



# NEWSLETTER

❖The Olympic Trials marathon course was validated on October 15 by five expert measurers/certifiers from the U.S. and Canada. They all stayed at The Hilton at the GRB along with their bicycles — with permission to keep the bikes in their rooms. There was one proviso — that there be no riding of bicycles in the halls! HMSA members were part of the 3 a.m. trek along Houston’s downtown streets plus Allen Parkway and Memorial Drive. **Stan Coburn** and **Bob Alexander** were along; Stan is the marathon course director and Bob heads up the lead vehicle contingent for the marathon. **Paul Cooley** was helping Stan with cone placement at the turn-around and **Bernard** and **Michelle Castro** were there with Bernard snapping pictures. **Tom McBrayer** was the measurer and certifier and happy to have this validation completed along with **Mary Anne** who worked with him for many months to see that the course was pretty much a duplicate of the London Olympic course. Seven police vehicles gave protection to the riders as they went the wrong way on downtown Houston’s one-way streets.



*Tom McBrayer, Mary Anne McBrayer, Bob Barnhill compare notes after the ride. Bob was not part of the measuring team, but he knows the tangents on Houston streets and he led the official measuring team.*

❖And speaking of marathon feats, here’s one literally for the books. A 100-year old man became the oldest person to complete a marathon. Fauja Singe, a Sikh from England, earned a spot in the Guinness Book of Records by completing the Scotiabank Toronto Waterfront Marathon in 8 hours, 25 minutes and 16 seconds, with five much younger runners trailing him. He ran his first marathon at age 89 and at 90 he set an age record of 5 hours, 40 minutes and 1 second. Mr. Singe runs 10 to 15 kilometers a day, and says running “gives him purpose and a sense of peace.”

❖OK, you’ve been to London, Rome, Paris, Singapore, Prague, all those exotic cities to run their marathons. But there’s one you haven’t made — Havana, only 90 miles away. The 2010 marathon was the 25<sup>th</sup> running of this event and 2500 runners from 73 countries participated. The course is AIMS/IASF certified, both the marathon and the half. Scheduled for Sunday, November 20, this year’s event will be the first where U.S. runners can legally participate, thanks to arrangements by tour company Insight Cuba, <http://www.insightcuba.com/marathon>.

❖He’s been a mainstay with Terlingua Track Club for 40 years and president for almost 17. Now **Alex Galbraith** is retiring from that office. TTC has always been a pretty loose group and were happy to find someone to assume the position of dear leader. But now, the Rabbits are getting formal and will schedule an election for new prez. They might even count votes.

❖The Texas Independence Relay (TIR) is scheduled for March 31/April 1, 2012. Still the same distance and same finish, San Jacinto Battleground, but with a different start. After years of kicking off in Gonzales, they are switching to Bastrop. The idea is to help in the relief of the beleaguered town. At least, that’s what their website says.

❖The Houston Half, first of the Warm-Up Series reversed their single-loop course this year so as to provide a better finish. With the runners spread out along Memorial Drive  
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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>

and Allen Parkway, the race director provided a total of 14 EMT's on bicycles covering the course from downtown to the West Loop. And, as always, **Dr. Bob's** AED/CPR riders were there as well. Is there any race out there with better medical coverage?

❖And, in addition to their medical coverage, the Striders voted the Texas Metric Marathon the club's "Run of the Quarter." Every three months the Striders select one run that the entire club will run. And, as the biggest club in town, you can look for a bump in entries.

❖The Bayou City Classic was without a sponsor this year after losing HEB to the ConocoPhillips Rodeo Run. Now thanks to **Peter Birckhead**, the 2012 BCC will be sponsored by Apache, an oil and gas exploration and production company based here in Houston. Thank you, Peter! Apache is the title sponsor, but as long as Peter was knocking on doors, he brought along several others. A 5K will also be added for 2012.

❖Here's a reminder from Memorial Park Conservancy: "Please be careful if you run/ride on the wide, sandy road in the 'triangle' at Memorial Park. That road is actively used by horse riders most days of the week. If you encounter a horse, come to a stop and speak to the horse rider. A runner or bicycle can REALLY scare a horse. It is no fun to be pitched off a horse. Please be aware and remember the trails are multi-use."

❖Our illustrious president, **JoAnn Luco**, wears many hats in addition to her running cap. JoAnn is an artist. One avenue of her art has led her into hat making — design and construction. She loves her classes at HCC. Another artistic branch is one of her favorites. She makes dolls and some of her creations can be called creatively outlandish. JoAnn is also very active at the Houston Center for Creative Craft. She was wearing one of her hats when she and **Catherine McMahon** attended a martini party at that Center. A couple of years ago, she did a miniature oil painting for a doll house room designed by another of our members, **Mary Anne McBrayer**. It is a cherished painting.



### *Houston Half Marathon Review* By Ed Fry

I am writing this review as someone who participated in the 2011 edition of this race. To avoid a personal bias, I will only use comments that have been voiced by other runners. This year had over 3000 runners and relay runners, so this race is very popular. First, I have done the Striders Fall 20K or ½ Marathon a dozen times in the last 27 years, so this is one of my favorites.

#### **Pros:**

- ❖Single loop course is a big improvement over triple-loop version, but this may have increased race costs significantly.
- ❖Setting up tents the day before made for less things to worry about on race day.
- ❖Race results and race photos were posted very quickly.
- ❖There was plenty of water, Gatorade, and police out on the course for safety.

#### **Cons (with race management responses, when available, in bold and italics):**

- ❖Weather was poor for third year in a row, too warm and humid, but not much you can do about it, but adjust your pace. And yes the mosquitoes were in full force.
- ❖The race started 10 minutes late and there was no explanation for it.
- ❖Several long time HARRA runners boycotted the race because of race entry fees that are too high – ***extra costs of a single loop course stated as reason for rising costs.***
- ❖Relay race messed up the turnaround for the first leg, so everyone ran almost 2 miles further than they should have – ***volunteers supposedly never got to the correct spot on the course.***

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- ❖Runners complained about not being able to run all the tangents increasing the length of the race – **course was coned into a single lane for safety on Memorial, though measured with no restrictions.**
- ❖Mile markers didn't have anyone calling out times – **not enough volunteers to accomplish this task.**
- ❖No age group awards ceremony after the race – **previous year age group winners have seemed uninterested in their awards, so the race isn't sure how to deal with them. This year they are mailing them.**
- ❖Race singlets were much smaller than previous year – **race has offered to exchange shirts.**
- ❖There was no race packet mailing or same day packet pick-up, so out of town runners had challenges getting their packets. **Race states that they did help out some out of town runners who specifically asked, but there was no published note about that.**
- ❖The most discussed issue with this race seems to be post-race food. They provided water, and 3 small bags of chips, candy and peanuts. But there was no fruit, bagels, or other food items that are typically available. They did provide St. Arnold's beer. **Race management claims they have had to throw away so much food after previous races that they decided to not provide the typical post-race fare. They also claim that local shelters do not accept leftover food when offered.**

There were a few more cons that I heard, but space is short. Though I found some of the race management responses to race issues as more excuse than opportunities to improve, I was impressed that they attempted to answer the concerns and there were a lot of them posted on their Facebook page. This is a link to the Facebook page; however, if you are not registered as a Facebook user, you may not be able to access it. <http://www.facebook.com/pages/Houston-Half-Marathon-Relay/113135095589>

As for me, I will probably not run this race again until I see them dealing with some of my personal concerns. But there is no question that many other runners will continue to enter this race, and we know from the past that the Striders can put on a good event. Also it makes me even prouder of the fall race that our very own HMSA puts on, which is top notch year after year.

**From Lisa Foronda,  
2012 Olympic Trials Host Committee**

The 2012 Houston Olympic Marathon Trials Host Committee is inviting local running clubs and members to come out to Allen Parkway and Memorial Drive to watch the Trials marathon the morning of January 14, 2012 — the day before the Chevron Houston Marathon. This will be a fantastic opportunity to see some of America's most elite athletes up close and personal as they race for a chance to represent the USA in the 2012 Olympics. CHM participants who are looking for some inspiration can watch the race, then head to pick up their packets at the expo!

The men's race will start at 8, and the women's at 8:15. It will start at the GRB, running a 2.2 mile loop through downtown before heading out for three more loops of Memorial and Allen Parkway before finishing at the GRB. You can view the course map [here](#).

The race will be televised nationally on NBC that afternoon, and we hope to have hundreds of people lining the course to show off our great city and our enthusiastic running supporters.

If you have any other questions about the Trials viewing, send me an email at [lisa.foronda@gmail.com](mailto:lisa.foronda@gmail.com). Thanks in advance!

**HARRA Notes  
By Tom McBrayer**

❖HARRA's VP of Communication duties were assumed by **Jon Walk** following the untimely death of **Mark Fraser**. Jon has agreed to serve until next year's elections. Anyone want to try their hand at editing?

❖The AED/CPR team will likewise need a replacement director. **Dr. Bob Hoekman** has renewed his medical license for two

more years. For this position, you have to be an M.D. "Calling Dr. \_\_\_\_\_!"

❖PIM'S graduation run this fall season will again be the Run With the Saints in West Houston on November 5. The PIMsters numbered 216 beginners, some right off the couch. The program also offers advanced coaching for those looking for a 10K and beyond.

❖That "tree stump" at Mile 0 in Memorial Park is really a collection box set up by the Memorial Park Conservancy. You can drop your spare change in the slot before you start your run.





**Results**

**Hero's Run ©**

Sarah Bradley	1 <sup>st</sup> WOA	19:40
Pat Bradley	3 ag	20:41

**Brazosport Fun Run 5K**

Paul Cooley	1 ag	21:27
Clark Courtright	2 ag	24:58
Larry Lindeen	2 ag	25:07

**10 For Texas ©**

German Collazos	17 ag	1:18:09
Clark Courtright	18 ag	1:18:09
Kevin Evans	9 ag	1:08:58
Fred Ward	1 ag	1:19:48

**USA Space Alliance City 10 Miles ©**

Joe Melanson	2 ag	1:04:05
David Nemoto	4 ag	1:04:07
Ed Fry	3 ag	1:06:37
Kevin Evans	9 ag	1:08:58
Mike Glasscock	2 ag	1:09:10
Colin Als	12 ag	1:09:36

Paul Cooley	5 ag	1:16:45
Billie Kay Melanson	2 ag	1:19:57
Kim Tran	1 ag	1:20:48
Fred Ward	1 ag	1:24:59
Juan Galvan	24 ag	1:25:46
Larry Lindeen	2 ag	1:25:52
Tom Hebert	21 ag	1:26:29
Ron Morgan	11 ag	1:28:01
Michael Luna	29 ag	1:28:38
Mariela Botella	11 ag	1:29:13
Clark Courtright	31 ag	1:30:38
Freddy Queen	13 ag	1:32:08
Don Brenner	4 ag	1:37:57
Jack Lippincott	2 ag	1:38:12
Deborah Touchy	11 ag	1:38:43
Chris Rampacek	40 ag	2:23:48

**Monster Dash 5K ©**

Larry Lindeen	1 ag	56:06
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**Huntsville 5**

Carlo Deason	1 OA Master	18:05
Mary Deason	2 ag	41:39

**Toughest 10K – Galveston ©**

Ken Merenda	2 ag	49:03
Michael Luna	6 ag	51:03

**Houston Half ©**

Ed Fry	3 ag	1:28:51
Mike Glasscock	2 ag	1:31:30
Bernard Castro	26 ag	1:39:20
Paul Cooley	4 ag	1:41:54
Billie-Kay Melanson	4 ag	1:48:06
Michelle Castro	24 ag	1:52:33
Bobbie Glasscock	7 ag	1:52:37
Clark Courtright		1:57:02
Mariela Botella	18ag	1:57:16
Fred Queen	13 ag	1:58:10
Tom Hebert		1:59:29
Jen Durenberger	54 ag	2:01:59
Melissa Rose	60 ag	2:02:20
Larry Teeter	101 ag	2:06:13
Deborah Touchy	27 ag	2:09:15
Al Salinas	62 ag	2:12:27
Jack Lippincott	14 ag	2:14:40

**Take Your Pick**  
*By Tom McBryer*

Suppose you were marooned on a desert isle and could only have a single exercise. What would it be? It has to cover all your needs, like body strength, flexibility, cardiovascular, endurance and this is important — it has to be something you'll come back to day after day.

The experts' choices:

- 1.The "burpee" (or squat-thrust of old school calisthenics). This is the choice of Martin Gibala, Chairman of Kinesiology at McMaster University in Hamilton, Ontario. How long could you stick with this one?
- 2."Brisk walking, interval style — 3 minutes fast followed by 3 minutes slow. Repeat 10 times." Dr. Michael Joyner of the May Clinic says it's his recommendation. Anyone who runs will have a hard time walking.
- 3.If walking is not your thing, try the squat. Repeat 25 times; it's potent. For additional potency add a barbell across your shoulders. Ten pounds? Twenty? Whew! This from Stuart Phillips, Ph.D., McMaster University.

High intensity training (H.I.T). This is interval exercise, hard effort followed by recovery; repeat 10 times. This is what Dr. Gibala (see above) really likes. As he studied in his lab, subjects on special stationary bikes performed a 30-second sprint at max effort followed by a 4-minute rest. This was repeated 4 to 6 times for a 20-minute session for two weeks. Another version of this is 60 seconds of hard effort followed by 60 seconds of easy pedaling. The beauty of H.I.T. is that it can be adapted to almost any exercise, e.g., stair climbing. It's a power workout and interval session combined." And the conclusion — taking the stairs at a run just might be it.

**Upcoming**

11.05	8:00 am	Run in the Park	5 Miles	Hermann Park
11.05	7:30 am	Dream Mile	5 & 10 km	Sugar Land Lost Creek Park
11.05	8:00 am	Run With the Saints ©	5 km	West Houston
11.12	8:00 am	R.A.D. Race Texas	5 km	Friendswood
11.13	7:00 am	Texas Metric Marathon ©	26.2 km	Downtown
11.13	7:00 am	Fleet Feet Metric Marathon Relay		Downtown
11.19/20	7:00 am	Indoor Marathons of America	21.2 km	Reliant Stadium
			42.2 km, Relay both days	Reliant Stadium
11.19	9:00 am	Nottingham Forest Turkey Trot	5 km	West Houston
11.24	8:00 am	TXU Energy Turkey Trot ©	5 & 10 km	Dillard's Galleria
11.24	8:00 am	Sugar Land Turkey Trot ©	5 Miles/2.8 Mile/Kids	Sugar Land
11.25	7:45 am	GE Run Thru the Woods ©	5 Mile Run/3M walk/Kids	The Woodlands,

