



# NEWSLETTER

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### **HMSA'S Annual Picnic and Foot Contest** By B. J. Almond

Anyone looking for the Houston Masters Sports Association event at Memorial Park the morning of July 10 just had to follow their nose. The irresistible aroma of blueberry pancakes on the grill welcomed members and their guests to HMSA's annual pancake breakfast.



**Ed Fras "scrambles" to keep those plates full.**

Chefs Edward Fras, Jim Knievel and Ivy Martino kept plates full with pancakes and sausage-and-egg burritos hot off the grill. The yummy breakfast entrees were complemented by an assortment of fruits, breads and other appetizing goodies that members brought to share, and Other Brother Peter Manry provided music to munch by.

Prior to the breakfast picnic in the park, 15 runners predicted how long it would take them to cover a 1.85-mile course that followed the south side of the park and crossed the Living Bridge. Mirela Muraru (15:49) and Roberto Brunel (17:19) tied for first place in the race by finishing 41 seconds ahead of their predicted time. Sam Peters (23:41) and Rick Peters (23:43) won second and third place, respectively, by finishing 49 and 57 seconds faster than they had predicted. Each winner received a pair of HMSA's custom-made running socks. The course was designed by Paul Cooley and marked with directional arrows by Sam Musachia, Michael Luna and B.J. Almond. Tom and Mary Anne McBrayer helped with timing and photos at the finish line.

After breakfast, HMSA President JoAnn Luco emceed the annual Ugly Foot Contest. Dr. Rick Peters, who has encountered a number of unsightly toes, nails and feet by treating runners at Greenway Chiropractic, picked Muraru and Fras as winners of the women's and men's division, respectively, in the Ugly Foot Contest. They each received a pair of HMSA socks. Shirley Ameller was honored for having the prettiest feet. She received an HMSA cap – her feet are too beautiful to cover up with socks!

### **Out & Back** By Tom McBrayer

◆It's an annual affair, the Tour de Art, a casual jaunt through downtown Houston showcasing the approximate 15 outdoor sculptures we've passed many times but knew nothing about. Now, the famed artistic director and HARRA VP, **Roger Boak**, will lead and explain — and there's no charge. The Tour will be sponsored again by the Houston Striders. Gather at 7:45 Sunday September 10 at Houston's Central Library, 500 McKinney.

◆The LP Run is another event looking for a new home. St. Thomas High School track will not be available in 2012 due to a heavy spring schedule. The Terlingua Track Club (race management) is talking to Rice where there is a beautiful new blue track — BSS 300 synthetic track by Beynon Sports

Systems. And, do you know of any inside-the-loop high school tracks?

◆Interesting note: Rice was the second blue track installed at a college facility in the U.S. The first was at Duke University. Hey, they are the Blue Devils. Shortly after that installation, the track team noticed dead birds on the track. What was killing the birds? As it turns out, the birds thought the blue track was a lake and were diving into the "water." No birdkill report from the Rice track team yet. Could it be the Houston birds are smarter than the Durham birds?

◆If there's any doubt about who's got the hardest working chefs in town, now we know. It's HMSA and here's proof. **Jim Knievel** and **Ed Fras** operate their butane powered grills non-stop for several hours on picnic Sunday. One of the grills finally gave it up and will need replacing. Clark Kent, er, Courtright that is, on his third trip through the chow line noticed the broken grill and, donning his blue cape and tights is saving the

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## 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>



## Badwater—Ultimate Ultra By Kim Budzik

The Badwater Ultramarathon is globally recognized as “the toughest footrace on the planet” and is the most demanding and extreme running race offered anywhere on the planet. The start line is at Badwater, Death Valley, CA which marks the lowest elevation in the Western Hemisphere at 280’ below sea level and the temperatures are already above 100 degrees at 6:00 a.m. The race covers 135 miles

non-stop to the Mt. Whitney Portals at nearly 8,300’. The Badwater course covers three mountain ranges for a total of 13,000’ of cumulative vertical ascent and 4,700’ of cumulative descent. The Portals are the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States.

Running Badwater on July 11, 2011 was amazing as it was truly a dream come true. All my hard work of running back-to-back races of marathons and ultras and eventually 100-mile races had paid off. As I was driving to Austin on February 19 to visit my daughter, Kassie, in college at UT, I received word that I was an official Badwater entrant! What a thrill it was, and I think Kassie even heard my screams of excitement! I was honored and humbled to be part of a select group of athletes and thrilled to begin my training by running the Austin Marathon!

Being that I wanted a woman’s perspective on Badwater, I sought out the coaching expertise and wisdom of Lisa Smith-Batchen who was a 9-time Badwater finisher herself. For the next 5 months, I faithfully followed her instructions and knew that when the race began, I had done everything to have the best race possible.

My crew consisted of my husband, Tim; my daughter, Kassie; my nutritionist, Roxanne Edrington; Steve Shepard; Robert Kania and Martin Pascual. Fortunately, both Steve and Rob had crewed previously, so I relied on them immensely to provide their experience to the race. In addition, fellow Houstonian and friend, Tim Neckar, was also selected to run the 2011 Badwater race, so he often helped give me words of encouragement and advice along the way.

The simplicity of running from the hottest and lowest point in North America to the highest point in the United States is a logistical challenge. It was necessary to plan for everything that I would need as well as for what I might need in the event that my race plan went awry. We were required to have two crew vehicles. One van was the main support vehicle and contained all my nutrition, lots of ice, clothes, numerous pairs of shoes, medical supplies, night gear, and miscellaneous items. The second van was used to transport crew to/from the runner as well as purchase additional supplies. This vehicle had to remain outside a 5-mile radius of the main support vehicle unless there was a crew change or supplying goods.

On Sunday, July 10, we headed to Furnace Creek for all the pre-race festivities. It was quite a hub of excitement to mingle with all the athletes I had admired for so many years.

The racers were divided into 3 starts – 6:00 a.m., 8:00 a.m., and 10:00 a.m., and I was fortunate to be in the 6:00 a.m. wave as the starting temperature was only 105! The start was an emotional experience as Chris Kostman gathered everyone for group photos followed by the National Anthem.

A constant nutritional intake is required to be successful at Badwater. In addition to dehydration issues, the body can overheat and will no longer accept nutrition and fluids. In addition, the body can get low on salts and electrolytes which will result in fatigue, muscle cramping and other issues that may require serious medical attention.

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***Meet Our Members***

***By Luis Salinas***

**Name:** Karina Yonekawa-Blest

**Age:** 32

**Occupation:** Sales Administrator and Mom

**Family:** Married with an 8 year old son and 5 year old daughter.

**Coach:** The honorable Monica Montes and Cindy Sosa

**Years Running:** consistently running for 1.

**Current Weekly mileage:** 6+

**Currently Training For:** Chevron Marathon

**Started Running Because:** My body was breaking down.

**Worst experience running:** none

**Best experience running:** Sprinting before the finish line at/in any race

***Favorites***

**Races:** HMSA 25k and Chevron

**Place:** Houston

**Running Beverage:** water

**Running Food:** Honey Stinger Pomegranate Passion

**Running Trick:** Talk to friends and listen to podcasts

**Favorite Restaurant:** MB Trattoria, Jason's deli

**Movie:** chick flicks, independent movies

**Coffee:** Any Brazilian Coffee

**Computer;** need to get off of it! • **Wine:** it changes! • **Ice Cream:** Breyer's Dark Chocolate Velvet • **Destination:** Japan's volcanoes.

**Definition of a Perfect Day:** early morning long run brunch with mani and pedi or spa appointment following that afternoon nap and a movie night with good wine and great company to finish well.

**What movie can you quote dialog from?** none

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

**Last book you read?** 3<sup>rd</sup> John; No Mercy.

**Do you play a musical instrument?** Not yet.

**What invention does the world need?** anti-greed increased compassion pill mandatory for those in leadership positions.

**Something unique about you that other Houston Masters should know about you is...** I am Brazilian Japanese.



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For the first 17 miles into Furnace Creek my crew took turns giving me fluids, food and cold sponges for my head to keep me cool, and life was good! After we arrived at Stovepipe Wells (mile 42), my crew cooled me off with cold towels; I was also putting ice in bandanas to go under my hat and around my neck.. I changed my clothes and shoes and immediately began the 17-mile ascent to Townes Pass. The sun was beating down and the 25mph headwinds seemed suffocating and relentless. I kept moving, and by the time the new crew arrived, the sun had set and the temperature had dropped to 95! I began running again and what a pleasure it was to do so. I arrived in Panamint Springs (mile 72) a little after midnight, changed my shirt, brushed my teeth and was back on the road again.

Around 3:00 a.m. as I began to summit the 2<sup>nd</sup> mountain range of Father Crowley, I began having nausea issues. For the next 9 hours, they became progressively worse though I was doing everything I knew to do. Eventually, I flagged down a medic who was able to offer me advice that worked, and within 30 minutes, I was running again – finally!

The next 9 miles into Keeler were great in spite of temperatures in the low 120's. During this time, one of the official photographers, Ron Jones, came out to see me and started taking pictures. I asked him, "why me"? He said that he had received an e-mail from a fan in the Lone Star State who told him that as much as she enjoyed seeing pictures of the top finishers, it would be nice to see some photos a runner from the Houston area. Unfortunately, Tim Neckar had had to withdraw, so that meant me. Ron spent about 30 minutes and having him take the time to come out really boosted my spirit and helped move me along the highway.

So the journey had now brought me to Lone Pine (mile 122), and it was only a 13-mile ascent to the finish. It took me about 4-1/2 hours to transverse this portion of the course. As we got closer to the finish, I had trouble discerning everything, but when my crew said to run to the finish, I did! Chris Kostman took a picture of me breaking through the Badwater banner 43 hours and 40

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Results

Polish Pickel

Ed Fry 1 ag 19:17

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

Dynamo 5K (c)

Rosa Herst 1 ag 36:15

Lunar Rendezvous (c)

Paul Cooley 2 ag 22:10
Tom Hebert 6 ag 23:48
Don Brenner 2 ag 25:17
Clark Courtright 9 ag 25:26
JoAnn Luco 1 ag 39:20

Mosquito Chase (c)

Ken Merenda 2 ag 24:56
Larry Lindeen 1 ag 26:46
Mike Mangan 2 ag 29:35
JoAnn Luco 2 ag 41:37

Hottest Half (c)

Stephen Peppel 5 ag 1:40:17

San Francisco Half Marathon (c)

Deborah Touchy 91 ag 2:21:37

Vancouver North America

Outgames

Carlo Deason
800 meters 1 ag 2:22.4
1500 meters 1 ag 4:55.5
10 km 2 ag 39:44

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day. He's got a brand new still-in-the-box grill left from an aborted camping trip that should fill the bill. Thank you super runner, our Marvel hero.

◆Talk about your running family. The judge for the Ugly/Pretty foot contest was Dr. Rick Peters. Rick is a chiropractor plus a triathlete so he knows feet. You could tell from his very deliberate selections. Dr. Rick also had his three children with him plus his sister, her husband and they all are runners and took part in the "Mystery Run."

◆Who's the biggest of them all? If you're talking the biggest road race in the U.S., it's the Peach Tree 10K in Atlanta with 50,918 timed finishers. That's a whole lotta chips. They are closely followed by the Lilac Bloomsday 12K with 50,721 finishers and the Boulder Boulder 10K with 50,477. Compare these numbers with the world's largest — the City2Surf 14K in Sydney with 67,999 finishers.

◆It's a big number, \$51.1M, big enough to get the attention of Harris County Houston Sports Authority. That biggie is the total economic impact of marathon weekend according to Texas Economic Impact. Headed up by Dr. Don Hoyte, TEI is the same group that evaluates super bowls, final fours and all-star games. Just what does an event mean to a city in dollars? City Hall — are you listening?

◆Did you know there are now 25 events in the U.S. that go by the name of Rock 'n Roll? The Competitor Group of San Diego is behind them all and now they're going international. First stop, the Edinburgh Half Marathon (April 25, 2012). They rock 'n roll in Scotland too.

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minutes after I had begun. At long last, I had earned the coveted Badwater belt buckle, and it was now in my hands!

Although it was me putting one foot in front of the other, it was my crew who made it possible for me to do so. I am eternally grateful and appreciative to Tim, Kassie, Steve, Roxanne, Rob and Martin for taking time out of their lives to help me be successful. It is because of them that I now proudly wear my belt buckle.

Would I do it again? You bet! Although I am an official Badwater finisher, the 2012 Badwater entry requirements are such that I must complete another significant ultra event. Thus, I will be running the Leanhorse 100-miler in South Dakota on August 27 which I am excited about. Funny how after running 135 miles through the desert and over 3 mountain ranges, a 100-miler will seem more enjoyable although it's never easy and, remember, it's all about the journey!

You can see the full story on our website and more pictures of Kim and her adventure.

Volunteers Needed!

Always! And this should be fun. HARRA is looking for volunteers to work the water stations at the Men's and Women's Olympic Marathon Trials on January 14, 2012 — the day before the Chevron Houston Marathon. There will be three stations and, if our understanding is correct, 40 tables at each station. It'll be tricky since both men and women are out there and the women will start 15 minutes after the men. Contact Joe Carey at jcarey@sbcglobal.net

Upcoming

Table with 5 columns: Date, Time, Event Name, Distance, Location. Includes events like BENeazy Purple Monkey, Be The One, Bearkat Bash, etc.



Marathon training starts in earnest. Stay hydrated; it's still hot.