



www.barrahome.net

Finish Line



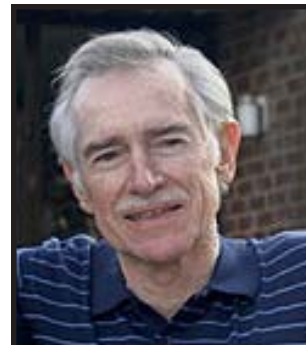
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Mission Statement: The purpose of the Brazosport Area Road Runners Association shall be to encourage and promote competitive and recreational running, triathlons, and walking with a view to promoting health and fitness in the greater Brazosport Area. 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.

I'm a little late, folks. . .

Summer ended Sept. 23, so I am a little late with the quarterly newsletter. It was a busy summer with the Firecracker 4, the Mosquito Chase and committee work on the Summertime Blues Triathlon and the Brazosport Relay Triathlon. I apologize for my tardiness and shall try to get the winter newsletter to you on time with news of our annual Christmas Party and Awards Dinner in December.



*Bill Shaw
Newsletter Editor*

Our meeting attendance has fallen off quite a bit. Some of you cannot attend on Tuesday nights, and others find our meeting

all business and no fun. Therefore, the executive committee will meet on the first Tuesday of the month to

conduct business and make decisions and submit them to the members via e-mail for approval. The meetings on second Tuesdays, then, will be social and include some fun activities.

Our next meeting is on Tuesday, October 9, at the Municipal Park in Freeport at 6:30 p. m. We shall have a recreational run and a picnic. Bring your food and drinks, and let's have a good time in this early fall weather.



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 Jamie Dalsing

Age: 33.

Years Running: two and a half.

Education: Bachelor of Science.

Occupation: Chemical Engineer.

How many miles a week do you run? 20-30.

What is your training schedule? Pretty light right now, but when I'm in training, it's usually 40 miles running, 120 miles biking, and three miles swimming.

What are your PRs and where and when? Not sure on the 5K/10K, half-marathon, 1:57 in Houston; marathon, 3:57 in Houston; half-ironman 5:09.

How many triathlons? Four olympic distance, two half-ironman, three sprint triathlons.

Best triathlon experience? Any tri in Dallas.

Worst triathlon experience? My first tri in Galveston.

How did you come to join BARRA? Via the Power Chicks.

My proudest athletic accomplishment: Qualifying for World's Half-Ironman.

My favorite race: World's Half-Ironman at L'Orient, France.



Jamie Dalsing, second from right on front row, at World Half-Ironman competition in L'Orient France.

My best distance is: Anything long.

I run (and triathlon) because : It's my stress reduce. It gives/allows my life to have balance.

My philosophy of life is: Enjoy it!

My next goal is: Compete a full season next year and attempt my first Ironman.

When I'm running/cycling/swimming I think about: Anything that's bugging me, but mostly nothing. Just quiet.

The best fitness advice I could give: Listen to your body and rest. when it needs it.

People would be surprised if they knew: About four years ago I was overweight and could barely run three miles.

Other hobbies besides running and triathloning. Anything outdoors.

I would love to spend the day with: Jerry Rice.

The most profound thing that has happened in my life is: When I met my fiancé.

Runners or athletes I admire: The Power Chicks. They keep it real and run for the right reasons.

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Wheeler experiences triskaidekaphobia in Denver

By Sue Wheeler, marathoner and BARRA secretary

As I approached the 13th mile marker in the Colfax Marathon, I checked my split time. To my horror, my watch read 13 minutes and 13 seconds. What had gone wrong? With no time to think, I crossed the timing mat at the 13.1-mile halfway point and had my fears confirmed as I read the clock. According to its inscrutable face, the last mile had indeed taken me more than 13 minutes to run.

Never one to bother overly much with superstition, I had nevertheless been aware of the significance of running the 13th race in my quest to complete a marathon in every state. So far, I had never had to give up, always managing to cross the finish line in reasonably good time. Now, however, I was forced to face the fact that the numbers appeared to be conspiring against me: 13th state, 13th mile, 13 minutes and 13 seconds. My times on my first 12 splits had all been under nine minutes, and my pace had felt consistent. What had happened during that 13th mile to make such a difference?

The second annual Colfax Marathon was run on May 20, 2007. The marathon begins at a sports complex in Aurora, Colo., and follows historic Colfax Avenue through Denver, past Mile High Stadium, and up Golden Hill to Colorado Mills. Originally known as the Golden Road during the gold rush days, Colfax Avenue is clearly

visible at night from a vantage point high on nearby Lookout Mountain, a venerable constant through Denver's sprawling and disorganized suburbs. Marathoners run almost the entire 26.2 miles on Colfax Avenue, with the exception of a couple of short detours. The first of these detours is through peaceful, shady City Park, opposite the State Capitol. It is there that the half-marathoners join the race and there that I was forced to relinquish my hopes for a sub four-hour marathon.

For a flat-lander from Houston, a marathon at 5,200 feet is a daunting prospect, and my oxygen-deprived brain struggled with the discrepancy in my split times. The only apparent explanation for the anomalous time on my 13th mile was that the altitude had been affecting me more than I'd realized and that the first 12-mile markers had been slightly short. My pace per mile must have been slower than nine minutes. It seemed



Sue Wheeler in an earlier January 10K in Angleton.

inconceivable that the halfway point, the start of the half-marathon, could be in the wrong place.

To say that this realization did not affect my outlook on the remainder of the race would be incorrect. However, I tried to focus on the magnificent views of the distant Rocky Mountains and the supportive crowds lining the avenue. I tried to ignore the sun, which was beating down on the back of my neck and sending heat

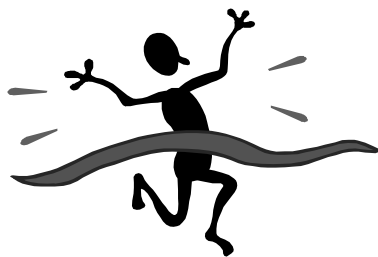
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reflected from the concrete pavement into my face. As my feet got heavier and heavier, they seemed to drum out remorselessly: thir-teen, thir-teen. Despite the fact that the interval between these drum beats grew greater with the passing miles, I never again approached a 13-minute pace, keeping each split below 10 minutes.

Lying in bed that night, tired and a little disappointed with my 4:07 finish time, I puzzled again over that 13th mile. However, it was not until the following

week, when friends alerted me to an article published in the *Houston Chronicle* Sports Section entitled "Marathoners May Have Gone



Too Far," that I discovered the true explanation. It transpired that, despite being a USA Track and Field certified course and a Boston-qualifier, an extra half-mile had mistakenly been added to the route due to ongoing construction in the City Park. That 13th mile had actually measured 1.513747 miles.

Race officials sent out personal e-mail messages apologizing to runners and promising to adjust finishing times accordingly. Within days, I received an official certificate with my adjusted time of 4:02:20 and a glass plaque proclaiming me to have finished first in my age group.

The next BARRA meeting is Tuesday, October 9, at the Freeport Municipal Park across from the Hopper Field parking lot. The meeting will begin around 6:30 p. m. with a two-mile run on the Old River levee, followed by a picnic and social mixer. Bring your own food and drinks. Kids are invited.

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My favorite quotation about running or life: "Face your fears and the death of fear is certain. Thinking may not overcome fear, but action will."

Other Comments:

When I decided to go to the World's Half-Triathlon, I had no clue what I was getting into. It was funny; we walked into the hotel where Team USA was staying for the first time, and I immediately stepped back outside. I was like, what am I doing here. I'm not an experienced triathlete. Then I calmed down and met everyone. The team was awesome. You have a full support team along too, which was just incredible. The more amazing fact was being among all

these gifted athletes. Most of them are top age groupers that compete in all distances. It was incredible to witness this world of amateur athletes. The team meetings were very interesting; I learned a lot about competing at the very top level, much different from just showing up to have fun. Then, of course, there was the parade of nations. It was an overwhelming experience to walk down the streets of L'Orient waving to the crowd. There were tons of folks cheering for us and all the athletes. After the parade, we got to mingle with other teams. I met a really cool lady from New Zealand. Race day was, of course, nerve racking. The run course was changed from the flat trail run around the estuary to running out on the street in the hills. I

was a bit concerned how my legs would hold up so made sure I maintained my proper cadence on the bike. The first loop on the run felt like death, but once I got my running legs, the next two were great. I was surprised when my run split was on average 8:30 a mile. The celebration afterwards was great. We were able to cheer in other team members and eat lots of good French chocolate. It was an experience I'll never forget. I'm know eager to compete some more but will have to wait until next season.

