

NEWSLETTER

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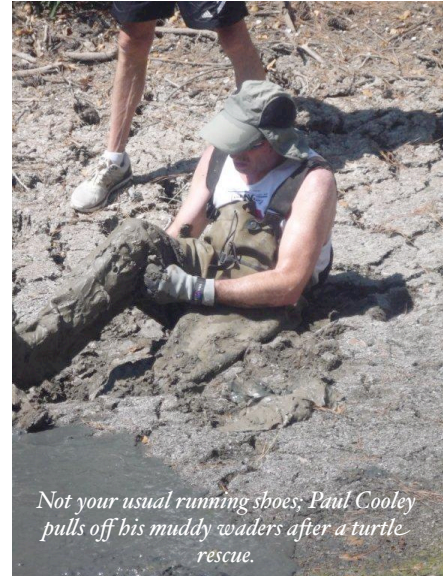
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Out & Back

By Tom McBrayer

◆In August, **Paul Cooley**, **Clark Courtright** and **Tom Hebert** were part of a turtle rescue operation. Paul is a member of the Gulf Coast Turtle and Tortoise Society. Because of the severe drought, turtles are leaving their natural habitat in search of water. In this case that was a small retention pond at Hooks Airport. In doing so, they wander onto the roadway and were even reported to be on airport runways. Also, some of the turtles were buried in slime and needed to be rescued and relocated. That's when Paul and company "donned waders and trudged through 2-foot deep mud." Six of the original 30 turtles were rescued that day. Paul was quoted in a Chronicle article: "Any turtles left here will soon become entombed in the mud and die. All life will soon be extinguished." And Paul's fame is spreading. Several weeks later in early September, he was contacted by someone who had seen the article and asked to help with another rescue. Now you know Paul is a turtle enthusiast who also has several dachshunds, a parrot and who knows what else.



Not your usual running shoes; Paul Cooley pulls off his muddy waders after a turtle rescue.

◆You already know about HMSA's Texas Metric Marathon on November 13 and the San Antonio Rock 'n Roll Marathon — also on November 13. Now, we've got the Fort Worth Marathon on the same day. Check out the entry fees: Fort Worth \$90 for the full and \$70 for the half. R 'n R is \$120 full and \$105 half. If the run fees are too much to handle, San Antonio has a \$60 bike tour that takes off first thing race day. A marathon is easier on a bike!

◆The "longest running" relay in the U.S. at 223 miles, Capital 2 Coast, is back for it's second annual event. Starting in Austin on Friday, heading south to Corpus Christi, they'll finish on Saturday. The cap is 100 teams, but they're expecting 75. Teams are 8-12 persons with a time limit of 38 hours. Last year's winning time was 17 hours 22 minutes — a 7:21 pace!

◆Mike Mangan recently hit the golf course — literally. Running in the dark at Sienna Plantation Golf Course, Mike tripped over a huge piece of concrete on the cart path, which was under repair. Mike landed face first and wound up with a broken nose, several stitches and cuts and bruises. Luckily, he was running with someone and help was available. Mike claimed to "look a fright" but made it out to the marathon's Run For A Reason kickoff and really didn't look too bad. Runners heal well!

◆Here's to the knee, the titanium one that is. Gloria McLeod, HMSA member since 1975, recently succumbed to the knife and has a new knee. Still in therapy. Next in line is Wayne Hasle, who will head for the hospital around the middle of October for his hip replacement. And, though he doesn't know when it will happen, Stan Coburn is also a candidate for a new hip. But Stan's too involved with the upcoming Olympic Marathon Trials and the Chevron Houston Marathon to even think about it. Good luck to all!

◆Apparently there's nothing wrong with Kim Budzik's knees. After completing Badwater in July, Kim went on to complete the Lean Horse 100 on August 27. At that time the Black Hills of South Dakota was experiencing 105° temps. Kim finished in 27 hours, 8 minutes and 54 seconds. Kudos to Kim.

◆The Woodlands made the second round of RRCA's "Runner Friendly Community" designation. A community is deemed runner friendly if it has the infrastructure and support for running that "fosters physical activity in a safe environment." Also needed to make the list — a positive relationship between the running community and local government.

◆For their tenth 10th anniversary, the Astros Race For the Pennant officials are adding a, you guessed it, a 10K. What they hope to do is run the 5K-course twice. If it works out as planned, you'll be making four trips over the Elysian Viaduct.

Meet Our Members

By Luis Salinas

Name: Kim Tran

Age: 45

Occupation: Escrow Officer

Family: 2 kids Ages 15 and 13

Coach: Colin Als

Years Running: 5 got serious past 2 years

Current Weekly mileage: 65

Currently Training For: San Antonio (Nov 2011), Houston (Jan 2012) and Boston (April 2012) – full Schedule – not enough time to sleep!

Started Running Because: Fitness - then got caught with the competition bug and never able to shake it off

Worst experience running: Got to find the restroom now while running a race.

Best experience running: Breeze through last 6 miles in a Marathon with NO WALL in sight ☺

Favorites

Races: Rock N Roll Marathon

Place: Vegas in Dec. 2009 – So many Elvis

Running Beverage: Water and Gatorade

Running Food: Gu

Running Trick:

Favorite Restaurant: Sweet Tomatoes

Movie: Action

Coffee: Vietnamese ice coffee (substitute the condense milk with Hazel Nut Cream)

Computer:

Wine: Merlot occasionally

Ice Cream: Strawberry Cheese Cake Flavor

Destination: Athens Greece

Definition of a Perfect Day: Not hearing from my Boss

What movie can you quote dialog from?

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

Last book you read? Eat, Pray, Love by Elizabeth Gilbert

Do you play a musical instrument? Nope

What invention does the world need? Green Energy

Something unique about you that other Houston Masters should know about you is.. Powerful Calves.

HARRA NOTES (continued from Page 2)

◆was St. Arnold, Blue Bunny on a stick and watermelon. And the favorite? For the second year in a row, it was the big green melons — 18 of them. Also a sell-out were the Blue Bunny popsicles and fudge bars. Plus two kegs of St. Arnold Amber and Lawnmower (no Weedwacker though).

◆HARRA's new biermeister, **Eddie Rodriguez** was handling tap chores at the new Pony Boy dispenser. Eddie designed and machined the handles on the two taps, made from solid aluminum bar stock and featuring the HARRA logo. Everybody's favorite bartender.

◆Several HARRA clubs were on hand including HMSA. Manning the tent were **Mike Mangan** (taking entries for the Texas Metric Marathon), **Paul Cooley**, **Tom Hebert**, **Tom McBrayer** and **Clark Courtright**.

◆One of the people stopping by the HMSA tent was a visitor from India, in Houston for medical reasons. His doctor here is a marathoner and at her suggestion, he was walking in Memorial Park along with his wife. There was a bit of a language barrier but we got the idea that he did not want to do the usual tourist things, like buildings and monuments. (Continued on Page 4)



Checkin' It Out By Tom McBrayer

On October 13 and 14, five expert measurers will be in Houston for the purpose of validating the Marathon Trials course. For spectators and TV purposes, the course will be an 8-mile loop run three times, plus a small loop of 2.2 miles for the marathon total of 26.2 miles. The small loop will be run first. The 2012 Olympic Marathon in London will be doing the same.

But back to the validation rides. Since Houston will host both the men's and women's trials, which has never been done before, we'll have two women riding plus three men. Back in '92 when Houston hosted the women's trials, there were six women from all over the country riding. This time they'll start at 3 a.m. and follow local measurer **Bob Barnhill** who knows the course. **Tom McBrayer** measured and certified the course over a period of many months, making changes as new stipulations were put in place by the city, USATF, the USOC, the marathon and anyone else who had a thought about how the course should be run.

For both loops, the group will have an escort provided by HPD's Special Operations with 3-5 units for protection along Allen Parkway and Memorial. They should finish up before 5 a.m. and then it's off to breakfast to compare notes. That's when we find out if the course is long enough.

Results

Run Over Cancer 5K

Mike Mangan 2 ag 30:52

Run Over Cancer 10K

Ed Fry 1 ag 44:06

Be the One Run ©

Tuan Nguyen 3 M 21:40

Lake Houston 5K

Paul Cooley 1 ag 22:34

Clark Courtright 6 ag 26:02

Lake Houston 10K

John Wiehe 6 ag 44:15

David Collazos 5 ag 49:55

Bellaire Fall Fever ©

Don Brenner 1 ag 25:54

Toughest 10K ©

Ken Merenda 1 ag 25:54

Pasadena Rodeo Run ©

Paul Cooley 1 ag 21:42

Tom Hebert 2ag 22:46

Larry Lindeen 1 ag 25:26



Run For Recovery 5K

Ken Merenda 5 ag 23:13

Lean Horse 100

Kim Budzik 27:08:54

HARRA Cross Country Relay

HMSA Kingwood Hares

John Wiehe
Pat Bradley
Caroline Chamness
Vicki Clark 2 Mixed Open 55:11

HMSA Jackalopes

Bob Alexander
Kevin Evans
Norma Evans
Billie Kay Melanson 2 Mixed Master 59:05

HMSA Brer Rabbits

Paul Cooley
German Collazos
David Holloway
Tim Budzik 8 Veteran Male 1:03:30

HMSA Gray Rabbits

Joe Powers
Clark Courtright
Fred Ward
Tom Hebert 11 Veteran Male 1:07:15

HMSA Conejos

Juan Galvan
Alicia Goldman
Richard Goldman
Michelle Castro 6 Mixed Open 1:07:56

HMSA Cottontails

Moni Butler
Meg Oswald
Kim Budzik
Bobby Lister 8 Mixed Open 1:20:36

(HARRA Notes continued from Page 3)

◆Rather, he wanted to do "American things." In one hand was a beer while the other held a half-eaten bagel! Welcome to Houston, running style.

◆The Thanksgiving *Just For Kids* fun run has been cancelled for this year. The HARRA board wants to rethink all the facets of this ever popular event.

◆Big news acomin' concerning the Bayou City Classic. Stay tuned.



October Birthdays

| | |
|---------------------|-------|
| Joe DeBruyn | 10.01 |
| Sara Collazos | 10.04 |
| Brooks Boyd | 10.05 |
| Bill Hadley | 10.06 |
| Ann Hibbert | 10.11 |
| Susan Walters | 10.11 |
| Joe Melanson | 10.11 |
| Burcin Ozcan | 10.11 |
| Billie-Kay Melanson | 10.15 |
| Carlo Deason | 10.18 |
| Jim Knievel | 10.20 |
| Lorelei de la Reza | 10.31 |

Upcoming

| | | | | | |
|---------|----|---------|--------------------------|---------------|--------------------|
| October | 1 | 7:30 am | Buffalo Stampede Half © | 22.2 km | Bryan, TX |
| | 8 | 7:30 am | 10 For Texas © | 10 Miles | The Woodlands |
| | 8 | 8:00 am | Texas Moms For CCA | 5 km run/walk | Baytown |
| | 9 | 7:00 am | USA 10 Miler © | 10 Miles | Clear Lake |
| | 15 | 8:30 am | Run to Cure HD © | 5 km | Sugar Land |
| | 15 | 8:00 am | Miles for the Mainland © | 5 km/10 km | Texas City |
| | 16 | 8:00 am | Running of the Bulls © | 5 km | Reliant Park |
| | 11 | 7:00 am | Toughest 10K | 10 km | Galveston Causeway |
| | 23 | 7:00 am | Houston Half & Relay © | 21.2 km | Sam Houston Park |
| | 29 | 8:00 am | Great Pumpkin run © | 5 km | City Hall |