



www.brazosport.edu/~BARRA



Newsletter



Volume 11 : Number 2

Spring 2006

Spring a busy season for local runners

BARRA Members show competitive spirit

By *Bill Shaw*

Newsletter Editor

Two BARRA members ran four of the spring races from March 25 through April 3, eight ran three, six ran two, and 18 ran one. Your newsletter editor ran all five, perhaps because I had newspaper duties at all five. I could have simply reported the races, but I opted to run them all. When the results were tabulated, BARRA members were prominent in the overall standings and in the age-group awards, and one BARRA runner broke a contest record.

In the inaugural Run for My Life 5K in West Columbia on March 25, Bob Bowden and Ralph Corry finished second and third in the masters competition on the San Jacinto 5K course with respective times of 20:34 and 22:30. Susan Wheeler finished second overall in 22:05. Terry Wheeler won first in the 50-59 age group, Bill Shaw won second in the 60-69 age group, and Orville Kremmer and Cliff Wilson won first and second, respectively, in the 70 plus category in 25:21 and 27:56. As usual, the race route to



Amy Plandar, director of the Danbury Run for Jesus, presents BARRA runner Bob Bowden with a bag, first prize for the overall male finisher in the April 1 contest. Photo by Bill Shaw.

Varner Hogg Plantation was pleasant and fast.

In the inaugural Run for Jesus 5K in Danbury on April 1, Bob Bowden showed that he was no April Fool; he finished first overall in 20:34 on an accurately mea-

sured, flat course. No age group awards were made, but the stats show that BARRA runners garnered first place in their groups: Dan Walsh finished first in the 50-59 bracket in

See Races on page 2

Races from page 1

24:44, I finished first in the 60-69 bracket in 30:50, and Cliff Wilson finished first in the 70 plus bracket in 27:37.

The Brazosport College Gator Gallop drew 24 BARRA runners. Carlo Deason finished the 5K first overall in 17:23; even though she lost her way on the course for a while, Sue Wheeler finished third overall in the female competition in 24:09.

In the male masters competition, Phillip Athey finished first in 19:44. Edwin Quarles finished third in the male masters competition in 20:50 and third in the one-

mile race in 6:07.

Kelly McClendon won the female masters competition in 27:02; Janice Moody placed third in 27:53.

David Henry placed first in the 13-19 age group in 20:06.

BARRA runners swept the male 30-39 age bracket with Jason Culverhouse in 20:27, Jorge Jimenez in 24:05, and Aaron Sanders in 25:20.

Steve Hahn placed second in the 40-49 bracket in 24:02, Ralph Corry placed third in the 50-59 bracket in 23:05, Susan Lorms and Mary Deason placed first and third, respectively in the 50-59

bracket in 28:02 and 36:19, I placed third in the 60-69 group in 31:06, and Cliff Wilson won first in the 70 plus category in 28:00.

Other BARRA members who finished the Gallop were Joe Alaniz (24:44), Sandra Clevenger (37:56), Druce Crump (27:33), Patrick Henry (47:26), Teresa Holland (36:59), and Terry Wheeler (31:30).

After a week off for Easter, 16 BARRA members met the challenge of “the bridge” in the Flapjack 5K on April 22.

Continued on page 3

Mission Statement: The purpose of the Brazosport Area Road Runners Association shall be to encourage and promote competitive and recreational



www.brazosport.edu/~BARRA

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.

2006 Officers



- President
- Vice President
- Treasurer
- Secretary
- Newsletter Editor
- Director of Road Racing
- Web Master

- Tony Moody
- Renee Ladd
- Sandy Clevenger
- Edwin Quarles
- Bill Shaw
- Daryl Beatty
- Jim Jarvie



Continued from page 2

Sue Wheeler didn't lose her way going over the bridge and finished third overall in 22:07. Since Sue is a masters runner, she also gets credit for breaking the female masters record in the contest set by another BARRA runner, Linda Young, last year. Sue bettered Linda's previous record mark, 22:58, by 51 seconds. Another masters runner, Kevin Regis, finished the contest third overall in 19:53.

Just turned 40, Kelly Colosimo, in her first competition as a female masters, placed first in the competition in 26:54, and Susan Lorms finished third in the female masters competition in 28:52.

Kelly's son Chris finished second in the 16-19 competition in 25:29.

BARRA runners finished first and second in both the male 40-49 and 50-59 age groups: A. C. Moldenhauer and Steve Hahn finished first and second in the 40-49 group in 22:32 and 23:34. Ralph Corry and Bill O'Neill finished first and second in the 50-59 age group in 23:19 and 23:37.

Janice Moody won second in the female 40-49 competition in 30:01.

I placed second in the 60-69 age bracket in 32:06, and Orville Kremmer placed first in the 70 plus bracket in 24:50.

Eighteen legs of sinew BARRA runners braved the San Jacinto 5K in West Columbia on April 23, the day after the Flapjack 5K challenge, which became a "grudge race" for six runners.

In the overall finish, two



Seven of the twelve overall and masters winners were BARRA members in the San Jac 5K. From left to right, front, Grant Parker, first overall male; Wendy Parker, first overall female; Jason Culverhouse (BARRA), second overall male; Sue Wheeler (BARRA), second overall female; David Alvarado, third overall male; and Carmel Tosch, third overall female. Back row, Bob Bowden, first male masters; Kelly Colosimo-hiding (BARRA) first female masters; Edwin Quarles (BARRA) second male masters; Marilyn Koons, second female masters; Ralph Corry (BARRA), third male masters; and Susan Lorms (BARRA), third female masters. Photo by Bill Shaw.

club members finished second overall in the male and female competition, Jason Culverhouse and Sue Wheeler. Jason finished in 19:24, and Sue finished in 21:14.

BARRA male masters runners again swept the competition with Bob Bowden finishing first in 20:10, Edwin Quarles finishing second in 20:11, and Ralph Corry finishing third in 22:04.

Mentor and teacher Edwin cared more about beating his student and running rival David Henry.

"I beat David, and that's all I care about," said Edwin.

"He's always talking about beating me, and this is the first time he ever has," said David. "I didn't have a good day."

David did finish first in his 12-19 age bracket in 20:15, four seconds behind Quarles.

Coveting a strong desire to

beat her son Chris, Kelly Colosimo made it consecutive female masters titles in the San Jac. In her first place female masters finish, Kelly beat Chris by 14 seconds in 25:07; Chris finished second in his 13-19 age group in 25:21 behind David Henry.

"My ultimate goal was to beat my son," said Kelly, reveling in her victory.

"I told her that she better enjoy it because she won't do it again," said Chris.

Hmm. That sounds like a challenge. Susan Lorms finished third in the female masters competition in 28:12.

I passed a 30-year-old female runner in the Flapjack 5K and beat her by 53 seconds, most likely because she walked some. I teased her a bit at the starting line of the

See Races page 4

Races from page 3

San Jac and told her not to walk. We stayed side by side up through the first mile and a half, and then she took off and left me in her dust. I must have made her mad; she beat me by 1:23. As the old saying goes, "Hell hath no fury...." But she was really happy that I pushed her to win second in her age group: she held up her trophy and said, "See what you made me do."

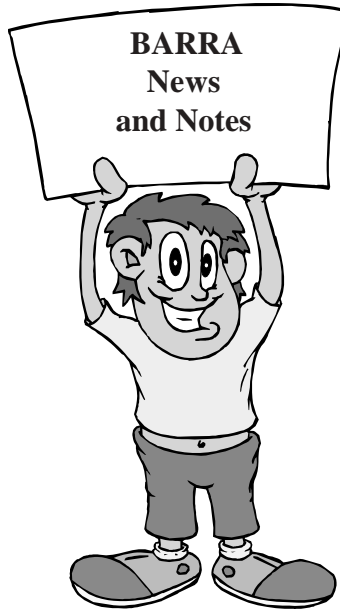
In the 40-49 age bracket, Janice Moody finished first in the female competition in 29:10; Steve Hahn finished second in the male competition in 23:42.

Bill O'Neill placed first in the 50-59 bracket in 22:50; I finished second in the 60-69 age bracket in 31:15, and Kenneth Kemp finished third in 33:30. Orville Kremmer finished first in the 70 plus age group in 25:02.

Other BARRA members who finished the San Jac were the daughter of Jason Culverhouse, Haleigh (50:16) and Patrick Henry (50:16). Mireya O'Neill finished the walk in 29:02.

Last year I awarded Legs of Sinew certificates only to those who made all of the spring runs, but this year I shall give awards to those who made four of the runs and special awards to those who finished the Flapjack and the San Jac back to back.

For complete race results, see my Web at www.billshawsite.net.



Corry beats Texas governor in Austin

BARRA member Ralph Corry ran the River City 10-Miler in Austin on March 19 and finished in 1:20. Corry was 193 out of 666 finishers and 11 out of 25 runners in his 55-59 age group.

"It was practically all downhill except for two minor hills," said Corry. "The race started on the north side of town, and the finish line was close to the Congress Bridge where the bats hang out. I might add that my time was good enough to beat Governor Rick Perry, who also ran the race on a Sunday morning.

Team Nebraska lopes in Lincoln

BARRA member and coach Will Lindgren reports that Team Nebraska Brooks athletes competed well in the April 22 Novartis Run 10K Road Race in Lincoln.

In the women's race, Team

Nebraska took eight of the top 10 places including the first five overall.

By virtue of her victory, Gina Morgan was named to the TNB squad that will travel to Denver for the USA Marathon Road Relay Championships on May 21. Gina joins Kelly Yacevich, who won the State Farm 10 Mile on March 25.

The men took three of the top five as Levi Ashley ran well in front for most of the race. Levi joins Ryan Salem as automatic selectee for the men's squad traveling to Denver.

The top male and female finishers from the Lincoln Half-Marathon will also be named to the team, with the final roster of six men and six women being made up of other top performances.

Bayer goes west and takes a sabbatical

Anot-quite-in-shape Mick Bayer managed to finish the 30K Redwood Park trail run in Oakland, Calif. on February 19.

"The tall redwood trees and scenery were breathtaking, as was the 3070 feet elevation gain and 20 to 25 percent grade hills," said Bayer.

Mick braved a frosty 21 degree, snow flurries and 4400 feet elevation to run in the Top O' the Mornin' 10K race in Sparks, Nevada (near Reno).

"It was my second fastest time in 10 years, (but then I've only run that distance three times in 10 years," said Bayer

See News page 11

BARRA members run “unofficial” Surfside Marathon a week before the event

Early on Saturday morning, February 4, one week before the official running of the Surfside Marathon, several runners gathered on the beach in front of Stahlman Park. In the predawn light, happy birthday wishes were extended to Kelly Colosimo, who had elected to celebrate her entry into the masters’ racing division by running a marathon. Kelly’s fellow runners in this pre marathon run were Terry Allen, Jamie Dalsing, Liz Schuster, Daryl Beatty, Steve Hahn, Mick Bayer, Mark Cox, and Sue Wheeler.

Daryl Beatty, inspiration and driving force behind the Surfside Marathon, welcomed Kelly’s idea of running an “unofficial” marathon as an opportunity for volunteers at the main event to experience the challenge of running the entire 26.2 miles on the beach. Although several of these early runners elected to run a half-marathon, all appreciated the chance to experience the thrill of what is anticipated to become an annual event.

As the sun began to rise over a calm sea, the runners headed south toward the jetties and the weather conditions seemed perfect. A light wind and low tide augured well and spirits were high. Terry Wheeler provided encouragement and support in the form of a roving water station and transportation back to Stahlman Park for Liz when she discovered that a troublesome injury would not allow her to complete the distance.

After approximately 7 miles, Daryl,



Unofficial Surfside Marathoners gather around Daryl Beatty, BARRA director of road racing and Surfside Beach Marathon/Half Marathon race director.

Mark, and Steve headed back, to comfortably complete their half-marathon distance in good time, while the others persevered against a slightly strengthening wind. Mick Bayer had successfully completed his first 50 mile run at the Sunmart Ultra in mid-December, while Terry, Jamie, Kelly, Liz, and Sue had run the Houston Marathon less than a month earlier, so all appreciated the relaxed atmosphere and easy run-

ning conditions of the volunteer marathon. While Mick and Sue finished first overall, they were closely followed by Kelly, Jamie, and Terry, who each won their age groups. Celebratory cup cakes were enjoyed at the nearby Landshark restaurant.

Contributed by Sue Wheeler



Unofficial Surfside Marathon runners frolic in the February morning sun.

Profile on BARRA Member Kelly Colosimo

Name: Kelly Colosimo

Age: 40

Years Running: 6+

Education (Optional): Associates in Computer Programming

Occupation: preschool teacher

Miles per week: 20-30 depending

Training schedule: Monday and Thursday, run and weights;
Tuesday, speedwork; Wednesday and Friday, swim;
Saturday, distance run and swim; Sunday, bike (sometimes)



Personal Records: 2005 10K Spectacle Spectacular 50:00; 2005 Family Fitness 5K 24.03

BARRA Membership: I met Terry Allen in aerobics class, and she and my aerobics instructor convinced me to join.

Proudest running accomplishment: the marathon!!

Favorite race: any that I do good in

Best distance: 6-10 miles



I run because. It makes me feel good, I like the feeling afterwards. When I smoked no one ever said “hey, I wish I could do that”, now people say that to me all the time.

My philosophy of life: Live like every moment is a treasured gift from god
Laugh til the sounds of it fills the heavens with joy
Love without reason but because you are loved.

Next goal: my first century ride in May 6, maybe a half-ironman in the fall

When I’m running I think about: my goals for me and my family, my kids, my kids, my kids

The best running advice I could give: Stop the excuses and just do it!

People would be surprised if they knew: I used to smoke in New Jersey; now that I live in Texas and run, I don’t.

See Colosimo on page 7

Colosimo from page 6

The top thing on my dream list: to make my kids productive members of society; after that happens I'll dream of my own things.

Other hobbies besides running.: swimming, biking, camping, hiking,

I would love to spend the day with: Dr Phil

The most profound thing that has happened in my life: picking up and leaving everything I've ever known and moving to Texas

Runners or athletes I admire: Terry Allen - I'll never forget how she got me through my first marathon

My favorite quotation about running or life: "It's not a miracle that I finished, but that I had the courage to start." John Bingham, author of "The Penguin Chronicles" in *Runner's World*



Kelly Colosimo, far right, organizes and supervises the non-competitive BASF Kids Runs at the local races. In the picture above, she instructs the youngsters in the San Jacinto Kids Run on April 23. Photo by Bill Shaw.

Profile on BARRA Member Ralph Corry



Name: Ralph Corry

Age: 57

Years Running: 11 years of just running. Before this time, I had played 20 years of rugby and had to run every day to be able to play a full 80-minute game on Saturday.

Education: BS in Chemistry from Sam Houston.

Occupation: RETIRED

Miles a week: Currently about 30 miles per week this year.

Training schedule: Wake up at some point during the day and go run.

Personal Records: 1966- Mile-5:20; 1999-5K-20:56-West Columbia; 1998-Marathon-4:38.

BARRA Membership: After running the MDA 5K in 1996, I was standing around, and Matt Davis used a familiar pickup line on me! “Do I know you from somewhere?” He then proceeded to introduce himself and several of the BARRA members to me that were also at the race.

My proudest running accomplishment: Actually hauling myself out bed at 4:30 a. m. on Wednesday mornings and going to Slade Field to do interval work under the coaching of Will Lingdren and then being able to run a race on Saturday.

Favorite race: Houston Marathon because of the crowd support.

Best distance: 5K or from the bedroom to the kitchen at 2 a. m. for a coke float.

Philosophy of life: Enjoy each day.

Next goal: I would like to break six minutes on the mile.

When I’m running I think about: Various things such as how far it is to the finish.

Best running advice I could give: Run to get in shape then stay in shape to run.

See Corry on page 9

Corry from page 8

People would be surprised if they knew: I used to dislike yard work.

The top thing on my dream list is: To qualify for Boston.

Other hobbies besides running. Reading and working in the yard.

I would love to spend the day with: My dad. He died in 1970 but was born in 1891. I would love to know what he did as a kid for entertainment. I do not think it was watching TV or listening to the radio. He used to talk about seeing Buffalo Bill in a real Wild West Show and how good a marksman he was with a pistol.

The most profound thing that has happened in my life is: Getting married at the age of 45 to my college sweetheart.

Runners or athletes I admire: Satchel Paige, the baseball player. Because he did not start pitching in the Major Leagues until he was in his 40's and his last game was in his late 50's.

My favorite quotation about running or life: Just do it.

Add anything else you would like included in your profile. Married to Deanna, whom I met in college in 1970. After 23 years of chasing her, she finally consented to marry me. Now that was a long race! Now we have been happily married for 13 years.



Ralph and Donna Corry at the 2004 BARRA Christmas party.

BARRA members takes in Taipei on the run

By Steve Hahn

I try to run five days a week, and since I travel (usually on business) once or twice a month, this means either running on the road or not running at all. One of the many positive aspects of being a runner is that our sport is a highly portable one; pack a pair of shoes, socks, a tee shirt, and a pair of shorts, and you can run wherever you are.

I've always been a morning runner by choice, and I've found that an early morning run is the best way to see a new place. There tends to be less traffic, and it can be a bit cooler in the summer. I really enjoy experiencing a new location on foot; it's very different and far more detailed than traveling via motorized transportation. You get a street level view of the area, find places that will come in handy later on (restaurants, points of local interest), and in general just get your bearings in a new place. Running also allows you to experience the sounds and smells, which are often unique and as memorable (or more) than the sights.

A recent trip to Taipei, Taiwan was particularly interesting and unusual. Taipei is the capital and largest city in Taiwan, a city of 2.6 million people on the northern part of the island. I was there for a week, and was able to get in four to six mile runs almost every day.

Step one in running in a new place is deciding where to run. I was fortunate to be traveling with a friend who was also a runner, and had previously lived in Taipei.



Steve Hahn at the Chiang Kai-Shek Memorial in Taipei, Taiwan.

Heather was a great source of practical information and also spoke excellent Mandarin, which came in handy many times.

On the first full day we were there she ran with me, showing off the area near where we were staying. I had a hotel room on the 35th floor, which gave me a great view of the city to the north and east, allowing me to get a good look at the streets and plan my runs. In addition there were a number of tall landmarks that were very useful for getting bearings while on the street, including the 101 Building, currently the tallest on earth.

Within running distance of my hotel were several large public parks, including memorials to two important figures in Taiwanese history, Sun Yat Sen and Chiang Kai-Shek (photo). It was very common to encounter large groups of

people out early in the morning performing group Tai Chi exercises, graceful slow motion movements performed in unison. Many families walk in the morning, and it was especially common to see multiple generations out walking together in the parks. The scenery was a fascinating combination of the familiar (Starbucks and Seven-Eleven stores) and the exotic.

The people who were up and out early were cleaning off the front steps of their businesses or setting up corner stands. The smells were exotic and memorable. Contributing to this were many open-air markets, selling everything from fish, meat and vegetables to tee shirts and jade jewelry. A local delicacy was translated by Heather as "stinky tofu," and the odor was enough to stop me in my tracks, but

See Hahn on page 11

Hahn from page 10

it wasn't unusual to see whole families eating it with considerable relish.

The majority of Taiwanese get around Taipei by scooter. These are somewhere in size be-

tween a motorcycle and a mini-bike, and it was not at all unusual to see a family of three or four on one. You learned to look carefully in both directions before stepping out into any street or alley, and some drivers considered the side walk to be fair game as well.

By the end of my stay, I was finding routes off the main streets, through some of the back alleys and markets sections. It's a big, sprawling, colorful city, and I'd very much like to go back some day and see some of the many areas I wasn't able to get to on my first visit.

News from page 4

Mick is currently taking a many-month sabbatical from running to allow an old ankle injury from October 2004 to finally heal.

BARRA members finish Bellaire Trolley Run

Melissa Hurta finished first in her 40-44 age group in the Houston Area Road Runners Association sanctioned Bellaire Trolley 5K on April 8. Hurta's time was 20:11.

Orville Kremmer finished second in the 70-74 age group in 24:01, and Kevin Regis finished 10th in the 45-49 age group in 19:48.

Kremmer also reports that Hurta finished first in the Run for the Rose on April 2.

Wheelers run in Clinton Country

Sue Wheeler finished the Little Rock Arkansas Marathon in 3:34:13 on March 5. She placed 207 out of 1385 marathoners and was the 29th female finisher out of 459 and third in her division.

"The race was exceptionally well organized; volunteers very friendly and enthusiastic," said Wheeler. "This year's event was only the fourth time the race has

been run, and the whole city seemed excited about the marathon - Governor Mike Huckabee ran in the race. The weather conditions were almost perfect, cool and overcast although a little too windy. It was a hilly course, with most of the hills coming towards the end of the race, which made it a challenging run.

The race route took the runners across the river into north Little Rock, then south through the grounds of the President Clinton Library, through residential neighborhoods, then along the river, finishing in the river market district.

"Terry ran a great race in the 5K, and we both enjoyed the post race party, where we were entertained by a group called the "Greasy Greens," said Wheeler.

"It was a fun event that bills itself as being 'big and bodacious,' and it awards the largest and most gaudy medal I have yet to encounter."

Pay up or you are off the mailing list

This newsletter is the last BARRA e-mail message you will receive if you have not paid your dues. Individual memberships are \$15, family memberships \$17. Membership forms are avail-

able on our Website, www.brazosport.edu/~BARRA.

Spring Crossword Puzzle Challenge

Your newsletter editor promised you a crossword puzzle in the last newsletter and actually developed one. However, I never did send it out. *Mea culpa*. However, I have included a Spring Crossword Challenge on page 15.

Here are the rules. You must complete the puzzle and attend the May 22 meeting to participate. The entry fee is \$1.00. A completed puzzle will be drawn at random at the conclusion of the BARRA meeting. The winner will receive all the entry fees, so if 25 people attend the meeting and submit the puzzle, the winner receives \$25, probably enough to pay for his or her dinner or an entry fee to the next race. You may submit only one completed puzzle.

The puzzle answers challenge you in a variety of areas, but most of the answers will require that you read the newsletter articles or be familiar with our club.

Good luck, and I hope to see at least 25 entries at our next meeting on May 22, 2006, at Riverpoint Restaurant at 6:30 p. m. in Lake Jackson.



Sandy Clevenger reflects on the tribulations and triumph of the MS-150

For our latest adventure in physical fitness, Druce and I completed our first MS-150 charity bicycle ride on April 22 and 23. That is a two-day trip from Houston to Austin to raise money for the Multiple Sclerosis Society. We tackled training for this event much like we would for a marathon and learned a lot along the way.



*BARRA treasurer and cyclist
Sandy Clevenger.*

With Druce's brother and sister-in-law(?), Neil and Sally, as our mentors, we innocently began this six-month training adventure. After committing to the MS-150, our next step was signing up for a team. Neil had suggested for several years that we ride with the Dow team, one of the biggest and top fund-raising teams each year. However, the opportunity to ride with the St. Arnold's Brewery team piqued Druce's interest, and we were on our way. Neil, Sally and some of their friends from Austin were already signed up, and we joined the group that would eventually become a team of 274 riders.

Our first training ride was last fall, an event in Katy called the Tour de Doughnut. Five minutes from one's ride time was subtracted for each Krispy Kreme doughnut that was consumed at the rest stops on this 28-mile ride. (For those in-

terested, the winner completed the ride in negative 8 minutes – lots of doughnuts and fast riding!) Also,

we were promised plenty of St. Arnold's beer at the end of the ride for St. Arnold's riders... and there was. I convinced Terry Allen, Kelly Colosimo and Jamie Dalsing to ride the Tour de Doughnut. Terry informed us that Krispy Kremes were a delicacy, and she consumed many. I observed other riders in the fine art of mashing doughnuts to flatten them to be able to eat more. We watched Terry delicately consume even more doughnuts at the second rest stop. Beer was provided at a secret location for St. A's team members. We quickly learned to listen for the code to find the beer. Lesson #1: These cycling events were not nearly as healthy in their snacks as runs.

Fall was quickly surpassed by the holidays, and not much training was happening. With the arrival of January, we barely had four months to the MS-150, and we were completing casual 12 – 17 mile rides locally. It was time to get serious. We signed up and drove to Katy for a Rider Ready program. It poured buckets of rain. They conducted class on the steps

of the high school, and we were nearly struck by lightening. I declined to do the time trial on those skinny little tires in pouring rain. Lesson #2: The realization we could be riding 180 miles in the rain.

We signed up for the Frost Bike 50, also northwest of Houston somewhere. We were funneled into a narrow chasm to start. If I remember right, Jamie, Terry and Kelly made that ride. Terry began the ride complaining that I was riding faster than the planned 15 mph... We were riding 14.5 mph at the time. By the end of the ride, Druce, Kelly and Terry had raced to complete the ride. Jamie hung back and let me draft in behind her. About this time, some of Neil and Sally's friends remembered that they had a wedding to participate in that weekend. Actually, the groom reminded them when they solicited him for money for the MS society. Jamie now had a slot to ride the MS-150. We couldn't convince Kelly or Terry to ride. At the Frost Bike, I learned Lesson #3: There will be lots of wobbly riders trying to get their bicycle going in very tight quarters. Falling at the start is a danger.

We headed way north at the end of February for the Round Top "Hill Topper" Ride. The idea was to get us familiar with the ups and downs. The wind and hills were a challenge. Just when I was about

See Clevenger page 13

See Clevenger page 12

to call “SAG” for a ride back to the parking lot, Neil and Sally showed up on the tandem at the last rest stop. Although they had ridden about 20 miles farther, they let Druce and me draft back to the start. Lesson #4: I learned to not eat cookies and sweets at the rest stops because they will send you to a “bonk” just like a long run. It was time to pack Gatorade and gels.

In what seemed like no time, Jamie, Druce and I headed to the northwest again for the Spring Breakaway. As we neared completion, and I played with the gears, I learned the combination of the “big gear” that let me go fast. Lesson #5: The right combination of gears, and I can cruise in a way that feels like an easy long run.

It was time for back to back rides. Druce and I headed to Houston for the “Tour de Houston.” This is a great ride. (None of the warm up series was bad.) We saw parts of Houston I had never visited. Lesson #6: I learned to stand up over railroad tracks. The next day we headed for Pearland for the Great Escape. I found it painful and necessary to ride two back-to-back days. The wind was 25 – 30 mph. When we returned to Pearland High School, I was too tired to lift my leg over the bike and had to lay it down and step off. However, Lesson #7: I could ride hard two days in a row.

With three weeks to go, Druce and I rode two days with the local cycling club. I still wasn’t as strong as these riders but improv-



Ms 150 group at the start on first day, left to right, David Walker from Austin, Jamie Dalsing, Sandy Clevenger, Druce Crump, Sally Van Sickle and Neil Crump. (Sandy, Druce, Neil and Sally were Team Añejo in the 2004 Brazosport Relay Triathlon.)

ing steadily. I experienced my first blowout as we returned to Angleton. Lesson #8: Cycling is a lot more equipment intensive than running. And Lesson #8b: If you have a blowout, it’s good to have an experienced cyclist like Al Ochoa around to help fix it.

Two weeks to go, and we headed to the Tour de Cypress with Jamie and Kelly in tow. It was cold. With the wind at our backs we headed west. Jamie, Druce and I were cruising about 20 mph with Kelly in shock at our speed and intensity. She had missed a few rides with us and was amazed at how much stronger and faster we had become. However, Kelly relaxed, and she, Jamie and I ran our own pace line, learning to take turns at

pulling and drafting. Druce watched from behind as several guys let the “St. Arnold’s girls” pull them into the rest stop. Lesson #9: Confidence is important in cycling.

After a casual Easter Sunday ride, we were ready for the big event. Logistics for the MS-150 are interesting. Bags were needed for Houston, La Grange and Austin. A car was needed in Austin since we were staying overnight on Sunday. Druce’s old boss invited us to stay at his cabin in La Grange on Saturday night. His wife has MS, and we declared ourselves her “Pedal Partner,” riding for someone with the illness that can’t ride for herself.

See Clevenger page 14

Clevenger from page 13

We avoided the mass starts from Tully and Rhodes stadiums and joined the mass of cyclists along FM 529. The early part of the route was familiar from all the training rides we had completed in that area. The morning was beautiful. All of the preparation had paid off. Neil and Sally sped ahead on their tandem, and we would not see them again until La Grange. Druce, Jamie and I rode together, enjoying the flat roads and tail wind. Just before Belleville, we began the rolling terrain. We reached lunch stop there at 10:44 a.m. and were back on the road at 11:15. It was getting hot. I soaked my "Pedal Partner" bandanna in ice water and tied it around my head under my helmet. I swear that the sunscreen sizzled in the heat as I sprayed it on my arms and legs. By the next rest stop, the bandanna was dry. I repeated with the ice water technique. I had to chase away the thoughts, "If this was a marathon, I would be done by now." I was definitely grumpy.



We pulled in under the balloons in La Grange at 4:00 p. m. on Saturday afternoon. It was a welcome sight. We headed straight for the St. Arnold's tent and cold beer. I forgot to set my bike computer in Houston, but Jamie recorded us at 100.5 miles. We had our first "Century" ride. Neil and

Sally showed up with our hosts, Brad and Margie. Our team had cooked fajitas. We ate and headed to the quiet cabin in the woods. Jamie chose to stay at the "Tent City" in the La Grange fairgrounds and Druce, and I headed for quiet and real beds. The digital clock said 8:33 p. m. when we turned out the lights.

Sunday morning the alarm sounded at 6:00 a. m., and the seven riders that stayed at Brad's began to prepare for another day of riding. At 6:11 a. m., the cell phone beeped that I had a message. Jamie was in line to begin the day's ride. Brad hauled Neil, Sally, Druce and me down the one-half mile gravel road to the black top and at 7:20 am, and we joined the masses already whizzing down the black-top. We quickly lost sight of the tandem, and Druce and I cruised our way into Winchester, Tex. The day was cool and overcast. I didn't want a repeat of the heat of Saturday.

We both made the sharp right turn and headed into Buescher State Park. If I had known what I was getting into, I would have probably skirted the park and taken the easy route around it. Neil and Sally were wheeling the tandem out of the repair tent when we arrived at the first rest stop. They had had some tire problems that slowed them down. And then, they were gone again. Jamie met us at this rest stop as planned, and we began the ride up and down the pinnacles of the park. Inside the park, Jamie became the drill sergeant "barking" me

up and down the hills. "Get off of the brake," she would yell. Or, "Pedal harder." Druce dropped his chain and went down on one of the hills. I had to walk a couple of them. My hill running muscles were coming in handy.

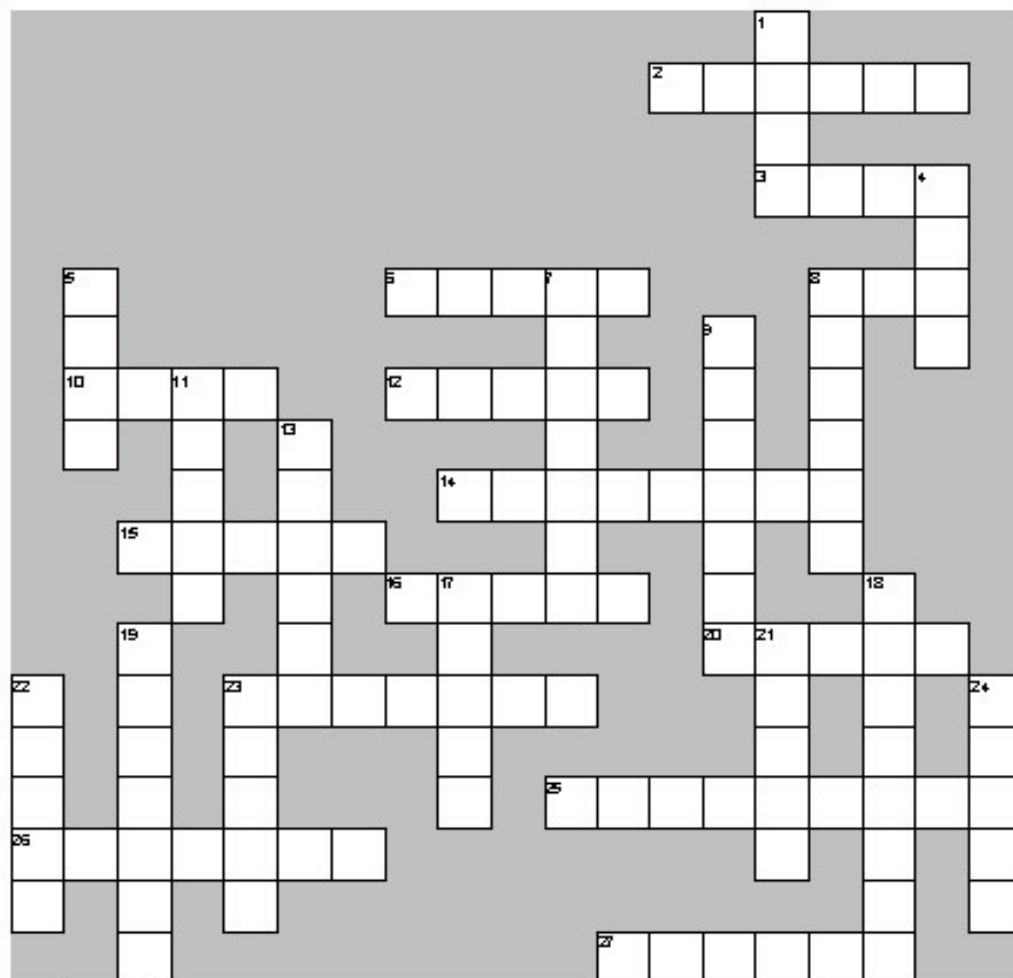
We cruised a nice downhill out of the park and into Bastrop for lunch. I checked my bike computer. My maximum speed register at 31.9 mph, a new record. I rested. Now, we just had to make it into Austin. Jamie kept up her drill sergeant persona and pushed me in the last miles. The second to the last rest stop had a long waiting line for the "SAG wagon." Riders could be dropped off a mile from the finish and pedal across the finish line. No way would any of the three of us "SAG" now.

Around 2:30 on Sunday afternoon, we could see the capital as we cruised by Longhorn stadium. The crowds were thick, and we pedaled our way to the finish line. For a moment, I imagined how Lance Armstrong felt on the Champs-Élysées. It was the same thrill as finishing my first marathon. Well, all of my marathons.

The St. Arnold's team treated us right again with plenty of beer and sandwiches at the tent. We all gathered to discuss our triumphs and tribulations. And, we all rode for those who can not.



Spring Newsletter Crossword Challenge



www.CrosswordWizards.com

ACROSS

- 2 BARRA director of road racing
 3 Druce Crump's brother
 6 Author of The Da Vinci Code
 8 Person Ralph Cory would love to spend the day with
 10 Newsletter editor
 12 Runner on sabbatical
 14 Supervises Kids Runs
 15 Student who Edwin Quarles beat in the San Jac 5K
 16 Beat Texas governor in Austin
 20 BARRA runner who introduced Ralph Cory to BARRA
 23 Kelly Colosimo's occupation
 25 BARRA treasurer
 26 BARRA member who cycled to Austin with Druce and Sandy
 27 Overall winner in Run for Jesus

DOWN

- 1 BARRA runner who ran in Taipei
 4 BARRA vice president
 5 Sponsor of Kids Runs
 7 Masters female who broke Flagjack 5K record
 8 BARRA overall winner in Gator Gallop
 9 Ralph Cory's occupation
 11 BARRA winner of male masters competition in Gator Gallop
 13 BARRA Webmaster
 17 Fixed flat for Sandy Clevenger
 18 Team Nebraska coach
 19 BARRA secretary
 21 BARRA runner who introduced Kelly Colosimo to BARRA
 22 BARRA president
 23 Wrote Huckleberry Finn
 24 Son whom Kelly Colosimo beat in the San Jac 5K



Bill Shaw, Newsletter Editor
1813 West Eighth Street
Freeport, TX 77541

2006 Brazosport Area Race Schedule



Race



Place



Date

**Brazosport Memorial
Hospital 5K/10K**

Lake Jackson

Saturday, May 13

Firecracker 4

Lake Jackson

Tuesday, July 4

Mosquito Chase

Clute

Saturday, July 29

Brazosport Relay Triathlon

Lake Jackson

Saturday, September 9

Monster Dash

Lake Jackson

Saturday, October 28

