poisoned" food supply that is altering people's biochemistry and driving them to eat more and move less. The "poison" is sugar meaning not only sucrose but high-fructose corn syrup, the latter Lustig calls "the most demonized addictive known to man". Sugar he says is not just an empty calorie, "It's not about the calories . . . It has nothing to do with calories. It's a poison by itself." He attributes excessive consumption of sugar as the primary cause for metabolic syndrome, which is the name for a group of risk factors linked to overweight and obesity. These risk factors increase your chance of having heart disease and other health problems, such as diabetes and stroke. The Centers for Disease Control and Prevention now estimate that some 75 million Americans have metabolic syndrome. He believes that sugar should be regarded in the same light as cigarettes and alcohol, as a killer if not eliminated from or controlled in your diet. Although Dr. Lustig targets "sugar" — meaning both sucrose (the white granulated material we use at the breakfast table) and he specifically addresses high-fructose corn syrup (HFCS), which was invented in the late 60's in Japan and introduced as a replacement for sugar (sucrose) in sodas and other products in the mid 1970's, because it is sweeter and it is less expensive. The problem, Lustig points out, is the way in which the human body metabolizes fructose, a component of both sucrose and HFCS (sucrose is 50% glucose and 50% fructose, HFCS is 55% fructose and nearly 45% glucose). Glucose is metabolized by every cell in the body. Fructose is metabolized in the liver, which converts much of it to fat, which apparently induces a condition known as insulin resistance. Its interaction on the brain is such that it neutralizes the mechanism that tells us that we have eaten enough, so we keep on eating and it interacts with the cells in your body causing them to actively ignore the action of insulin, which is another way of describing metabolic syndrome. Lustig also points out that in the early '80s the US government attributed metabolic syndrome to fat and excess caloric intake. A target was set to reduce the intake of fat by 10% in our diets. However, processed foods with reduced fat tasted bland, so the commercial food industry added sugar to make the food taste good. Lustig points out that the target of reducing fat was exceeded, but the obesity epidemic has only grown worse, he attributes that to one source: sugar. Lustig says this was a major mistake that has yet to be recognized and corrected, resulting in our food supply being adulterated, contaminated and "poisoned". One of the components his suggests to fight obesity is exercise, not only to burn calories (which he believes is incidental), but to reduce stress (stress he asserts causes obesity) and to increase the rate of metabolizing to "burn off" elements of fructose in your liver before they can be turned into fat. In the final analysis, Lustig says, a high fructose diet is a high fat diet.



Alex's 5K

Here's a chance to run in a rare evening 5K (7 pm), enjoy a barbecue party afterward and help out in a very worthy cause. The Bayou City Road Runners will direct Alex's Memorial 5K "to honor the life of Alex Jamrich," who was the son of Milan Jamrich and Kathy Mahon. Alex, who was autistic, died last year at the age of 17. All proceeds will go to Autism Speaks, the nation's largest group dedicated to funding research for autism. Don't forget, Friday, May 13 7:00 PM at Bear Creek Park.

(Out & Back continued from Page 1)

- ◆The state's longest relay, 223 miles, is just six months away. The Capitol 2 Coast relay stretches from Austin to Corpus. The current posting on their web site features the story of Rochelle Frazier who has to be one of the strongest ladies in Texas. Last October, she ran the 223-mile relay solo. Her goal was 72 hours and she made it in 72 hours, 41 minutes, including over nine hours of break and sleep time. The 8-12 member teams start on Friday and finish on Saturday.
- ◆With 38 separate logos on the back of the T-shirt, the Law Week 8K may have set a modern day record. The most anyone could remember was 35. Let's see, at \$1000 per logo that's ...
- ◆The Houston marathon Run for a Reason program set another record in January — \$2 Million +. That makes a total of \$12.4 Million raised in 17 years. Fifty-two charities are involved.
- ◆The new Rosemont Bridge over Buffalo Bayou was dedicated March 25. Its completion is a great step toward the revitalization of the park along Allen Parkway and Memorial Drive. If you're wondering where the name of the bridge came from, it's the work of a PR guy at Parks and Rec and came from the street name, Mont-rose. There is another bridge in the works to be built parallel to the Shepherd Bridge — for pedestrians only.
- ◆You see it every weekend. At every race you run, regardless of distance, more and more women are running and competing. And here's more evidence: 4 For the Park (April 2) had 1556 finishers; 57% were women and in every age group from 20-24 to 55-59, outnumbered the men. In the Hippy ROC Half Marathon, 198 women finished compared to 151 men. In their 5K, it was 139 women to 112 men. In the Green 6.2, there were 595 finishers, 325 women (54.6%) and 270 men (45.4%). The two most active timing services in Houston have agreed to start showing total men/women in their results.
- ◆Because of Metro construction, some of your favorite downtown runs will have to be changed. The Bayou City Classic 10K crosses Rusk and Capitol twice, so they'll be looking for a way to extend the Memorial Drive out and back by about two kilometers. Meanwhile, the ConocoPhillips Rodeo Runs will no longer cross Main Street so goodbye to the Elysian Viaduct and Minute Maid Park. An extension of the Hardy Toll Road will trigger a demolition of the viaduct, so they will be using Allen Parkway plus the west side of downtown. But, how do you fit 13,000 runners and walkers into Sam Houston Park?
- ◆Rarely do you see finish times like those at the Bellaire Trolley 5K. Winning time was 15:55. The top seven were under 17:00 and the top 25 were under 18:00. And these guys were not all twenty something; three were in their 50's including HMSA's **Joe Melanson** (51). Joe posted a 17:43.
- ◆The marathon cap in 2012 is increasing to 24,000 from 22,000 in 2011. There will be 11,000 reserved for the half and 13,000 for the full. Also, the start lines will be switched, with the half-marathon starting on Crawford and the full moving to LaBranch.

HARRA Notes

- ◆The Memorial Park loop will soon undergo an engineering study that will consider the drainage issues, best surface, etc. HARRA has a trail fund set aside for just that type of expenditure. It will be money well spent and will benefit many Houston runners.
- ◆HARRA membership is now at 2286, the most ever.
- ◆New directors for the fall PIM session: Juca Smith and David Brewer. They are both experienced coaches and will take over from Vic Kaiser and Lisa Foronda. Also in the future will be a move to the new runners' center (whenever it's built) on the south side of Memorial Drive.
- ◆Azita DiMarco of the Houston Wellness Project was a guest explaining what HWP does and how they operate. Among other things, they plan to offer \$5.00 yoga classes and \$5.00 5K events. Go to www.houstonwellnessproject.org for more info.
- ◆The HARRA annual banquet will be at the Cadillac Bar, North Shepherd just south of I-10. Date: June 11 at 7 pm. More details in the June issue and on the HARRA site:

Marathon News

"New to 2012, eligible runners will be able to register during an early registration period which opens on May 10, 2011 at 8:00 a.m. CST and closes on May 31 at 11:59 p.m. CST.

Once early registration closes on May 31, eligible runners who qualify for early registration will no longer be eligible to receive a guaranteed race entry and must enter the lottery for a chance to be selected with the exception of official Houston Marathon Veterans (runners who have completed 10 or more Houston Marathons) who may register through November 1, 2011. " Look for requirements here:

<http://www.chevronhoustonmarathon.com/Marathon/Registration.cfm>

Verbatim from the Chevron Houston marathon site.

If you are planning to run the marathon or half, we suggest you don't put off checking out this site. Remember last year?

Marathon Qualifying Times — Men and Women

Marathon: 4:00:00 or less

Equivalent Half Marathon Time: 1:54:36 or less

Half Marathon Qualifying Times — Men and Women

Half Marathon qualifying time: 2:00:00 or less

Equivalent Marathon Time: 4:11:15 or less

Equivalent 10K Time: 00:54:06

Results

Austin Marathon ©

Kim Budzik 4:26:43

Cross Timbers Trail Run (26.2 M)

Larry Teeter 22 oa 5:48:15

Moe's Better Half Marathon ©

San Marcos

Larry Teeter 14 ag 1:55:55

Law Week 8K ©

Joe Melanson 1 ag 30:23
 Mike Glasscock 2 ag 33:23
 Paul Cooley 6 ag 36:28
 Billie Kay Melanson 1 ag 37:32
 Rich Siemens 1 ag 37:56
 Fred Ward 2 ag 38:46
 Tom Hebert 11 ag 38:52
 Bobbie Glasscock 4 ag 40:11
 Larry Lindeen 2 ag 41:31
 Kim Budzik 4 ag 41:40
 Jack Lippincott 14 ag 43:06
 Mike Mangan 9 ag 43:25
 Ron Morgan 17 ag 44:53
 Rosa Herst 2 ag 1:03:09

Angie's Half Crazy Half ©

Juan Galvan 20 ag 1:48:54
 Larry Teeter 8 ag 1:55:55
 Freddy Queen 2 ag 1:56:38
 Ken Merenda 7 ag 1:57:09

Memorial Hermann Half Marathon

Larry Lindeen 1 ag 1:49:27
 Maria Thompson 53 ag 3:20:20

4 For the Park ©

David Nemoto 1 ag 25:26
 Dennis Arne 9 ag 32:52
 Ron Morgan 8 ag 34:28
 Willy Kuehn 8 ag 43:04
 Noah Matthews 4 ag 43:58

Bellaire Trolley Run ©

Joe Melanson 1 ag 17:42
 Mike Glasscock 2 ag 19:25
 Bernard Castro 10 ag 20:55
 Paul Cooley 8 ag 21:56
 Billie Kay Melanson 1 ag 22:20
 Tom Hebert 15 ag 22:49
 Juan Galvan 18 ag 23:05
 Fred Ward 2 ag 23:10
 Bobbie Glasscock 5 ag 23:47
 Larry Lindeen 2 ag 24:33
 Jack Lippincott 14 ag 25:11
 Ron Morgan 15 ag 25:22
 Mike Mangan 15 ag 25:22
 Noah Matthews 7 ag 29:53
 Joe Sellers 29 ag 32:57
 Hope Sellers 13 ag 36:51
 JoAnn Luco 4 ag 41:26

Blue Bell (Brenham)

Al Salinas 24 ag 56:52

Hog's Hunt 50K

Larry Teeter 26 oa 5:38:15
 Fred Ward 30 oa 5:43:53

Hog's Hunt 25K

Al Salinas 68 oa 2:49:34



Our Prez, JoAnn Luco, felt pretty good after the Bellaire Trolley 5K. JoAnn has not been able to do much because of severe back problems. Seems like she found a chiropractor who could help. As she said, it wasn't fast, but it was running.

ROTS — Spring 2011

Included here are the XC, 10km, 8km, and 5km, with the LP track run still to come (at this writing). Best 2 of 4 events.

WOMEN 50+

3. Billie Kay Melanson 161.75%
 10. Bobbie Glasscock 150.63%

MEN 50+

1. Joe Melanson 161.75%
 28. Tom Herbert 135.75%

MEN 60+

1. Mike Glasscock 167.66%
 8. Paul Cooley 148.14%

MAY BIRTHDAYS



Ivy Martino
 05.07 new aG
Al Salinas
 05.07
Pat Powell
 05.09
Noah J Matthews
 05.20
George Bashen
 05.23
Edward Fry
 05.26
Jock Geller
 05.30

Upcoming

05.05 6:00 PM	Tour de Bayou	4 to 6 km	HoChiMinh/Memorial Park Rugby Field
05.07 7:30 am	Sprint For Life (c)	5 km	Medical Center
05.07 7:30 am	Lone Star Stampede (c)	5 & 10 km	Uptown Park
05.07 7:00 am	Pear Run (c)	5 & a0 km	Pearland
05.07 8:00 am	Cinco de Mayo (c)	5 km	Canal/Navigation
05.13 7:00 PM	Alex's Memorial	5 km & BBQ	Bear Creek Park
05.20 6:30 PM	Toys and Tieras	5 km & Kids 1 km	Wolf Creek Plaza in College Station
05.30 7:45 am	Astros Race for the Pennant	5 km	Minute Maid

