



Volume 13 : Number 2

Spring 2008

BARRA awards \$4,000 to Angleton, Brazosport and Brazoswood students

Courtney Dahl and Sarah “Caitlyn” Genzer of Angleton High School, Alyssa Aikmanof Brazoswood High School and Dara Dalton of Brazosport High School received \$1,000 each in BARRA scholarship awards. The success of the Surfside Beach Marathon/Half Marathon enabled BARRA to make these awards. Laurie Fisher made the presentations at Angleton, Sue Wheeler at Brazosport, and Daryl Beatty at Brazoswood.

Courtney Dahl of Angleton High School, plans to attend the University of Texas - Austin and major in speech pathology. She has been involved in numerous activities and ran Cross Country for two years and played soccer. She explains in her essay that she began running in the sixth grade at Angleton Middle School under the direction of Mrs. Green (a teacher/runner who has sponsored a middle school running group) and that she has translated those training skills into study skills and the ability of setting race goals into setting goals in other areas of her life. She



BARRA Scholarship presenter Lauri Fisher and winners Courtney Dahl (left) and Sarah Caitlyn Genzer (right).

compares her training schedule to her running schedule. Her long term goal is to become a pediatric oncology doctor.

Also from Angleton High School, Sarah “Caitlyn” Genzer plans to attend Texas A & M and major in nuclear engineering. She has run varsity cross country as well as played soccer. She has previously participated in local run runs and been a member of a team in

the Brazosport Relay Triathlon. She states that she is currently training for the Houston Half-Marathon. In her essay, she discusses how running makes a difference in her life. She describes the community of running and explains how running has taught her endurance and the ability to wait out her problems. She uses her running to set and reach her

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Bob Bowden
BARRA President

Howdy. It's your BARRA President again. What happened to spring? I don't know about you, but the summer heat seems to be here already. Well, at least the weather was rather pleasant this year at the Beach to Bay Relay Marathon. I'll have more to say on that later.

How does everybody like the new socials? I hope everyone

is enjoying the enhanced opportunities for fellowship. Running on the paved running trail behind Brazosport College with no traffic in the early morning and then gathering at the Arts Center for the social has really been convenient.

I for one learned quite a bit regarding sports injuries and their rehabilitation with Dr. Ward. One of the things I learned is that Dr. Ward is certified in the proprietary Kenesio Taping Method for therapeutic rehabilitation of muscular disorders and lymphedema reduction.

The *Jeopardy* social was both fun and humbling at the same time. My take home lesson from that social is that the teams of Max and Alice Royalty and Judy Richards and Dave Johnson are formidable *Jeopardy* opponents. I certainly didn't help mine and Ralph's score!

Now that we are to the time of the year that we look forward to first cool front in late September or

early October, remember to drink plenty of water. The board will be meeting to finalize the plans and volunteer list for our July 4 Firecracker Four event. Also, keep a watch the Web site, www.barrahome.net, for the fall date of postponed spring Brazosport Regional Hospital System 5K and 10K runs.

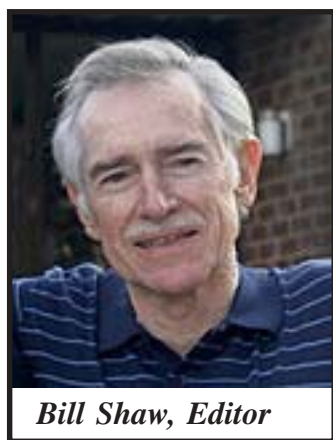
If you have any suggestions for social activities, just e-mail me or any one of the BARRA officers with your suggestion. This is YOUR club. What do you want from being a member and what are you willing to put into it? We the board will try our best to accommodate your needs.

Don't forget the next social June 21 at Judy and Ron Richards. Thanks, and I look forward to seeing each of you on the road, sidewalk, or whatever this year.

BARRA will celebrate summer solstice at next social on June 21; Judy and Ron Richards host

I think the BARRA Executive Committee came up with a good idea in moving from dinner meetings to Saturday socials that include runs, refreshments and a program of some kind.

The Richards, Judy and Ron, host the Saturday, June 21, BARRA social, which falls on the summer solstice, the first day of summer.



Bill Shaw, Editor

We shall begin with a social run of whatever distance you choose. Judy has a 5K and a 10K route marked around her property at 327 County Road 735. (See the map on page 12.) Judy will serve breakfast around 8:15 a. m. Our program will follow about 9 a. m.

The program is called, for want of a better name, "The Worst of the

Worst." Runners may share, as time permits, the worst experiences they have had in their years of running. The only restrictions on your stories is that you keep them short so others can share, and they must be true. At the end of the story telling, we shall select the "worst" of the "worst."

In addition, participants may work on a replica of Stonehenge. Judy and Ron have the raw materials on hand, and we hope to finish the model before we leave.

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Sue Wheeler (left) and Brazosport BARRA Scholarship winner Dara Dalton.

Scholarships from page 1

goals. Her long term goal is to find ways to help others.

From Brazoswood High School, Alyssa Aikman plans to attend the University of Texas - Austin. She plans to study French and Spanish, eventually becoming an interpreter and translator. She has been running since she was in the sixth grade, participating in cross country on both junior varsity and varsity in Louisiana and Texas. In her essay she explains how her love of running was so great she worked through her diagnosis of "exercise-induced asthma" and could eventually run eight miles without stopping. When an Air Force Recruiter told her she would be ineligible to join due to her health and unable to meet the 1.5 fitness mile in thirteen minutes, she promptly informed him that she could already run eight miles and participated in cross country.

From Brazosport High School, Dara Dalton has already earned 15 hours of college credit at Brazosport Community College and plans to continue there this fall. She hopes to transfer to either Texas A & M in Galveston or

Texas A & M in Corpus Christi. She intends to major either in marine biology or engineering. She has been on the swim team for four years and participated in track and volleyball. She especially enjoys surfing. She reports that other school commitments kept her from the track team in high school, but she runs when she gets the chance for fun and fitness. In her essay, she describes the beauty and enjoyment of running along Surfside Beach.

Over thirty scholarship applications were read and discussed by a BARRA committee of Daryl Beatty, Bob Bowden, Sandra Clevnger, Druce Crump, Bill Shaw, and Terry and Sue Wheeler to determine the 2008 BARRA Scholarship Awards.

Thanks to Laurie Fisher, Daryl Beatty and Sue Wheeler, who presented the scholarships and to Sandy Clevnger, who wrote the profiles of the recipients.



Brazoswood scholarship winner Alyssa Aikman and Daryl Beatty.

BARRA runners chase bears in Groveton

On Saturday, April 12, club members Ralph Corry, Susan Lorms, Kelly Colosimo, Edwin Quarles, Sue Wheeler, and the Gray family met up in Groveton, Tex., for the Davy Crockett Bear Chase. This was an inaugural event, organized by Steve and Paula Boone of the 50 State Marathon Club. Corry, Lorms, Colosimo, Quarles, and Tina Gray ran the half-marathon, Wheeler and Greg Gray ran the full marathon, and the Gray children,



Susan Lorms, Sue Wheeler, Kelly Colosimo and Ralph Corry. Photo by Terry Wheeler.



Sue Wheeler. Photo by Terry Wheeler.

Emma, Ethan and Aaron, ran the 5K.

The course comprised an out and back route, starting and finishing on the Groveton High School track, and took runners through the Davy Crockett National Forest on a clear and cool spring morning. Marathon runners completed the course twice. Much of the route was on paved farm roads, with the first 1.5 miles on hard-packed gravel. The turn-around point was approximately one-third mile into the forest and was reached on a sandy forest track. The terrain was never completely flat, but the hills were gentle and rolling and did not provide much of a challenge to those club members who had trained on Surfside Bridge.

A pre-race warm up walk around the track showed runners' names attached to the fence, along with good luck messages. Each participant's name was also written on his or her bib, and although

there were not many spectators, the bib enabled runners to call out and encourage each other by name. These were among many personal touches that made this race an event to remember.

Wheeler and Colosimo ran the half together; then Wheeler continued on alone. This was Colosimo's first half-marathon, and the two started out a little fast, inspired by the cool air, beautiful scenery, and the sight of Quarles' back, apparently within easy reach. Veterans of many long runs together, however, Wheeler and Colosimo soon found a more comfortable pace and reluctantly allowed Quarles to increase his lead.

Water stations were frequent, well stocked, and enthusiastically operated, although poorly positioned mile markers caused a little confusion. Wheeler and Colosimo reached the turn-around in

Continued on next page

high spirits and were happy to cheer on their fellow club members as they began the return journey. On pace for a 1:45 finishing time, they were excited to see Quarles in the distance and pleased to note that the gap between them was narrowing. Discretion proved to be the better part of valor, however, and the girls stayed on pace to finish the half just behind Quarles.

Setting out for the second half alone, Wheeler was able to greet Corry, Lorms, and Tina Gray as they completed the last stretch of their race. This was Greg Gray's first marathon. He had registered for the half; then much to the surprise of everyone (including his wife), he decided to continue on and complete the full marathon. He ran a strong race, finishing with a great time.

Runners' names, states, and times were called out as they ap-



Edwin Quarles. Photo by Terry Wheeler.

proached the finish line – another rewarding personal touch from the coordinators of this small but well-organized race. Hot dogs, chips, doughnuts, ice-cream, and cook-



The Grays, from left to right, Aaron, Ethan, Tina and Emma. Photo by Terry Wheeler.

ies were provided at the high school concession stand, and the locker rooms were open for showers after the race. All finishers received medals and small stuffed bears, labeled with the numbers of their overall placement.

Participant comments

It was great to see other BARRA members at the race, especially knowing how far they traveled to get there. It was good to see everyone again. I had no idea that there was a target on my back for Kelly and Sue. I agree that the race was well done and that Jon Walk did a great job announcing runners as they crossed the finish line. It was a nice touch. I also confess that during a conversation with Jon on Friday night that he informed me of fellow BARRA runners coming in for the race. I was excited when he told me.

I enjoyed the race. The weather was great that morning. I ran just under 1:45 in the half, which

was 7:59 pace. Not my best half, but much better than I've been running in the past year. Felt good to run better than what I really expected."

--Edwin Quarles

See Bear Chase page 9



Greg Gray. Photo by Terry Wheeler.

Lindgren finishes USAT&F event in Michigan

When I turned 50 last November, I decided to challenge myself this year. One of my goals was to run a true long distance race. With that in mind, I entered the USA Masters National 25K Championships in Grand Rapids, Mich. on May 10. This would be my longest run of any kind since the 1996 Boston Marathon. I had done three fourteen milers in preparation this spring, but racing 15.5 was a far more interesting prospect.

I traveled to Michigan on Thursday. Grand Rapids is a cool old city built on Old Dutch Furniture money with a lot of very interesting architecture. A hopping brew pub scene, good restaurants, and lively weekend night life make the host hotel the place to be for race weekend. I also worked the race administratively as the Women's National Champs chair, so I had plenty of grand treatment the whole time I was in town. Greg Meyer, the last American to win Boston (1983), was my host, and I spent the weekend with Olympian Brian Sell along with other of our top American athletes. I've got a great gig.

Race morning dawned perfect. Fifty degrees and no breeze at all, though I could sense a rapid warm up was in store. When the gun fired at 8:00 a. m., I was off towards the river bottoms and the beautiful park the course tours. The first six miles are that gradual downhill, most of it lined with fans out for their annual fete of the feet. There are several downhills that can re-



From left to right, Brian Sell, Will Lindgren, Mike Morgan, and Linda Barnhart, Team Nebraska vice president.

ally set you free as well. After you make the big U-turn and head back into the park, you begin the gradual incline that brought you to such a speedy five and six mile split. The climb is imperceptible at first, but then begins a series of rollers that quickly remind you that there are still seven miles to go in the race and the really big ones are still up ahead.

I had been clocking a seven minute pace through 11 and was 1:34:02 through the half marathon. I was to run the second half almost four minutes slower than the first. The bear was about to jump on my back at 14 and make my life miserable for the next 1.5 miles. Even though the crowds were dense for the last mile of the race, it was still difficult for me; I had run out of gas.

I stopped to stretch a couple of times, and that helped me keep on. There are signs indicating one mile to go and .5 mile to go, and that last half mile is all uphill, baby. You run a quarter straight up this hill, make a left, and run another uphill quarter mile to the finish. Maybe the toughest last half mile I've ever run in a race, I picked up the cheers from a couple of friends and was on to the finish in 1:53:25 (7:19 pace).

A great reward for my effort is that I was entered into the 50-54 division of the USATF Champs. Proud to announce I took first in my age group, my first individual National Championship title.

Giddyup!
--Will Lindgren

Wheeler runs around Gatorade's birthplace

Speaking as someone who dislikes Gatorade and never drinks it unless she has to, I was a little surprised to find myself having a great time at a marathon run through its birthplace in Gainesville, Florida.

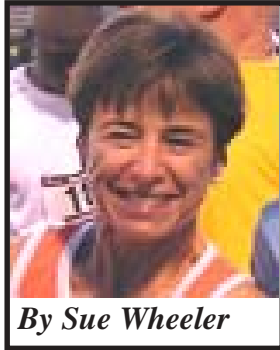
Fidgeting on the start line, we were all startled when a loud report interrupted the mayor's words of encouragement.

As smoke drifted around us, realization that the race was underway gradually dawned, and we took the first steps on what was to prove an unusual and rewarding run.

Starting and finishing in front of the University of Florida Center for Performing Arts, the course weaves through many of Gainesville's most popular running areas. The route incorporates hills on 16th Avenue, where Frank

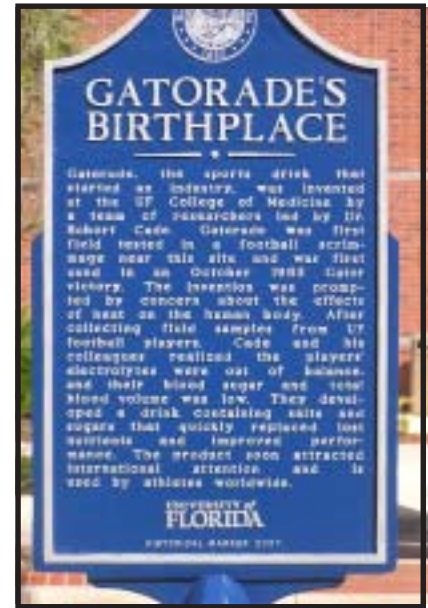
Shorter, 1972 Olympic Marathon gold medal winner, trained regularly. Participants also run through Ben Hill Griffin Stadium, home of the Gators, along the shores of scenic Lake Alice, and downtown Gainesville.

The 2008 Five Points of Life Race Weekend took place February 22-24. It included a marathon, half-marathon, 5K, and Kids Marathon. The idea for the event was conceived in the local Starbucks,



By Sue Wheeler

when the long-suffering manager suggested to a group of sweaty running regulars that they should organize a marathon. Inspired by a desire to improve health in the area, the event was planned as a fundraiser for LifeSouth's Five Points of Life program. The program raises awareness of the need for lifesaving donations of blood, apheresis, marrow, cord blood, and organ and tissue.



The mood at the expo and post-race party was one of health promotion and friendliness. For a small race, it was well organized and all runners were encouraged and appreciated. I felt good about this marathon, from beginning to end.

I finished 22nd overall in 3:31:46, the sixth woman and first in my age group.

BRATS participate in Ironstar, Iron Maiden, Silverlake and COMBAT Triathlons

BRazosport Area Triathletes (BRATS) traveled to Galveston, Humble, Pearland and League City to finish three triathlons.

Triathletes invaded Moody Gardens in Galveston for a full weekend and variety of challenges. Saturday featured a sprint triathlon, and Sunday featured a quarter ironman, and half ironman and an

aquabike contest.

Bill Shaw braved the 69 degree water temperature without a wet suit to complete the 550-yard, open-water swim, the 12.6-mile cycle route and the three-mile run in 2:05:02 to place second in the 65-69 age group in the Ironstar Sprint event.

BRATS Richard Romero and Gregory Gray finished the

Quarter Ironman competition, a one kilometer (.6 mile) swim, a 28-mile cycle route and a 6.5-mile run. Romero finished 207 overall in 2:47:37; Gray finished 240 overall in 2:52:38.

Kelly Colosimo finished the Ironbabe Super Sprint Triathlon - 200 yard swim, eight mile bike, two

See BRATS on page 11

Laurie Fisher's running odyssey reflects love and dedication

I can remember the day quite clearly. It was a day which started out like all the others. March 21, 2006, was the first day of spring, but also a first for me. It was the day our oldest son started training for boot camp, and I started training for, well, I'm wasn't sure. I just knew that Jeffrey would be leaving soon, and I wanted both to encourage him in his training and to spend as much time as I could with him before he left. Thus the story begins.

Now I have always been active. I have played softball all my life, spent most my teen years at the ice-skating rink, (Yes I grew up where there is snow, Ohio.), hold a Black Belt in Karate, and enjoy the best of physical challenges. But after running the first week, I quickly realized that there is way more to this sport than I expected.

Jeffrey and I ran two times a week, two miles. I began to really look forward to the runs. We started out around our neighborhood block then onto the community trail which outlines the main road of Western Branch in Chesapeake, Va. With no professional training, we just...well, ran. We lacked any rhyme or reason for our breathing or technique. Soon, he was running at a much faster pace than I. I didn't want to hold him back, so I began riding my bike alongside to provide encouragement. Jeffrey left for boot camp on June 21, and I for Lake Jackson, Tex., that same day. I made a



Laurie Fisher and her son Jeffrey, USMC.

promise to my son that I would keep running until he returned.

Moving to Texas was quite an adjustment. Let's face it: the heat, humidity, and, need I mention, the bugs that carry you away? I wondered how I would ever stay active, avoiding the heat during the day and bugs at night. I really missed my two older children, Jeffrey and Jessica, who is married to my sweet son-in-law Scott. I knew I needed more exercise than swatting mosquitos. So I joined the recreation center to help me deal with new adjustments and prevent becoming too large. It was there where I met Jeanne Schroll, an aerobics instructor who encouraged me to run the upcoming Spectacle Spectacular 5K. Well, I missed that race, but did show up to run the Gator Gallop 2007.

Now, I know what a "new-bee" looks like because I definitely played that part the morning of the Gator Gallop. Our youngest son, Tyler, and I showed up, respectfully, at 7:30 a.m.. Tyler signed up to run the one mile and I the 5K. It was a cloudy day, calling for storms, so we wore pants and jackets...first "New-Bee" clue. Tyler was a little shy and wanted me to run the one mile run with him, so I did. Then he loved it so much, he insisted on doing the 5K afterwards. So, again, we did. As the rain poured down, I stopped about the second mile to tie up my soggy pants...second "new-bee" clue. Tyler saw a friend of his about the same time whom he wanted to run with, so I ran a bit ahead. Keeping

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Fisher from page 8

a safe distance in front of him, so I could continue to see him with the stormy weather, I reached the finish line at 34:30 but stopped and waited by pole for Tyler...third clue. I told him that I would let him cross the finish line before me. Tyler finished with a time of 42:23, and I finished in 43:05. OK, we couldn't walk for about a week, and we learned our lesson. We had to find somewhere to learn more about this "running thing."

I immediately went home and Googled, "Running in Lake Jackson Texas." It was there I found the BARRA site. I read every story, studied times, and wondered if I could ever run a 5K in anywhere close to the times I saw. I wondered if all those people have been running all their lives, or are there any others who picked it up mid-life? I remember thinking, "There are no runners with SHORT legs. Do I have what it takes?"

I signed up for the next race, the Flapjack 5K. I finished with a time of 30:49. I guess better than the 43:05 previously. I started talking with other runners to get advice, tips, feedback. I guess this is when I started getting the "Fever."

I met Sue Wheeler at the next race, Run For the Cure. She was so sweet; of course, she still is! She took the time to really help me, talk to me, and encourage me in my new mid-life undertaking. She mentioned the BARRA group and the local support it offered. My finishing time was 29:19. I actually placed third in female masters competition. I could see my hard work and dedication was paying off.

The Hospital Run was next. Finishing in 29:11, I started to see familiar faces and sought out the support and friendships of local BARRA friends. I remember a couple of them tossing encouraging words as they passed me. Their support was what got me to run that much faster and endure that much more.

I finished 2007 with the following races and times:

Mosquito Chase 28:10

Brazosport Relay 29:44 (My back was out)

And my best run so far, Monster Dash, 26:59, second in masters.

After 2007 races, I decided to join BARRA. Many from the group have done so much to support and encourage me, I wanted to help and give back. 2008 has begun, and I find myself looking for a good 5K anywhere I can. I started the season off by helping with the Surfside Marathon. It was great to get together a couple days before to pack the bags. You could already feel the excitement. I worked the finish line most of the race. It was exhilarating to see the accomplished runners as they crossed the finish line. My goal this year is to run the Houston Half Marathon in January. I am healing from some foot injuries but hope to be up to par by then.

This year so far I have run The Spectacle Spectacular 5K, finishing second in the 40-49 bracket with 28:58; Race for Cure, third overall in 27:48; a Fun Run in Virginia, second in masters in 28:12; and a Katy Run, third in 40-49 in 27:03.

Our son arrived home for

three weeks in April, after one and a half years in Afghanistan and Qatar. We went to Virginia to spend time with family. He asked me the big question: "Mom, are you still running?" I replied, "Yes baby, I am still running for you."

I have to thank Jeffrey for getting me started and also all the new friends in BARRA who have never failed to encourage, support, and put up with me. I don't think you have to worry about these short legs being up front; however, "Watch out, Orville. I will pass you someday!"

Bear Chase from page 5

This was Aaron's and Emma's first 5K race. Aaron's favorite part was the food before and after the race. Emma liked running off-road, in the country, especially after training in the neighborhood. Ethan enjoyed the race but missed a turn on the route and ran an extra 10 minutes and ended up finishing behind his little sister. All three loved getting teddy bears upon finishing the race. We now have a small collection of Bear Chase Teddy Bears. They are already talking about next year's Bear Chase!

--Tina Gray

Marathon Finishers

Sue Wheeler	3:34:59
Greg Gray	3:54:58

Half Marathon Finishers

Edwin Quarles	1:44:45
Kelly Colosimo	1:45:38
Ralph Corry	1:53:21
Susan Lorms	2:17:59



BARRA Runners Kick Sand at 2008 Beach to Bay Relay Marathon

A number of BARRA members participated in the 2008 Beach to Bay Marathon Relay in Corpus Christi on May 17, a relay marathon with six members per team.

Each leg of the relay is approximately 4.4 miles with the exception of the naval air base leg, which is 4.7 miles. The start of the race is on the beach at Padre Island and is run on loose sand. The second leg goes to the bridge highway. The third leg is known for its bridge. The fourth leg is run through the naval air base. The fifth leg is run along a highway by the water, and the final (which is the hottest!) leg finishes at Cole Park Amphitheater.

This year was a cooler year than normal, with start time a temperature of about 68 at 7 a.m. It stayed cool all morning until about noon. Then clouds moved out, and the heat of the sun came down.

There were a record 1642 teams running in this year's event.

Terry Allen and Debbie Smith ran with the Christian Women Who Cuss team from Lake Jackson and finished in 5:06 in 1438th place. The Electric Prunes, consisting of Bob Sipple, Ralph Corry, Lenord Burns, Dave Jones, Daryl Beatty and Dave Henry finished in a time of 3:52 in 356th place. Bob Bowden and Bill O'Neill ran with the Pearland running club. The team finished in 103rd place with a time of 3:17.

Who knows what the winning time was...big deal...this race is for fun and the great food in Corpus Christi, which all totally enjoyed on Friday except for Terry Allen, who arrived late. Some members even stayed a Saturday to enjoy the more food.

--Ralph Corry

Slough runs Austin Maze

I ran The Maze 30K on May 4 in Austin as part of the Rogue Trail Series; my time was 3:23:56. The weather was perfect that weekend and really didn't start to warm up until I was almost done. I did take a little spill around mile 14, but how can you run a trail run without taking a little dirt home with you. I finished with a bloody knee and elbow, and my husband was really sympathetic. He said, "Well, you finished the last two trail runs without taking a nose dive; I guess you were due."

The Maze was three 10K loops, and normally I don't like making loops, but this trail had so many twists and turns I really enjoyed it. It had three low water crossings, but you could really get around two of them without getting

wet. Overall I really enjoyed this race and would do it again.

--Karin Slough

BRATS from page 6

mile run - in Humble in 50 minutes and won second in her age group on May 11.

Colosimo, Susan Lorms, Richard Romero, Bill Shaw and Cliff Wilson traveled to Pearland for the Silverlake Sprint Triathlon on May 18. The event includes a 400-yard, open-water swim, a 10-mile cycle route and a three-mile run.

Colosimo finished in 1:06:44, eighth in the most competitive of age brackets, the female 40-44 group. Colosimo took over three minutes off last year's time - mostly on the run. Lorms finished in 1:15:53 to win first in her 60-64 bracket. Romero finished in 1:04:35, 15th in his age group. Shaw finished in 1:55:48 to place second in the male 65-69 bracket, and Wilson finished in 1:21:30, first in the male 70-74 age bracket.

On May 24 Spencer Hurley tried his first tri at College of the Mainland in Texas City in the COMBAT Triathlon, a 300-yard pool swim, a 15-mile cycle route and a three-mile run. Bill Shaw and Cliff Wilson also made the trip.

Hurley finished 151 overall and 22nd in his 45-49 age group in 1:28:33; Shaw finished 258 overall and fourth in his 65-69 age group in 2:09:17; and Wilson finished 220 overall and second in his 70-74 age group in 1:38:46.



Judy Richards in the Stonehenge replica she and Ron are building for the June 21, summer solstice, BARRA social. Photo by Sara Bellum.

Notes from page 2

So that Judy can prepare for the breakfast, we need a number of those who plan to attend. Please RSVP to me at runwriter@sbcglobal.net by Wednesday, June 18, if you plan to attend the social.

Yipes! The Firecracker 4 is a bit over a month away on Friday, July 4, and we need to get busy in planning. We need volunteers and sponsors. Sponsors who contribute \$100.00 will get

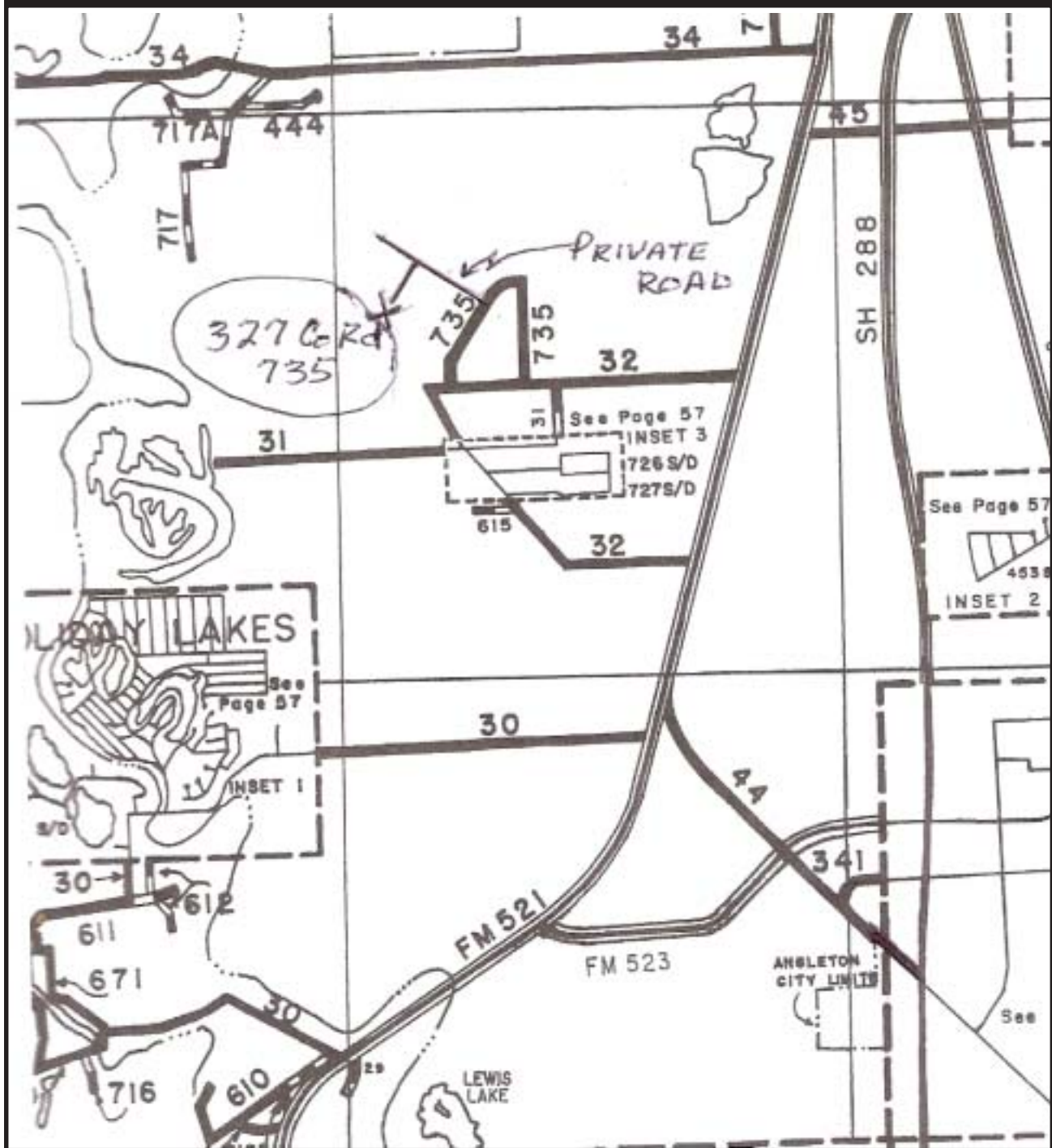
their logos and names in large letters on the back of the T-shirt. Individuals and sponsors who contribute \$50.00 get their names on the T-shirt in smaller letters. We also need door prizes, so if you can solicit gift certificates from local restaurants or other merchants, please get busy and do so. We also need to distribute registration forms to local recreation centers. I shall sent a copy of the registration form via e-mail to all members. Online registration is available at

active.com.

We shall plan our annual beach social in July or August and have the Pfeifer Mile. The kids in particular enjoy the beach social.



It's time, too, to get your Brazosport Relay Triathlon team organized. The contest is on Saturday, September 6.



Directions to Richardsons from Lake Jackson:

1. Drive north on 288
2. Turn left on County Road 44
3. Turn right on FM 521
4. Turn left on the second County Road 32
5. Turn right on the first or second County Road 735
6. Take private road at 327
7. First house on the left