



Volume 13 : Number 1

Winter 2008

## Runners romp in 4th annual Surfside Beach contest

Last year Dave Depinet, 44, of Sugar Land finished the half-marathon distance sixth overall and second in the male masters competition in 1:29:22. Depinet finished slower this year in 1:30:52, but he was over a minute ahead of the this year's second-place male finisher, Gribinko Alexander, 31, of Salt Lake City, Utah, who finished in 1:33:20.

"The weather conditions were not quite as good as last year; it was a little hotter," said Depinet.

"There were a few marathoners ahead of me in the race, but by mile five, I was pretty much ahead of everyone in the half marathon. At the turnaround, I was around 20 seconds ahead of my competition and a minute ahead at the finish."

Local runner and BARRA member John Williams, 15, of Lake Jackson, finished third overall in 1:34:20. Williams was not available for comment after the race.

**See Surfside on page 6**



*Felix Lugo stands with the flag while Terry Jensen plays the National Anthem*



*And they're off at the start of the 4th Annual Surfside Beach Marathon/Half Marathon.*

# President's Message



*Bob Bowden  
BARRA President*

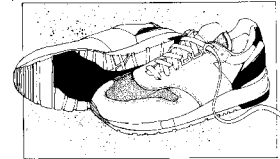
**H**owdy. As your BARRA President I would like to take the opportunity to welcome all of our new members,

perhaps for the second time for some of you. I hope that each of you has been made to feel welcome and has been able to enjoy the wonderful running/walking weather that we have had lately.

One of the changes we made to the club last year was to have separate executive committee meetings from the general club meetings/socials. The idea is to maximize the socializing and minimize the business focus for our club meetings. Yes, we saw your heads bobbing, like fishing corks, as you struggled to stay awake in the meetings or the fact that you really wanted to talk to the person at the other end of the table or maybe not even at your table. We therefore changed the focus of the club meetings. Our plan is to have these club get-togethers monthly and, we hope, with better planning than we

have exhibited so far. On our first attempt for a social, we scheduled it the same Saturday as one of the marathon warm up series runs. For our second attempt we picked a really miserable Saturday, weather wise. Okay, maybe I can't blame the executive committee for the small turnout for the second social event, but you get the idea. In general we believe this idea will be more fun for the members, and we hope that everyone likes this new approach so far.

If you have any suggestions for social activities or weekends, just e-mail me or any one of the BARRA officers with your suggestion. Thanks, and I look forward to seeing each of you on the road, sidewalk, or whatever this year.



[www.barrahome.net](http://www.barrahome.net)

**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.

### 2006 Officers

- President.....Bob Bowden
- Vice President.....Ralph Corry
- Treasurer.....Sandy Clevenger
- Secretary..... Sue Wheeler
- Newsletter Editor/Webmaster.....Bill Shaw
- Director of Road Racing.....Daryl Beatty



## Profile on BARRA member Paula Hart

**Age:** 47

**Years Running:** three years on April 15

**Education:** Associate Degree

**Occupation:** Analytical Technologist

**How many miles a week do you run?** 55-65

**What is your training schedule?** I run six days a week, bike two, swim (if that is what you want to call it) two and weight train two.

**What are your PRs and where and when?** Still working on those - Houston Marathon 3:49, Luke Half 1:45, Mosquito 5K 22:12.

**How did you come to join BARRA?** I wanted to get to know local runners.

**My proudest running accomplishment:** Qualifying for Boston on my first marathon.

**My favorite race is:** Is the one I just finished. I really enjoy the Houston.

**My best distance is:** I enjoy longer runs of 13 and above.

**I run because:** I enjoy it, I can and I am crazy.

**My philosophy of life is:** Take pleasure in the small things; they happen everyday.

**My next goal:** Is doing a triathlon, qualifying for New York Marathon and being invited to the Houston Marathon (this a long shot).

**When I'm running I think about:** Everything from the past, present and future.

**The best running advice I could give would be:** Listen to the experienced runners; they have been there and done that.

**People would be surprised if they knew I** Most people seem to be surprised that I am a grandmother(Oma) of three

**The top thing on my dream list is:** Retirement

**Other hobbies besides running:** Hiking and spending time with my grandchildren.

**I would love to spend the day with:** I truly love spending the day with my husband; he has helped me reach my goals in running and enjoying life.

**The most profound thing that has happened in my life is:** Becoming a mother and grandmother; running a marathon is easy compared to this.

**Runners or athletes I admire:** I admire anyone willing to try.

**My favorite quotation about running or life:** To uncover your true potential, you must first find your own limits and then have the courage to blow past them.

**Other Comments:** I use to hate to run but, started running on a bet (from my husband) that I could not run a 15-mile race in West Virginia (Charleston Distance Race, talk about Mountains). I was not even running three miles; this was April 2005, and the race was in August. I finished in 2:06 and have been running ever since.



## 2008 BARRA ROY Series includes eight races

The BARRA Executive Committee determined that eight local races will be included in the 2008 Runners of the Year Series. The Spectacle Spectacular and the Race for the Cure are the first two in the series and had been run at press time. The BARRA Firecracker 4, the Summertime Blues Triathlon and the Brazosport Relay Triathlon are not included in the series, but those who volunteer or participate will receive participation points. The dates of the area races have been determined, but information about online registration and contact information are still unavailable. The schedule is posted at the bottom of this page.

For those of you who are new to the club or might need a review on how ROY points are earned, here is a short summary.

BARRA male and female runners receive ROY points based on their ages and relative finishes in the series races. The three age categories are open, 39 and under; masters, 40-49; and veterans, 50 plus. BARRA runners in each of the categories receive five points for being the first BARRA runner, four for second, three for third, two for fourth and one for fifth. The three male and female runners in each category with the highest number of points receive awards at the end of the year banquet.

Bob Bowden is the official “tabulator” for runner of the year points and for participation points. BARRA members receive one point for participating in BARRA Series races and one point for each of the races not in the series a member serves as a volunteer (e. g., the Firecracker 4, et al.). Members also receive a half-point for each of the general meetings or socials they attend. At the end of the year, all members with 10 or more points receive a participation pin to go on their BARRA caps; if a member has not received a cap, he or she receives both a pin and a cap.

### Brazosport Area Race Schedule

Date and Race	Distance	Location
Saturday, April 5, Gator Gallop	1 Mile and 5K	Brazosport College
Saturday, April 12, Run for Jesus	5K	Danbury
Saturday, April 26, Flapjack 5K	5K	Freeport
Saturday, May 10, BRHS Fun Run	5K and 10K	Lake Jackson
*Friday, July 4, Firecracker 4	4 Mile Run/2 Mile Walk	Lake Jackson
Saturday, July 26, Mosquito Chase	5K	Clute
*Sunday, August 31, Summertime Blues Triathlon	500S/15B/3R	Freeport
*Saturday, September 6, Brazosport Relay Triathlon	1000mS/2-5KR/15B	Lake Jackson
Saturday, October 25, Monster Dash	5K	Lake Jackson

\*Participation points only.



## How far did BARRA runners go?

**B**ARRA runners ran 12,000 miles in 2007, at least those who turned their mileage at the end of the year did. Terry Wheeler created the map above to show how far we ran if we ran a relay from Brazosport around North America.

The runners below ran the following totals in 2007 and received awards for their efforts.



If you are not keeping up with your total mileage, you need to do so and turn it in at the

end of the year to be recognized and to receive an award for your efforts.

### 250-499 miles

- Druce Crump - 250
- Sandy Clevenger - 466

### 500-999 miles

- Max Royalty - 504
- Greg Jones - 566
- Bill Shaw - 700
- Bob Sipple - 745
- Cliff Wilson - 756
- Susan Lorms - 924
- Daryl Beatty - 957

### 1000-1499 miles

- Terry Wheeler - 1018
- Dave Johnson - 1125
- Orville Kremmer - 1137
- Dan Walsh - 1144
- Douglas Jones - 1202
- Mick Bayer - 1420

### 1500-1999 miles

- Kelly Colosimo - 1772

### 2000-2499 miles

- Paula Hart - 2112
- Will Lindgren - 2164

### 2500 Plus Miles

- Sue Wheeler - 2543
- Kevin Regis - 2773



***Half marathon male winner Dave Depinet of Sugar Land***

**Surfside from page 1**

Catherine Kruppa, 34, of Houston finished first in the overall female competition in 1:36:41, 7:12 pace.

“I took the lead from the beginning,” said Kruppa. “The race was great. It wasn’t quite as windy as it was last year.”

Shelia Minor, 33, of Pearland finished second in the female competition in 1:46:25.

“Catherine was over 10 minutes ahead of me; she’s a serious runner,” said Minor. “It was a beautiful race; I loved it, and I’ll be back next year.

Elisabet Borsheim, a native of Norway now living in Galveston, finished third in the open female competition in 1:48:41.

“The leader took off near the end of the race,” said Borsheim. “The last two miles were hard, but the race inspires me and the beach was beautiful. There was a very good spirit out there.”

Houstonians swept the male masters half marathon competition with Predrag Bojovic, 45, first in 1:36:55; Rick Robertson, 50, second in 1:37:41; and Christopher Arend, 47, third in 1:40:45. DeAnna Eskew, 41, of League City finished first in the female masters competition in 1:48:44, followed by Martha Merrill, 42, of Menomonee, Wis., in 1:50:57, and Audrey Christiansen, 46, of Sugar Land in 1:56:42.

Just before a dense fog bank rolled in on the Beach, Rick Autrey, 46, of Nacogdoches finished first in the male marathon competition in 3:03:10, 13:45 faster than he finished last year’s contest.

“Last year’s Surfside Marathon was my first,” said Autrey. “I have been training hard and running ultras (distances farther than marathons).”

“Ed Bickley, 49, of Calgary, Alberta, who is working in Houston, finished second in the male competition in 3:13:59.

“Rick and I ran together for a few miles; I let him go at about 10 miles,” said Bickley. “I beat him in Kingwood and let him have it today.”

Last year’s second-place marathon finisher Ed Sturdivant finished third in 3:19:44, 10:10 slower than his second-place finish last year. Sturdivant and Autrey ran close together until the 24<sup>th</sup> mile, when Autrey took the lead.

“I thanked him at the end of the race for giving it to me,” said Autrey, and he said, ‘Give me a break.’”

“The heat slowed me down,” said Sturdivant. “Rick ran a smart race, and I didn’t. I went out too fast and didn’t pay attention to the heat. Cramps settled in mile 24.”

Adrienne Langelier, 25, of Huntsville emerged through the thick fog and finished first in the female marathon competition in 3:36:10, an 8:16 pace.

“I was all by myself in the race,” said Langelier. “It was strange; when that fog rolled in, it was something else. But it was a cool experience, running on the beach. I had no issues with trac-

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***Half marathon female winner Catherine Kruppa of Houston.***



*Male marathon winner Rick Autrey from Nacagdoches.*

**Continued from page 6**  
tion, and the beach was a welcome change from the state park and hills around Huntsville.”

Elizabeth Larimer finished second in 3:50:00. Larimer, a na-

tive of Shippenville, Penn., is working on a physical therapy internship in Houston.

“I was nervous about the sand,” said Larimer. “It may have slowed me some, but it was pretty packed.”

Germaine Kropilak, 47, of Dallas, who was not available after the race for comment, finished third overall in the female competition in 4:03:22.

In the male masters marathon competition, David Elder, 45, of Clearmont, Fla., finished first in 3:21:53; Chuck Cox, 51, of Katy finished second in 3:26:54; and Jeffrey Raymond, 43, of Decatur, Geo., finished in 3:32:34.

In the female masters competition, Susan Gallup, 44, of Calgary, Alberta, finished first in 4:07:29; Parvaneh Moayedi, 44, of Austin finished second in 4:08:02; and Barbara Brady, 63, of Livermore, Cal., finished in 4:09:12.

**See Surfside page 10**



*Female marathon winner Adienne Langelier from Huntsville.*



## Houston to Austin – but still not to Boston



By Kelly Colosimo

I guess I should be a little more upset than I am, but I am still just amazed that I can run a sub four-hour marathon – let alone two in a month!

I set out on a training program for the Houston Marathon for no other reason than to improve my marathon time as well as my recovery. I joined a group in Pearland called Run Strong. I had signed up for the four-hour marathon goal. After a two-mile time trial in which I easily maintained an eight-minute per mile pace, the trainers, Cassie and Kat, suggested I try for a 3:50 to get to Boston.

I took it lightly at first; not really thinking I could actually run that fast. Sue Wheeler agreed to help support me through the training and accompanied me on several long runs over the Surfside Bridge. The training was the most intense I've ever done. (Remember I didn't play sports in high school.) I was running 65 miles per week.

Sue had suggested a fun 5K for us to run. I thought, "Wow

a Saturday to only run 3 miles – I'm IN!" We ran the Susan G. Komen Race for the Cure in Houston. We laughed and talked the whole first mile. When we finished, I realized I had "PR'd." Wow! I remember thinking, "That wasn't too hard."

The next week our trainers suggested a ten-mile run called the Space City 10 miler. They gave me a goal pace of 7:55 per mile. I laughed and quickly replied with an e-mail full of excuses as to why I shouldn't run so fast. Their response, "OK – then do 8 minutes per mile for the first half and 7:55 for the second." The generous 25 seconds didn't help me much. Sue and I set out to see how we could do. Not only did I meet the 7:55 goal for the whole race, but I actually ran a 7:51 pace topping my previous performance. I was beginning to believe that maybe I do have what it takes. My determination increased.

**RACE DAY** Houston. Sue and I arrived to the expo at 5:30 a.m., ninety minutes before the start. We passed the time talking, strategizing, and waiting in line for the port-a-cans. Then we were off to the start line. We felt great. By the halfway point, we were almost four minutes ahead of schedule.

"But can I maintain it?" I questioned myself the whole time I was running. At mile 20, I started to fade. By mile 23, I knew that if I missed my time goal, it wasn't going to be by much. Sue, so politely, encouraged me to keep running. I tried, but my body was done. I'd hit the wall, and no

amount of encouragement or Gu could keep me going.

When I looked at my watch as we crossed the finish line, I saw 3:51:42. Wow, I missed it by 43 seconds! I was crushed, all the work, all the miles. Gone! We walked through the expo hall to find my family. The athlete tracking didn't work, and my family didn't know where we had started. They didn't know if I'd made it or not.

The minute they saw me they could tell by the look on my face that it didn't happen. At that time, my son Danny received the final time from the athlete tracking system. He looked at it and didn't know what to say. "Did I make it?" I couldn't read his expression; he said "No." "Forty-three seconds, right." He said, "No." "OK," I thought, "Maybe, it was more than 43 seconds." NO! Ten seconds! Ten seconds! This was five steps or something close to it. Wow!

But still, I did run a 3:51 marathon. I was able to hold my head high. It was the hardest marathon I've EVER run. In the past, we would hoot and holler with the crowd, even stopping to take pictures with the entertainment along the way. None of this happened in Houston. Usually, this race is the most fun of any marathons for me. This time it was the most grueling I've ever done.

Then, it was on to Austin. Within a week I decided to register for the Austin Marathon on

**See Colosimo on page 9**

**Colosimo from page 8**

February 17. The goal was not to compete for a qualifying time, but to reignite my passion for marathons.

On race day in Austin, I decided to run with my training group from Pearland. We arrived at the start line 90 SECONDS before the start of the race – yes, 90 seconds! This not how I usually run a race. We were dropped off and joined the 3:15 pace group, as there was not time to get to where we belonged. My goal was to run a consistent nine-minute pace per mile for 26.2 miles. That would be a 3:55 marathon. By mile one, I had lost my friends and was on my

own. That’s OK! Now I run my own race and have fun. The hills were tough, but not as tough as the Surfside Bridge. I even had a few miles at 8 minutes. By mile eighteen, I was bored. The crowd wasn’t as interactive as Houston fans, and the other runners weren’t very talkative. I put on my headphones and got lost in my music. By mile 23, the 3:45 pace group passed me by, and then the 3:50 pace group passed by as well.

With a 5K left and for me to do a 3:50, I would have to pull off a 26 minute 5K. I was not sure I could do that now. They were right on track, but since I’d started so far ahead, I’d been on the

course longer than they had. ‘Hmmm,” I thought. “I’m going to do it again. I’m going to come in just over 3:51 AGAIN. No way.” I decided to have some fun. I started my hooting and hollering and cheering with the crowd. I was just having so much fun, all alone with a huge smile on my face, screaming at any on lookers who weren’t cheering for us! They loved it. The more I screamed, the more they screamed. What fun! Now, this is the way to finish a marathon! I posted a 3:53:48.

I may not make it to Boston just yet – but maybe I’ll try again when I’m 45. I’m not too slow –I’m just too young!

**New members Fisher and Ward offer services and discounts to BARRA members**

I would love to introduce you to my ministry, “Your Healthy Alternatives,” which has helped many achieve, maintain, and regain health in their families.

Our services, counseling, and advice are always FREE. Our goal is to help you make informed decisions

when faced with health issues, whether it be as simple as what supplements you need or dealing with common illness such as allergies, fibromyalgia,



high cholesterol and blood pressure.

Our Free Personal Health Assessment is a popular request; giving you a baseline of personal health readings, including four heart, three digestive, two hormonal, two sugar, and outlines which vitamins and minerals are lacking in your system.

OK, now I’m sounding like a commercial...

Just wanted you all to know of our services because let’s face it, we are obviously the ones concerned about our health.

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**Certified Health & Wellness**  
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## Surfside from page 7

Don McNelly, 87, of Rochester, NY, finished his 731<sup>st</sup> marathon in 9:28:00.

“It was tough, tough,” said McNelly. “What made it tough was the humidity. I want to keep going until I’m 90, and I enjoy it and meet a lot of nice people.”

Jane Cutting, 67, who finished her 164<sup>th</sup> marathon and wants to run a marathon in all 50 states, marked Texas off her list on Surfside with a 7:23:00 finish.

“I loved it,” said Cutting. “It was beautiful.

No records fell in this year’s contest. Larry Millard set the 1:19:41 male half marathon record in 2006; Autumn Ray set the 1:28:33 female record in 2006. Kurt Pepper posted the 1:27:00 male masters record in 2007, and Susan Walters posted the 1:35:58 female masters in 2006. All marathon records were set last year’s competitors: Stephen Baumgarner, the 2:55:45 open male record; Gayle Zorilla, the 3:23:56, open female record; Ed Sturdivant, the 3:09:35 male masters record; and Suzy Seeley, the 3:43:50 female masters record.

The only glitch in the contest was the failure of the chip system to determine results. Daryl Beatty, race director and BARRA director of road racing, however, anticipated problems and had workers at the finish line to record runners and times. Bob Bowden and Terry Allen worked to determine overall, masters and age-group winners by hand, resulting in a delay in the release of the final race results and the posting of the results on the BARRA Web site.