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Newsletter

April 2009

“the best laid plans of mice and men” and editors



Bill Shaw

When 2009 began, I hoped to publish a newsletter monthly. “My best laid plans” went astray. As most of you know, on Jan. 26, I had cancer surgery. My life was further complicated when the day after I was released from the hospital, my 94-year-old mother had a stroke and had to be life flighted to Memorial Hermann Hospital in Houston. At this writing, I am going through 28 days of radiation therapy, Monday through Friday, with Saturday and Sunday off. So, with my cancer treatments and my mother’s condition and needful care, my plans went astray.

My life is slowing down a little as April begins and progresses, so I am crunching out

this epistle. Here’s the latest news.

BARRA Series Determined

The executive committee agreed to include the following events in the 2009 BARRA Runner of the Year Series.

BARRA Series

- January 31-Spectacle Spectacular 5K/10K Angleton
- April 4-Race for the Cure 5K West Columbia
- April 18-Gator Gallop Brazosport College
- April 25-Flapjack 5K Freeport
- July 25-Mosquito Chase Clute
- October 24-Monster Dash Lake Jackson

Members receive participation points for the Surfside Beach Marathon/Half Marathon, the Firecracker 4, and the Brazosport Relay Triathlon.

The San Jacinto 5K originally scheduled for April

11 has been postponed. Plans are in the works to rename the race and call it a Jingle bell Run and schedule it on Dec. 5. Holy Comforter in Angleton wants to schedule a 5K on Oct. 31 to coincide with the annual bazaar. More on this if the plans work out.

The BRHS 5K/10K has again been canceled with no plans to reschedule. Unfortunately, the contest may have died a quiet death.

I have heard nothing about a planned Family Fitness 5K in November.



Important Reminder!

You will not get points in the BARRA Series ROY competition. **Continued on page 2**

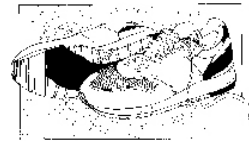


petition until your 2009 dues are paid. If you participated in the Spectacle Spectacular or the Race for the Cure and have not paid your dues, you have no points. Check with Sandra Clevenger if you are not sure you have paid your dues.

BARRA Members make marks in Marathon/Half Marathon

BARRA member **Abbie Artley** finished first overall in the February 14 Surfside Beach Half Marathon in 1:40:29, and 10

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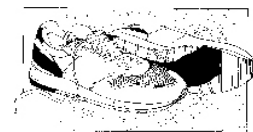
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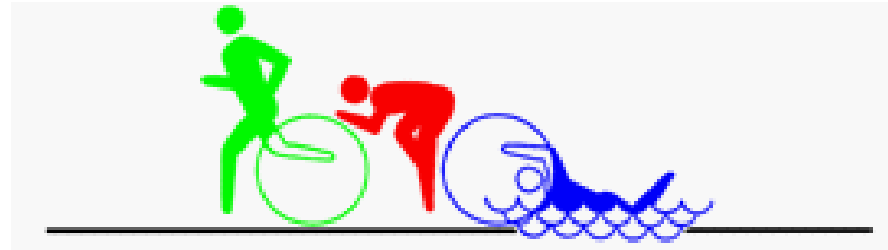
Mission Statement: The purpose of the Brazosport Area Road Runners Association shall be to encourage and promote competitive and recreational running, triathlons, and walking with a view to promoting health and fitness in the greater Brazosport Area. The Brazosport Area Road Runners Association will support, promote, and organize sports competition in these areas and distribute information pertaining to these activities. The Brazosport Area Road Runners Association shall also provide a regular newsletter and encourage social activities germane to the sport of running.

other BARRA members finished the 13.1-mile distance: **Steward Crouch** (1:33:44); **Greg Jones** (1:36:33); **Donnie Artley** (1:40:20); **Michael Tarabay** (1:41:42); **Jeff Ward** (1:57:04); **Spencer Hurley, Jr.** (1:58:20); **Robin Crouch** (2:24:48); and **Beth Johnson** (3:31:28). Beth's husband **David** finished the full marathon in 4:58:14. **Donnie** and **Abbie Artley** also earned second place in the half marathon couples competition.

If I missed you in the results, please let me know.

April RTN profiles BARRA couple

Check out the Front of the Pack article in the April issue of



Runner Triathlete News; **Donnie** and **Abbie Artley** are featured.

BARRA runners hit the bricks for the Houston Rodeo Run

“Ground man” Druce Crump supported and cheered on BARRA members at the starting line at the Feb. 28 Houston Rodeo Run 10K.

Kelly Colosimo finished the distance in 51:18, an 8:15 pace; **Susan Lorms** finished in

57:12, a 9:12 pace; **Terry Allen** finished in 57:13, a 9:13 pace; **Kelly McClendon** finished in 1:00:00, a 9:40 pace; **Amie Archibeque** finished in 1:02:37, a 10:05 pace; and **Sandra Clevenger** finished in 1:13:16, an 11:48 pace. For the men, **Lenord Burns** finished in 42:29, a 6:50 pace that earned him first in his 60-64 age group; **John Colosimo** finished in 55:49, an 8:59 pace.

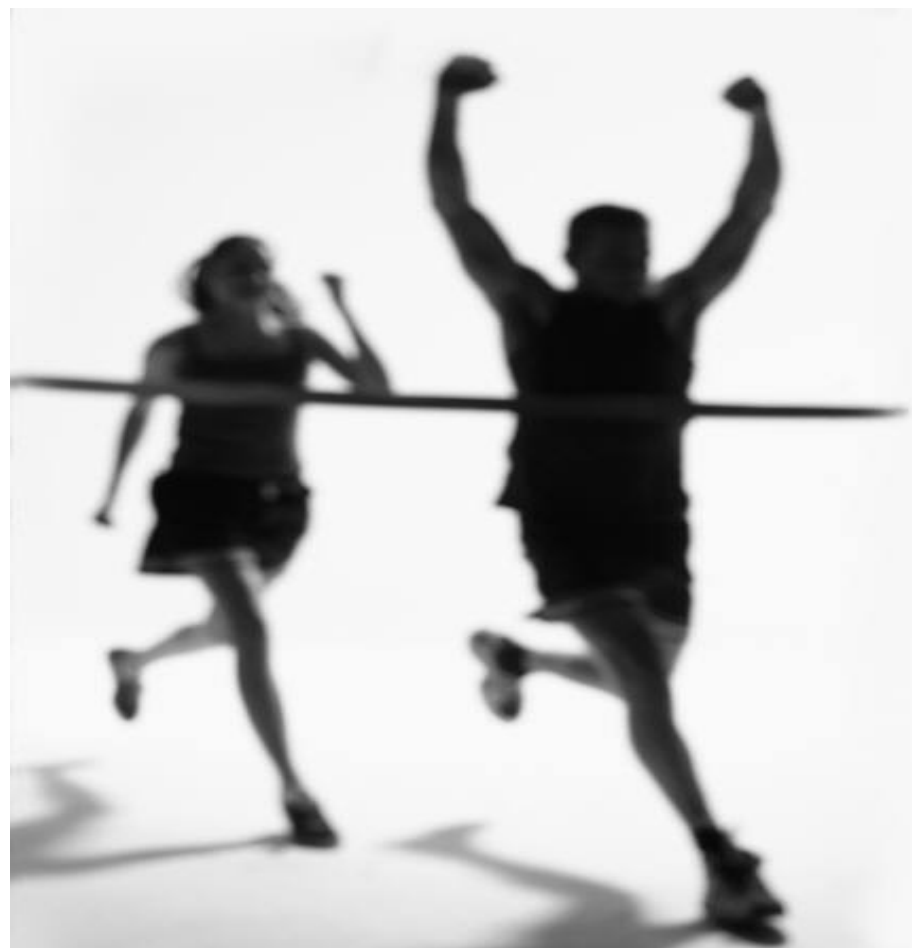
Burns and Lorms place in 8K

In the Houston Law Week 8K on March 28, **Susan Lorms** placed second in her age group in 48:48, a 9:59 pace. **Orville Kremmer** also placed second in his age group in 46:22, a 9:27 pace.

Other BARRA finishers were **Melissa Hurta** in 35:02, a 7:08 pace; **Kevin Regis** in 30:16, a 6:09 pace; and **Sandra Clevenger** in 57:16, an 11:42 pace.

BARRA members participate in Race for the Cure 5K

BARRA members made up a third of the finishers in the Run for the Cure 5K in West Columbia on Saturday, April 4, and **Xavier Jimenez** finished first overall in the contest in 17:20. **Greg Jones** finished third in



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Three is not always the “charm”

By Edwin Quarles

In 2008 I had wanted to run the Kingwood Marathon on New Year's Day so I could put in my running log that I ran 26.2 miles on the first day of the year. Actually, I'd wanted to do that for a few years, but never did it. I was signed up for the 2008 race but didn't make it there due to other obligations. Yeah, strange to have other obligations

for New Year's, but I did.

I also had signed up for Houston in January 2008 but decided to take the offer to write about the U.S. Half Marathon Championships for *Runner Triathlete News/Inside Texas Running*.

This past fall I decided to sign up for both. I also decided to sign up for Surfside. That meant three marathons in 45 days. Didn't seem too bad an idea. I figured Kingwood would be good training for Houston, and I wouldn't go out and try to kill myself in Kingwood. Just take it easy.

I tried. Goal was to run close to a four-hour marathon and try to keep each of my four loops just under an hour.

But I didn't come close. Came closer to passing out a few times due to dehydration. Had to stop and sit on a bench on the course for about five minutes just to keep from passing out. Walked a couple miles, and then my friend Norman Langwell (7 Hills Running Club in Huntsville) came out and met me for the last mile.

We talked, and he encouraged me to run the last quarter mile or so. I did. I'm glad

I did. Race time was 4:50, my slowest time ever, but it was worth it.

I ran Houston a couple weeks later and finished in 4:12. Ran the whole way, except for walking through water stops to make sure I stayed hydrated this time. Pretty non-eventful race for me. Very satisfying that I cut 38 minutes off my time from Kingwood.

I had a few weeks to recover from those two before Surfside.

I was interested in seeing what kind of damage had been done to Surfside as I was in running the race. I was also excited knowing that I'd get to see a lot of friends I hadn't seen in a while.

Seeing people again was well worth it. The race, well, it was tough. Brutal is more like it. The headwinds going out were unreal. They sapped any strength I had. It was easier past the turnaround, and thankfully I was headed back when the rains hit. At least they were at my back instead of in my face.

My time was 4:58, worse than Houston.

I know three marathons in 45 days is a big deal to some and others not so much. It was tough. But I'd probably do it again.



the overall male competition in 20:25, and **Stephanie Purnell** finished third overall in the female competition in 27:48.

In the masters competition, **Spencer Hurley** finished second in 22:41; **Laurie Fisher** finished first in the female masters competition in 28:27. Spencer's son **Michael** finished first in the special open male competition in 20:44. New member **Tiffany Mixon** finished first in the open female competition in 27:51.

Nicole Tarabay finished first in the female 20-29 age group in 31:37. **Bruce Smith** finished first in the male 40-49 competition in 24:05, and **Keith Fisher** finished sixth in the 40-49 bracket in 31:19. **David Johnson** finished first in the 50-59 group in 25:55.

Ralph Corry and **Dan Walsh** finished, respectively, first and third in the 60-69 age group in 23:47 and 26:05. Other BARRA finishers in the 60-69 age group were **Dave Jones** in 28:24 and **Bill Shaw** in 46:22. **Max Royalty** finished first in the 70-79 bracket in 24:33.

BRATS flaunting their faces

Tina Gray and Kelly Colosimo have established a **BR**azosport Area Triathlete**S** (**BRATS**) group on Facebook. The membership is by acceptance only, but the group is growing. Interested? See BRATS on Facebook.

BRATS go to Lonestar Galveston

Abbie Artley finished

second in her female 30-34 age division in the Lonestar Quarter Iron event. **Abbie** finished the 965 meter swim in 20:19, transition one in 2:06, the 28 mile bike route in 2:02:25, a 21.4 mph average, transition two in 1:25, and the 6.5-mile run in 48:43, a 7:30 pace for a total race time of 2:30:50. **Michael Tarabay** finished first in the Quarter Iron Clydesdale division in 2:26:24 with a 17:14 swim, transition one in 1:47, 1:18:20 in the bike at a 21.4 mph average, transition two in 1:05, and the run in 47:30, a 7:18 pace.

In the Lonestar Sprint Triathlon, **Paula Hart** finished the 500 meter swim in 13:59, transition one in 2:42, the 12-mile bike route in 40:51, an 18.4 mph average, with transition two in 1:44, and the 5K run in 44:45, a 7:59 pace, for a total time of 1:24:02. Hart placed second in the 45-49 age division.

News from Lindgren in Omaha

I'm training for my first marathon since Boston 1996. Coaching great Jim McLatchie is guiding my training and I'm ready to rock the Lincoln Marathon on May 3. I've been averaging over 60 miles per week since January 1. I'm 51 so this will be a masters PR, hopefully in the three-o-something range.

Giddyup!
Will

A footnote from your editor

A special thanks to all of you who sent information about races outside of the Brazosport

area. It is impossible for me to scan all of the weekend race results posted on the Web to see what BARRA members have run in other races. If you want your race results in the newsletter, send them to me.

Special thanks to our friend in Lufkin, Edwin Quarles, for his story on his three marathons.

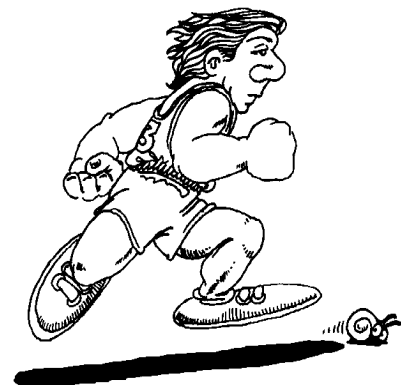
If you are interested in writing an article about your race experiences or training, please get to work on it right now. I want to get started on a May newsletter after the Flapjack 5K on April 25. Remember, I shall not sent back your copy marked with corrections in red, and you will not get a grade on your work.

If you have anything for our Web, including race registration information, please sent it to me. (Forms for the Gator Gallop and the Flapjack are already posted there.)

Please read your runbrasosport@yahoo.com for updates and upcoming social events.

Hope to see many of you at Brazosport College on April 18.

Your editor, Snail





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