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Stridelines

Volume 11, Issue 3

www.houstonstriders.com

March 2004

Temporary Insanity Edition

Temporary Insanity

By Natasha Burt

I plead TEMPORARY INSANITY. What other reason could I possibly have for placing 6 MONTHS of hard training into the hands of a COMPLETE stranger in hopes that he would lead me to a 3:40 marathon, my Boston qualifying time?

'Never run with a Pace Team before? Don't worry, it's simple! Each Pace Leader will run even splits throughout the marathon, and by following your Pace Team leader, you'll cross the finish line within two minutes of your goal finishing time.' This is what I read, this is what I was hoping for, but this isn't what happened.

Associating the word 'simple' with a marathon should have been the first clue that this pace group was a good example of 'If it sounds too good to be true, then it probably is.' Nevertheless, I joined the pace group the morning of the marathon and here's a taste of what happened.

I found the leader holding his 3:40 sign and balloons about 5 minutes before the start. He was standing

much further back than I wanted to be and it was crowded. I wasn't very impressed from the beginning, he didn't seem very friendly or motivating (no 'let's have fun!') like I would expect from a 'coach'. So, you're probably wondering why

I even bothered to start with the group. Remember, 'TEMPORARY INSANITY'. I had just spent the past week explaining to my friends, family, dogs and anyone else who would listen (or pretend to) that joining this group would better my chances of reaching my goal time (and that it certainly couldn't hurt). I had pretty much brainwashed myself that this would work out great and I stuck with my plan.

So the gun went and 'off we go' or I should say 'off we walk' for 2 minutes until we crossed the start line. I was frustrated at the walking but I should have let myself enjoy it because as soon as we crossed that line, the 'chase' began. I felt like I was on an episode of 'COPS' and there were ten or more police (I wanted to be that out of shape one hanging at the donut shop) chasing the suspect with the balloons through the sea of runners. He was going left....then right....speeding up....slowing down. He quickly weaved in and out through the crowd and we were all watching his every move trying to get within arm's length of him.

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Natasha Burt pleading her case!

The 'suspect' picked up the pace after mile two, pushing us to run much faster than our goal pace. We were all still in 'hot pursuit' of him as he kept up this pace trying to make up for the time he lost (during the first mile) within the first few miles. By mile six I was exhausted and really wishing that I was in the donut shop or, even better, at Starbucks drinking white hot chocolate...mmmm. And it wasn't that I really was out of shape, I had trained hard, and I had no problem doing my long runs faster than goal pace. I guess I hadn't focused enough of my training on 'follow the leader' and 'hide and seek' because this game was beating me out.

At mile six I was realizing that this was a bad idea. So you're probably thinking that I dropped away from the group. Oh no, that would have been too sensible. I continued to struggle on and tried to keep up with them (yes, I am stupid). I managed to hang on until around mile 12 or 13 and then I started crashing and began to slip further and further behind. As I watched the balloons disappear in the crowd I thought to myself, 'Good-Bye Boston, maybe I'll see you next year.'

I struggled on for the next few miles and then at about mile 19 a wave of energy came over me. I was determined to finish this race, and do it within my goal time. I picked up the pace and felt stronger and stronger as I passed every mile. Michael and Paige came back to meet me at mile 23 and run with me. I was SO happy to see them and I knew that they would keep me going to the finish. I kept up a strong pace and I sprinted across that finish line – the clock showed 3:39:59. I had done it!!!

Nah, that's not what happened. That was the 'made for TV' movie ending version of the story. I was also rich and famous in that version running with P. Diddy to raise money for charity. Anyway, what really happened was that I continued to struggle after the half way point and was really feeling awful. I knew that the damage had been done in the beginning and being worn out at mile six meant that it was going to be a long journey. I had to kick into 'survival mode' and just get this 'job' done.

'JUST DO IT.' 'But I'm tired.' 'JUST DO IT.' 'But I'm hurting.' 'DON'T BE A WIMP, STOP WHINING AND DO IT!!!' This is the battle that was going on in my head (actually that is the edited version, the unedited version is a little too 'colorful' for Stridelines) until I met Paige and Michael a little after mile 23. I was SO happy to see them. It meant so much to me that they came back to get me after doing the half marathon. Although I was too tired to talk, those last three miles were more enjoyable than any of the previous miles, just because they were there.

I did sprint across that finish line. Well, at least I felt like I did. But I was about 7 minutes too late. I didn't

care. I was so happy that I finished. How could anyone not be happy when they finish a marathon? It's a huge accomplishment whether you reach your goal time or not. And it feels SO good when you know that you can allow yourself to stop running.

So that's my story and my brush with a pace group. I didn't have a very good experience with the group that I was in but that's not to say that they are all bad. What happened with me just shows what could go wrong when joining these groups. I'm sure things would have been different if the marathon was smaller, if it was a different pace leader, if the number of people trying to run in the group was smaller and/or if I had hooked up with the group in the latter part of the marathon when they 'should' have been at a more even pace. However, I really wouldn't recommend it. Don't you think that you'd have to be CRAZY, TEMPORARILY INSANE and COMPLETELY OUT OF YOUR MIND to expect a complete stranger to lead you to a great marathon finish?

March Birthdays

Jose Ibarra	2	Juan Arrieta	17
Andres Collazos	4	Marjike Annis	19
Andrew Cox	4	Diana Gracia	19
Robert Roth	5	Bob Manning	19
Yvonne Fuentes	7	Maggie Martinez	20
Zenaido Curo	8	Amy Meyer	21
John Andrews	8	Jillian Linke	22
Santos Hernandez	10	Jessica Linke	22
John Yoder	13	Janet Kennon	23
Andrea Chan	13	Patti Sears	26
Stephen Shepard	14	Kris Kaushik	26
Tom Woltz Sr.	14	Ramon Salazar	27
Graciela Estrada	16	German Collazos	27
Sue Thompson	17	HoJin Lim	29
Robert Manach	17	Mindy Kral	30

New Members

John Andrews	Yoichi Morishima
Maria Arroyo	Lilly Mosqueda
Matthew Bates	Nelly Ramirez
German Collazos	Siva Ravva
Rieko Ford	Robert Roth
Marie Fuentes	Maria Ruiz
Arnold Gracia	Ramon Salazar
Angela Green	Liza Salinas-Garza
Rachel Guenther	Robert Segovia
Angelica Hernandez	Lynda Talley
Gary Hudman	Ted Traynor
Jose Ibarra	Jesus Vallejo
Janet Kennon	Ino Villarreal
John Liuzzi	Amanda Vincent
Catalina Lopez	Susan Wambold
Jose Montelongo	



Message from the President

By Sandy Wollangk

After the incredible excitement of January and our massive participation at the Houston Marathon, things slowed down just a bit for the Houston Striders in February. NOT!!

In spite of their disappointment that it was not selected as the Strider Race of the Quarter ☺, Joel DuBois and Carol Schmidt became Striders #2 and #3 to conquer the 100 mile distance at Rocky Raccoon. They then mesmerized us two days later with tales of their incredible training regimen and of the race itself at our February Meeting. Joel's Rocky Raccoon Training Diary starts up in this month's Stridelines and will continue for as long as it takes to complete (kind of like a 100 mile run).

Soon thereafter Stridelines was named as the winner of the 2003 Jerry Little Memorial Award as the RRCA's finest medium-sized club newsletter. Wow!! Editor Lee Baughman will be going to the RRCA National Convention in Lake Tahoe in May to receive his reward, and I believe I will just have to accompany him. You can go too! Details are in this month's Stridelines and on www.rrca.org.

Did we do well in the HARRA Fall Series? I think so! Still haven't seen final club results as of this writing (Roger Boak - I know you're reading this. Can we get final corrected results, pleeeeeease?). However, the club definitely hit an all time high water mark, finishing either 3rd or 2nd in the club competition. We also had 18 Striders finish in the top 30 of their division in the Runner of the Season competition, and Yong Collins, Brett Riley and John Yoder took away cash awards for finishing in the top six. Cool! Over 70 Striders "scored for the team" by running a race in the Fall Series and joining HARRA. Will you be running in the Spring Series? Go to www.harra.org and score for the Houston Striders!

How's membership coming along? Pretty good! Lee Greb beat the bushes and brought 29 of his work colleagues at Toshiba into the Strider fold. Thank you Lee, and a warm welcome to our new Toshiba members! We think you'll enjoy being a Strider ☺

If you haven't renewed your membership for 2004, it's so easy. Complete and mail in the form in the back of the newsletter. We're also working on on-line Strider membership renewals, stay tuned for details on that. If you aren't sure whether you've renewed for 2004

check with our new Membership Dude, Steve Shepard, on texassheps@aol.com.

We've had some changes on the board. Firstly, Scott Prince is stepping down as our Webmaster, a job Scott has been doing longer than I've been a member. Thanks Scott for a super site! Lee Baughman will be taking over Webmaster duties. Secondly, we have a new Vice President, none other than Brett Riley. Brett will be handling our monthly meetings and guest speaker slate. Welcome Brett! Our new Social Co-ordinators, Rose Ennis and Ed Wilsman, are busy preparing for our first social event of 2004, the 5th Annual Strider Chili Cookoff on April 3rd. See details of this tasty event elsewhere in this issue.

Did we do any training? You betcha; we have at least 14 Striders entered in the Seabrook Trails Marathon and 1/2 Marathon in March, and a similar number at the Boston Marathon in April. We'll be represented at the Napa Valley Marathon, Korea Marathon, Big Sur Marathon, Hog's Hunt and LBJ Grasslands Trail Runs, and a healthy number of Striders will be entering the MS 150 bike ride. Did we do any racing? Absolutely; we had record numbers at the Austin Marathon and 1/2 Marathon and at the Conoco 10k. We even had some fool old lady complete the 6 Hour Run at Bear Creek Ultra Weekend. As soon as I, er, she recovers she plans on writing up her experience for April Stridelines.

So, I suppose we'll slow down in March. NOT!! Brett has organized a special guest speaker for our monthly meeting on March 9th at which we'll vote on our Race of the Quarter for 2Q as well. Better still, see you on March 6th for the Bayou City 10k. Not only is it the Strider Race of the Quarter for 1Q (you get \$15 back off your entry from the club) it's CENTIPEDE TIME! By the time you read this you'll likely already have seen my team's entry. If not, read all about it in April Stridelines. Until then, clip clop, clip clop, clip clop...

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- 3) print



To discontinue receiving Stridelines in the mail contact Steve Shepard on TexasSheps@aol.com

See One Do One

By Steve Shepard

There was plenty of excitement in Birmingham Alabama the first weekend in February. Saturday was the USA Men's Olympic Team Trials, and Sunday was the third running of the Mercedes Marathon and Half Marathon. Barb and I made our way to Birmingham Friday afternoon to **see** the Trails and **do** the Half Marathon.

See One - USA Men's Olympic Team Trials

86 men who had run a marathon in 2:22 or less in the previous year made it to the starting line. Alas, the list did not include Khalid Khannouchi, America's finest marathoner, or Rod DeHaven, who won the trials in 2000 and was the sole USA representative in the marathon in the 2000 Sydney Olympics. Both were down with injury, although DeHaven was in town to do the color commentary on the Birmingham radio coverage. The field was still plenty strong, however, and featured favorites Alan Culpepper, who had won the 12k in the USA Cross Country Championships in Houston the previous February, Meb Keflezighi, the all time USA record holder in the 10k, and Dan Browne, who finished 2nd in the Halliburton Half Marathon held here in Houston three weeks prior. The Trials never seems to run to form, however, and nearly \$300,000 in prize money plus the opportunity to represent the USA in the 2004 Summer Olympics in Athens would be strong motivation for dark horses to pull surprises.

The Trials Marathon started at 9 a.m. (quite civilized) but the temperature at the gun was 33 with cloudy skies and blustery winds (downright uncivilized). The course was unique and designed to be outstanding from a spectator perspective. It started 9.5 miles out of town. Once hitting downtown, however, the runners completed a little over 3 loops of a 5.5 mile downtown course. Spectators could watch the race pass, walk



Olympic marathon qualifiers: (left to right) Dan Browne, Alan Culpepper and Meb Keflezighi.

maybe a quarter mile while the participants ran two more miles, and watch the race pass again. In this way we were able to see the race go by 9 times then head over to the finish line to watch the finish and see who had made the Olympic Team.

We arrived downtown at 8 a.m. to participate in the informal 3 mile run set up for spectators (and to shamelessly partake of the breakfast provided). The Trials Marathon hit downtown about 9:45 (5 minute miles!) and it was easy to follow the action as the runners all had their names on their bibs. The leader was Brian Sell, running for Hanson's Running Shop in Michigan. The chase pack was large and included Alan Culpepper (very tall and easy to recognize) and Meb Keflezighi (very short and easy to recognize). "Who the heck is Brian Sell?", we wondered. When we saw him about 10 minutes later he had lengthened his lead, and by the time he had finished the first loop he was over a minute in front. Obviously a runner to be reckoned with!

By the time we saw him again, about mile 18, his lead was down to about 40 seconds and it wasn't hard to guess what was going to happen. We had the terrific good fortune to be right at the spot when it did happen at mile 21 - the chase pack swallowed him up and he ultimately faded to 13th place. The chase pack was Culpepper, Keflezighi, Browne, and another Hanson's Running Shop runner, Trent Briney, so there was still room for a surprise.

We hustled to the finish line, and it started to snow! A big crowd watched the exciting finish - It was Alan Culpepper leading the way in 2:11:41, the second fastest time in trials history, followed by Meb Keflezighi in 2:11:46, Dan Browne in 2:12:01 and Trent Briney in 2:12:34, an incredible 8 minute PR. 71 of the 86 starters finished, all in under 2:37. The first 19 finishers beat the time of the winner of the Houston Marathon on a much hillier course under tougher conditions.



The fifteen fastest U.S. Marathoners

So we know who will be representing the USA in the marathon at Athens, right? Maybe! Culpepper confirmed he would be running the marathon, but Keflezighi and Browne appear to have their eye on the Olympic 10k, so Trent Briney and 5th place finisher Clint Verran are still holding out hope. Stay tuned!

Do One - Mercedes Half Marathon

Sunday was the third running of the Mercedes Marathon and Half Marathon. The skies had cleared and the wind had died down, but the temperature at the 7am gun was a numbing 26 degrees. I kept my garbage bag on throughout the race which had the same effect as having my name on my bib ("Woo Hoo, looking good Garbage Man!").

The course is a bit funky. The first half is in Downtown Birmingham, which means going up one street, two quick lefts, going down the next street, two quick rights, up the next street, and so forth. After that, though, the course is a treat. It winds through scenic neighborhoods and gets very, very hilly. I chugged by several wheel chair racers on a dramatic uphill about mile 8 only to have them demonstrate their 40mph capability on the ensuing downhill. Not a PR course. A fun course.

At mile 6 I heard a quite-unexpected "Hi Steve!". It was fellow Strider Robyn Gear who was shooting for Brightroom. How she picked me out of the crowd I'll never know. At mile 10 the course headed back downtown with a very pleasant tail wind, and at mile 12 it picked up the course used the previous day for the Olympic Trials which was very exciting. My time - 1:36 - reflected the difficulty of the course, and my lingering fatigue from the day before and from the Houston Marathon. That's my story, anyway, and I'm sticking with it.

Good race! Course and course management were excellent - blessed asphalt throughout, consistent and enthusiastic water stations every mile (Houston Marathon - take note), digital clocks every mile, GU Station at mile 6, well-marked course with good traffic

Strider Race of the Quarter

The Striders Race of the Quarter for 1Q is the Bayou City Classic 10k. The race is on March 6th in downtown Houston. Striders running the race will be reimbursed \$15 off their entry fee!



control. Crowds were sparse (not unexpected given the chilly conditions) but several bands rocked. Several mile markers appeared off, an irritant. Finishers goodies included a long sleeve shirt and a very nice medal. The post race party was excellent - indoors, free massage, free beer, free tasty barbecue. And then there was the door prize - A Mercedes M Class SUV. Really! We had about a 1 in 3,000 chance (1,000 finishers in the marathon, 2,000 in the half marathon) but came away empty-handed. This time.

FIFTH ANNUAL HOUSTON STRIDERS CHILI COOKOFF



Saturday, April 3rd



**Chili judging at 12:30pm Memorial
Park Picnic Area -- \$5 for tasters**

**Free to all cooking teams
(all proceeds go to the Houston Striders)**

☺☺☺ **Surprise Guest Judges** ☺☺☺

**For more information or to RSVP as a
cooking team, contact:**

**Rose Ennis at (281) 584-0721 or
rte@nww.net**

**Ed Wilsmann at (281) 752-5366 or
ewilsmann@hal-pc.org**



Training for My First 100-Miler (a.k.a. A Study in Temporary Insanity)

By Joel DuBois

Editor's Note: Just like a 100-mile run... writing about it takes several pages to properly describe it. This is the first of a three part series. Enjoy!

June

Due to a knee injury (and the resulting surgery) about a year ago, I found it a bit painful to run as fast as I used to run. Being a marathoner and ultra-runner, a goal of mine has always been to qualify for and run the Boston Marathon. My times have always been just a **bit** slow. Moving up into an older age group and being helped by the BAA's relaxing qualifying times slightly, now would have been the opportunity I needed, if not for the knee. Many of my running cohorts have their eyes set on Boston 2004, so I needed a different goal.

As stated, I may not be able to run as fast, but I **think** I can still run far. Therefore, I talked to my weekend running partner Carol Schmidt, testing her thoughts on training for, and hopefully running, a 100-mile race with me. We ran our first 50-miler together 2-1/2 years ago and lived to tell of the experience, but neither of us has gone further. We have also volunteered the past 5 years for the Rocky Raccoon 100-miler, in various capacities. My weekday running partner (Angela) has done a few 100-milers, and we have talked about her training and event experiences, both of which have probably helped to peak my interest.

Carol agrees to training and running the Rocky Raccoon 100-miler in February 2004 with me. This makes me wonder if this was the answer I was **really** looking for... Shortly after this, the HARRA *Footprints* newsletter prints an article by a well-know area ultra-runner on training for a 100-mile race, including a weekend training schedule. Carol and I decide to use this as our guide for preparing for this monumental task. We revise it slightly to fit our personal lives (sometimes it feels like running is my life) and plan our first long back to back weekend for July 5th and 6th, just in time for the hottest part of the summer.



Joel DuBois and Carol Schmidt pause for a picture during the Portland Marathon.

July

The 4th of July is not as much fun as usual this year, because I have to be good and drink hydrating fluids in preparation for my scheduled 25 mile run on Saturday, and Sunday's 10-miler. This will be my longest training run ever, the only times I've ever run further has been in marathons and ultra races, and never in Houston's summer heat and humidity. We discuss the possibility of running only 21 on Saturday and making up the extra 4 miles on Sunday, as we weren't sure we had properly built up to this. We meet at Memorial Park

early on Saturday (about 4:00 a.m.) hoping to be done before the sun rises and increases the temperature considerably. It is raining!!! This could end up being a great day for a run!! While some people despise running in the rain, I love it, especially in the hot summer months. We run our 21, ending up back at the park, and decide to run an extra loop (3 miles) to bring our total to 24. This leaves only 11 on Sunday - that will be a breeze, I pray.

The next weekend is a rest weekend per the schedule. Rest for me, anyway, as Carol works all

the "rest" weekends we have on our schedule (one of the revisions we made for our personal lives). This rest weekend is followed by three weekends of 15 and 15 doubles, but we adjust and run 18 on Saturdays and 12 on Sundays.

August

The second weekend of August calls for 30 and 15. The weekend leading up to this is HOT!!! In fact, it was the hottest week of the year. It's about 80 when we start out at 3:00 a.m. to run a 15-mile route before returning to the cars for some refueling. We see some friends, just arriving and getting ready to run their 10-15 miles. We leave before they do on our second 15, as we couldn't stand seeing how fresh they looked. It is miserable, but we run pretty well through 22-23 miles, when I start to tire. I think Carol could have kept on running, but she is kind enough to walk with me most of the time I walk. When we get back to the park, we are congratulated by one of our friends for being able to put in twice the distance that took its toll on him. The next day calls for 15, but I have a prior engagement, so only put in 10-11, while Carol runs on her own.

The rest the following weekend was well received!! The 15/15 and 20/15 the next two weeks were rather uneventful, hot and humid, with some welcome rain on the 2nd Sunday.

September

The first weekend of September is another super-long weekend, calling for 35 and 15. We start at 2:00 a.m., so run 14 miles in the park before we dare leave the park to share the road with drivers ending (or just moving) their Friday night festivities. It's about 4:30 when we leave the park, and I run with a hydration backpack for the first time, trying to prepare for the next super-long weekend, the beginning of October (more to come on this). The pack is heavy, I'm carrying almost 1/2 gallon of fluid, but not too difficult to get used to running with. The temperature gets cooler once we leave the park, actually getting down into the upper 60s, which makes the run easier than it would have been otherwise. We finish up about 8:00-8:30, and look forward to Sunday (OK, maybe not...).

We meet just after 5:00 a.m. on Sunday, run 5 miles in the park, then run River Oaks. We meet a fellow runner along the way and got into conversation with him. The conversation is interesting, and we end up running much quicker than we had planned. By the time he changes routes and leaves us, we had finished ~12-1/2 of our miles and had an easy 2-1/2 back to the cars. It was still a cool day, which helped a great deal.

The off weekend was very well received. It's nice to sleep in for a change, and the legs can use the rest. I had run Tuesday and Thursday mornings, so I sleep until I awake on my own. I decide to attend spin class and lift weights when I do get up on Saturday.

Running the weekend following the rest weekend always seems tougher than one would think. It seems that the legs would be fresh, but they seem dead at the start, even though I have run my weekday runs. Carol and I muddle through 22 on Saturday, but are each on our own on Sunday - life keeps getting in the way. I run my miles early in rain and

find out later that Carol started out but felt a pain, so stopped after less than a mile. An extra rest day, how nice that must have been!! Why didn't I think of that?!?!?!?

The last weekend of September we decide to run 25 and 10 (in lieu of the 20/15 on the schedule). We make it through Saturday fairly well, only to meet on Sunday morning to much cooler weather (wishing we had not run the extra on Saturday...). Still it is nice to only need to run 10 miles. That is starting to feel like a "walk in the park..."

To be continued...

2004 ROCKY RACON 100 TRAINING SCHEDULE							
WEEKEND	THE PLAN		OUR PLAN		ACTUAL		COMMENTS
	Sat	Sun	Sat	Sun	Sat	Sun	
21-Jun					11	8	
28-Jun			15	10	15	11	
5-Jul			25	10	24	11	
12-Jul	15	15	REST	REST			
19-Jul	15	15	15	15	15	11	Sick
26-Jul	25	10	15	15	18	12	
2-Aug	REST	REST	15	15	18	12	
9-Aug	15	15	30	15	30	10	Hot!!
16-Aug	15	15	REST	REST			
23-Aug	30	15	15	15	17	13	
30-Aug	REST	REST	20	15	21	14	Drizzle Sunday
6-Sep	15	15	35	15	35	15	Cooler
13-Sep	20	15	REST	REST			
20-Sep	35	15	20	15	22	11	Texans Game
27-Sep	REST	REST	20	15	25	10	Cool Sunday
4-Oct	20	15	40	20	36	26	Portland 50s-60s
11-Oct	20	15	REST	REST			
18-Oct	40	20	20	15	26	10	Low 60s - Nice
25-Oct	REST	REST	20	15	31	10	RR50k - 70s, cool Sunday
1-Nov	20	15	45	20	28	20	WARM!!
8-Nov	20	15	REST	REST			Cool, of course!!
15-Nov	45	20	20	15	25	10	Cooler Sat than Sun 65-70
22-Nov	REST	REST	20	15	25	10	
29-Nov	20	15	20	20	22	8	Holiday travel
6-Dec	20	15	REST	REST	13		
13-Dec	50	20	50	20	50	20	Sunmart - 9:32 - PR!!
20-Dec	REST	REST	15	15	22	0	NC
27-Dec	15	15	15	15	7	0	SC
3-Jan	15	15	REST	REST	15	0	
10-Jan	55	25	31	10	31	4	Bandera 50k
17-Jan	REST	REST	REST	26	0	26	Houston Marathon
24-Jan	15	15	15	15	0	7	SC
31-Jan	10	REST	10	REST	10	0	
7-Feb	RR100		RR100		100	0	27:21:44 Finish!!

View from the Westside



By Steve Shepard

Hi All,

Just ran in my 11th Houston Marathon. Do they begin to blur? Not at all! Each one remains vivid. Here they are, in order, "Shepard's Eleven":

1994 - Nasty hot and humid for my 2nd marathon ever and 1st Houston. I thought I had trained for my first sub 4 hour marathon

but was walking by mile 19. It would have been by mile 18 except that I didn't want to walk in front of the roaring crowds who were cheering for Mattress Mac MacInvale, whom I passed at that point. (I found out later he bailed at mile 20.) I finished in a disappointing 4:14.

1995 - Woo Hoo! Absolutely perfect weather for my 3rd attempt to break 4 hours. Running was easy that day - I walked the Allen Parkway underpasses just to "make sure" but in retrospect didn't even need to do that. I shocked myself with a 3:50, a 24 minute PR.

1996 - 59 degrees and so foggy that the TV helicopters couldn't get off the ground. I did my entire run with double side stitches which hasn't happened to me before or since. At mile 14 I told Chris McKeown I was going to bail, and a mile and a half later at Post Oak and Woodway where the course turns left I continued straight, taking a short cut to mile 19 where Barb picked me up. As bad as this was it was worse for Alan Borak who also packed it in at mile 19. Advice from Alan - clams casino is not a good pre-marathon meal! I ran Austin 4 weeks later and PR'd.

1997 - The infamous "sleet bowl" with freezing temperatures and sleet throughout. Thank goodness Darlene Parizot was there at mile 15 to open my GU for me because goodness knows I couldn't do it myself. I actually ran very well in this one, leaving Brian Parizot and Jim Arnold behind after 6 miles and PRing in 3:35. The post-race men's changing area was a riot - nobody could move, nobody could feel their hands - there just wasn't a whole lot of changing going on!

1998 - Ugh. Hot and humid. I actually got up early to research February marathons, which probably did not put me in the best frame of mind. I bailed at the Hwy 59 feeder and Richmond (14 miles) where Barb and Karen Bowler picked me up. As in 1995, I PR'd at Austin 4 weeks later.

1999 - After my first Boston Q at the California International Marathon the month before I was content to pace Tracy Whipple who was looking for a 3:40 Boston Q of her own. Hot and humid yet again. We didn't get there, but she did PR with a 3:58. Easy race for me? I thought so, but collapsed into unconsciousness at the finish line from dehydration. Steve Moss dragged me to medical where I came to, and an IV later I was good to go. Less good for Nancy Crane who suffered one of the first Houston Marathon-recorded cases of hyponatremia.

2000 - Nasty hot and humid once again but NO WAY was I going to bail. Brian Parizot and Mike Schlorholtz both dropped out before the half. (Good move by Mike - he set the all time Strider mens masters marathon record at Austin 4 weeks later.) I struggled a ton but Chuck Cofer picked me up at mile 25, forbade me from any further walking, and I finished in 3:19.

2001 - Decent conditions for the first time in seven years! Dang, it just wasn't my day, and I ran uninspired and finished in 3:19 - again. The marathon was memorable and a pleasure, however, as there was a huge throng of PIMsters on the course cheering me on, and the Strider 21 mile water station was in exceptionally fine form.

2002 - I had shot my wad at the Rocket City Marathon in Huntsville AL the previous month and was ready to help Andy Cox achieve his 3:20 Boston Q. Somewhat comically we lost each other at the baggage dropoff only to reunite at mile 8. Andy was certainly fit enough to run 3:20 but had injured himself over the Christmas holidays and ran the entire race in pain. His 3:32 marathon debut was excellent but not what he wanted.

2003 - Perfect conditions and an eagerness to see what the Houston Fit Advanced Training Program had done for my fitness. Rob Manach and I ran step for step through 21 miles when somebody rudely dropped a piano on Rob's back. I was able to maintain and finished in 3:11, a Houston Marathon PR and 2nd fastest marathon of 19. Woo Hoo!

2004 - Excellent, but not perfect conditions. I went out with the ATP Posse - Chris Boylan, Kevin Campbell, Bryon Evenson, Mike Fitzgerald, Rob Manach and me - with goals ranging from 3:10 to 3:20. I had to drop back at mile 12 and let the rest go - it just wasn't my day. I was

able to maintain at my more relaxed pace, however, while each of the other 5 slowed towards the end, and I was actually able to reel in Mike and Kevin and finish in 3:18. The 3 masters - Kevin, Bryon and I - each qualified for Boston while the 3 youngsters each just missed.

See you on the roads,
Steve

Movie Review



Without Limits

Movie Review by Andy Grout

In my high school, back in the early seventies, there were basically two sports: football and basketball. Okay, there were three, but track was really considered spring training for football. If you were small and/or geeky, yet you still wanted a letter jacket, your only hope could be found in the backwaters of a nearly forgotten activity called cross-country. So, that's where I found myself in my frozen little town on the western slope of Colorado.

Without question, we were misfits. Fortunately, we were delivered from our unhappy fate by a force of nature that suddenly rose up to singlehandedly elevate distance running to a level of coolness that in our wildest dreams we never thought possible. That force was Steve Prefontaine.

We'd see him on "Wide World of Sports" (remember the "agony of defeat?" – that was Moose Barrows, from nearby Steamboat Springs) on Saturday mornings, as he blazed by Lasse Viren and we'd say "who is *this* guy?" Girls would watch the same thing, notice the long, flying blond mane, sideburns and dark moustache, and say, "who *is* this guy?"

He was combination super-athlete, rebel, celebrity and rock star. We were instantly hooked. It was like watching the Beatles for the first time on the Ed Sullivan show. Suddenly, distance running was no longer "weird" or nerdy. It was cool. Our tenuous association with Prefontaine suddenly made us cool. Or at least we felt like we were.

Prefontaine was the first athlete signed by Nike. He wore shoes handmade by his coach, Bill Bowerman, who built them using his wife's waffle iron. Fast forward nearly thirty years, and his legacy remains strong. A Google search of his name today yields over 57,000 hits. Where does Alan Webb look to for

inspiration? It's difficult to say, but he does have a wall full of Prefontaine posters.

Watch the film "Without Limits" and you get a sense of why his appeal is timeless. Though he was clearly gifted physically, he also had a clear philosophy about running that is easy to grasp. Prefontaine believed that his ability to win in a field of fierce competitors came down to the fact that he could endure more pain than anyone he had ever met. Every race was a guts race.

Hard to argue with that.

The movie is fast-paced and terrific, and the racing scenes are both exciting and highly realistic (reportedly, the actor who plays Prefontaine, Billy Crudup, trained hard enough to be able to run 59-second quarters for the film). It's a classic tale of a kid from a small Oregon town who ultimately becomes an unforgettable icon. At the time of his tragic death in 1975 at the age of 24, he held every American record from 2,000 meters to 10K.

And so it is that every year, the night before the marathon in Houston, I sit down and once again watch "Without Limits." It's my last training session of the season. Not because I aspire to be the next Steve Prefontaine, but because of the inspiration I get from his simple message: "To give anything less than your best is to sacrifice the gift." Now those are words to run by.

STRIDER LIBRARY

Have you made use of the Houston Striders' very own running library? These running classics can be had for the asking.

- *Running Formula* by Jack Daniels (reviewed 4/2000)
- *Fitness Running* by Richard Brown and Joe Henderson (reviewed 5/2000)
- *Runners' Blood* by James J. Fischer (reviewed 2/2001)
- *Advanced Marathoning* by Pete Pfitzinger and Scott Douglas (reviewed 8/2001)
- *Run for Your Life* by Deborah Reber (reviewed 8/2002)

Remember, if you buy and review a running book, the Houston Striders will purchase it from you at full price for the library!

Contact Strider Librarian Megan Clark-Dillingham on meganebcd@yahoo.com for more information.

Meet The Members

With Thorbjorn Pedersen

With us this month are Megan Clark-Dillingham and Gavin Dillingham who have been Houstonians for the last six years. Both have spent most of their lives in Texas. Megan, now 28, came originally from Philadelphia, however she grew up near Katy, while Gavin, 29 was born in Santa Barbara but grew up outside of Amarillo on a ranch. Now they share lives with their cat, Chloe, while Megan pursues her career as communications manager in the Advancement Office at St. Agnes Academy and Gavin works hard on his PhD in political science at Rice University.

SL: Megan and Gavin, you have been Texans for while, how do you find life in Houston?

Megan and Gavin: We moved to Houston nearly six years ago and got married a year later. To us Houston is OK, but we dream of living somewhere cooler someday. The hot Houston summer is getting to be more than we can handle!

SL: What do you have of other interests from running?

Gavin: I don't have a lot of time for serious hobbies since I'm a full-time PhD student, but I like to cook and garden.

Megan: I love to read and usually average about two books a week. I really enjoy traveling and I *love* to eat Gavin's cooking!

SL: Maybe I can dare you to share with us one of your hidden talents?

Megan: I'm an excellent hula hooper and have been known to win contests. Seriously, I'm really good at it!

SL: Would you have an impulsive story to tell us about?

Megan and Gavin: Neither of us is very impulsive, we're big planners.

SL: What are your biggest unfulfilled ambitions?

Megan: Writing the Great American Novel (I'll do it someday).

Gavin: Being a smoke jumper (a firefighter) in Arizona or New Mexico.

SL: How does your running persona differ from your "day-job" persona?

Megan: What you see is what you get, for the most part.

Gavin: I'm much more competitive on the race course.



SL: Can you tell us about any unusual, wacky or otherwise fascinating facts about yourself.

Megan: My hula hooping is the wackiest I can think about myself.

Gavin: I'm an identical twin. My brother, Matthew, and I were part of a state championship cross country team in the early 1990s. He lives in Houston and doesn't do as much running these days.

SL: What is your favorite movie and why?

Megan: "Breakfast at Tiffany's" since life doesn't really get any better than a sweet, romantic Audrey Hepburn film.

Gavin: "Top Gun".

SL: Hmm, I would like to listen in when you choose what movie to go watch, ha ha. Well, let's hear about how close you are on your reading material.

Megan: This is a tough one for me since I love to read! Recently, I read "Empire Falls" and "Middlesex" and thought both were wonderful. Of all time, I would say "All the Kings Men," "Heart of Darkness," "Little Women" and "Great Expectations" are among my all-time favorites.

Gavin: Right now, all I read is political science journal

articles.

SL: Megan and Gavin, what is your favorite restaurant and what this says about your relationship with food?

Megan: Do I have to pick just one? Lately, my favorite restaurant in town is Garson on Hillcroft between Westheimer and Richmond. Try the salmon kebab salad with sweet jalapeño dressing.

Gavin: Bistro Provence. The rack of lamb is great!

SL: What is your favorite food or eating experience?

Megan: I ate McDonald's for the first time in years after braving a Sealy Dealie. It was hot and I didn't refuel enough immediately afterward. I think it took me two minutes to inhale the Big Mac and fries. I'd never tasted anything so good!

Gavin: Dark chocolate anytime, anywhere.

SL: Dark chocolate sounds like the best prop for my next question. If you could, where would your dream vacation go to?

Megan and Gavin: Three long, slow months in Taos, New Mexico or backpacking through Europe.

SL: What do you like to do when nobody is looking?

Megan: Bite my fingernails - I've been trying to stop for 20 years! If you have a cure, let me know. I've tried everything.

Gavin: Take a nap! I pull a lot of late nights.

SL: What is your favorite running gear/shoes?

Megan: I prefer Asics 2080s and love my orange and yellow DeFeet socks.

Gavin: I do best in my Mizuno Mustangs.

SL: Do you have a favorite running route or location and where would that be?

Megan: Terry Hershey Park.

Gavin: Rocky Mountain National Park.

SL: Do you have a favorite running ritual?

Megan: I must wear my lucky socks to each important race or run!

Gavin: I just get out there and run.

SL: When did you start running regularly/seriously?

Megan: I started February last year.

Gavin: And I have been running for 16 years.

SL: How did you start running regularly or seriously?

Megan: Everyone probably thinks Gavin is the reason behind my decision to start running, but that's not entirely true. He does inspire me, but he's much faster than I am. A very good friend joined a running club in Vancouver and I thought, "I should look into something like that!" That landed me in PIM last year.

Gavin: When I joined my high school cross country team.

SL: Please tell us why you run?

Megan: At first, it was just to get on track with a healthier lifestyle, but now because I really love it and I like challenging myself with new goals.

Gavin: To relax and clear the mind.

SL: When did you realize that you were hooked on running?

Megan: That was when I was in the bathroom at Bear Creek Park before a 7 AM training run in early December during freezing temperatures. I thought, "What am I doing here?! I should be home in bed!"

Gavin: From that first practice session in 9th grade, I knew running was for me.

SL: Please describe to us your best running experience?

Megan: My first Half Marathon was incredible, but the Run with the Saints 5K in November 2003 was so rewarding since my entire family was there to cheer me on and I lowered my 5K time by over four minutes from PIM's Spring 2003 session.

Gavin: My Marathon experience really showed me that pushing myself during training and trying something new would pay off. I had never done that distance before.

SL: And how would you describe your worst running experience?

Megan: For me it must be the RunWild 5K on the Fourth of July 2003 - it was just too humid and too hot!

Gavin: The Rodeo Run 10K the February after I completed the Marathon. My injuries were intense and it's the only time I've had to stop during a race.

SL: Who are you coached by?

Megan: My PIM GU and Carbos coaches, Steve Shepard, my boss (a triathlete) and Gavin. This probably isn't the right approach, but it's worked for me.

Gavin: No one right now.

SL: What is your current weekly mileage?

Megan: I run about 15 to 20 miles per week.

Gavin: When I'm not dealing with an injury I will run about 20 miles per week.

SL: Please describe a typical training week to us?

Megan: Monday-Run; Tuesday-weights/cardio; Wednesday-PIM; Thursday-weights/cardio; Friday-rest; Saturday-Long run; Sunday-bike, cross train or rest.

Gavin: Monday-Run; Tuesday-weights; Wednesday-Run; Thursday-Run; Friday-Off; Saturday-Long Run; Sunday-Bike or Rest.

SL: Do you have a training philosophy?

Megan: As I increase my mileage and work toward my next goal, I just tell myself, "That's only 10 more minutes of your life. You can do it!" I take my training very incrementally, to avoid injury and not to get too ahead of myself

SL: Do you do any cross-training and if so, what?

Megan and Gavin: We both do the elliptical trainer, go biking and lift weights.

SL: What is your best race distance?

Megan: I am not quite sure yet.

Gavin: For me that is the 10K.

PR's: _____ Time _____ Race/Date

Megan

5k 0:26:50 Turkey Trot 2003

10k 1:01:00 Bear Creek 10K/20K 2003

½ Marathon 2:02:33 Halliburton Intl 2004

Gavin

5K 0:19:05 Fine Arts 2000

10K 0:38:32 Dome Run 2000

Marathon 3:38:00 Houston 2001

SL: What are your running goals for the next 12 months?

Megan: I would like to continue to trim my 5K and 10K times, and train for another Half Marathon (maybe the

Marathon, but not sure yet). Someday, I'd like to go for a triathlon.

Gavin: Get a sub-18:00 5K and place in my age group.

SL: What or who has most helped your running in the last 12 months?

Megan: Lisa Ruthven, Saara DeWalt, Kathy Vizachero, Sam Ogundele, my PIM coaches and especially Gavin.

Gavin: Megan's jumpstart into running has inspired me – it's been great to watch her meet her goals. And my weight training really pushes me along.

SL: What has been your biggest running high?

Megan: That was when I finishing the Half Marathon and meeting my goal time. What an incredible moment at the finish line!

Gavin: Every time I run, I'm thankful I can – running anytime is always a high for me. Once you've been injured, you know what I mean.

SL: Do you have a favorite thing to help you get out the door when you can't be bothered?

Megan: The tangible benefits. Even though I wasn't overweight, I've lost close to 20 pounds in the past 6 months. There's nothing more empowering than gutting your closet for new clothes and alterations!

Gavin: The joy of running.

SL: What do you think about while you are running?

Megan: I'm too busy chatting with my running partners to think about anything too in-depth, but I do like to visualize the finish line of my next race, especially during speed workouts.

Gavin: Whatever random thought pops into my head.

SL: The best thing about being a Strider?

Megan: For me it is the other Striders!

Gavin: And having other people to run with.

SL: What top tip would you give new runners?

Megan: It takes about 3 or 4 months to really start seeing results, so stick with it and don't give it up ... anything is possible where running is concerned!

Gavin: When it starts to hurt, smile. Everything feels a little better when you do that.

SL: What is your favorite quote on running?

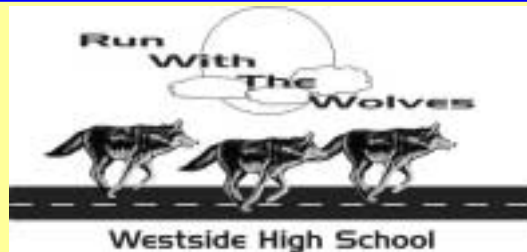
Megan: Ray Bradbury – "I have three rules about life. My first rule is: To hell with it. My second rule is: Get your work done. My third rule is: If all else fails, run like hell."

HARRA 2004 Spring Series

Saturday, March 6th -	Bayou City 10k
Saturday, March 27th -	Law Week 8k
Saturday, April 3rd -	Bellaire Trolley Run 5k
Wednesday, April 7th -	LP Run
Saturday, April 24th -	Bayou Bash Relay

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2nd Annual 5K and 1-mile Fun Run

May 8th, 5K start 7:30 A.M. at Westside H. S.
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Board Meeting Minutes
- February 10, 2004
By Paulette Salanon

MEMBERS PRESENT: Lee Baughman, Andrea Chan, Rose Ennis, Noah Matthews, Rob Manach, Joan O'Connor, Brett Riley, Paulette Salanon, Barbara Shepard, Steve Shepard, Diana Tiberia, Ed Wilsman and Sandy Wollangk.

Meeting was called to order at 6 pm by Sandy Wollangk.

READING OF THE MINUTES: Minutes were approved from the November 2003 Board Meeting.

PRESIDENT: Sandy introduced Ed Wilsman and Rose Ennis as new Social Coordinators. Lee Baughman has assumed Web Page Coordinator responsibilities from Scott Prince, and Steve Shepard has assumed Membership Coordinator responsibilities from Lee Baughman. Brett Riley was nominated enthusiastically approved to fill the vacant Vice President/Program Coordinator position.

VICE PRESIDENT: Brett is planning programs for our March and September meetings that will include presentations about nutrition and running.

TREASURER: Barbara reported outstanding checks from two years ago that have not been cashed (totaling about \$500). The funds have been deposited in the Striders checking account.

NEWSLETTER: Congratulations to Lee for Stridelines being named the RRCA Southern Regions Outstanding Newsletter for 2003.

MEMBERSHIP: A special thanks to Lee Greb for recruiting 29 new members from Toshiba. The membership roster will be distributed to all current Striders in May. The 2004 Striders handbook is also being updated and will be available on the Strider website shortly.

SOCIAL: The Chili Cook-Off will be April 3rd at the Memorial Park picnic area. The Picnic will be at the Gordon Ranch July 17th. The Holiday Party venue is still being decided upon. More plans in the making. Astros outing will be in September.

NOVELTY RUN: Pat Snyder will be stepping down as Novelty Run Coordinator. A coordinator will be needed in time for the May novelty run.

VOLUNTEER COORDINATOR: The water stops for the 30K, Marathon and for Party in the Park were well staffed.

20K RACE: The 2004 race will be held on October 17th. Barbara reported the same sponsors are returning which include Koala Health and Wellness, Luke's Locker, and Pepsi. Andrea recommended additional course monitors would benefit the race. Further discussion will be held at future meetings.

NEW MEMBERS: Joan reports new Striders shirts need to be ordered. The cost is \$5.00 each. New singlets will also be ordered at that time. Joan also reports our new member processes are working well; Steve Shepard sends the email addresses of the new members to her so she can welcome them immediately.

HARRA LIAISON: Noah reports he will not be able to attend the February meeting. Ed Wilsman will be attending in his absence. A copy of the December meeting minutes was given to the secretary of the Striders. The main emphasis was about the HARRA newsletter being printed in Inside Texas Running. Party in the Park was a great success for the Striders' exposure to the running community.

WALKING COACH: Diana reported that there are no plans for a new walk at present.

LIBRARIAN: Megan Clark-Dillingham is our new librarian. For her book reviews and donation of books she will be reimbursed for each book reviewed and donated.

RUNNING COACH: The Bayou City Classic 10k on March 6 is our Race of the Quarter for 2Q. Steve asked board members to consider whether they would like to attend The RRCA National Convention to be held in Lake Tahoe in May. Strider plans will be finalized at the March Board Meeting.

NEW BUSINESS: Joan O'Connor was nominated and enthusiastically elected to an At Large position on the Strider Board. There is now a Houston Strider's tent schedule for the up coming events. Santos Hernandez and Noah Matthews will review our current tents versus those available at Academy and recommend whether we should make a tent purchase. Volunteers are need for the Senior Olympics, and for the Scleroderma race.

The meeting was adjourned at 7 pm.

The Beach to Bay Relay Marathon

A Strider favorite, will be held on May 15th this year. Each team consists of six runners each doing a 4.4 mile leg.



Details coming soon!

February Race Results

Mercedes Half Marathon

Barb Shepard - 2:19:18

Steve Shepard - 1:36:19

Rocky Raccoon 100 Miler

Joel Du Bois - 27:21:44 First Timer!

Carol Schmidt - 27:21:44 First Timer!

Mardi Gras Beach Run 10k

Bill Sudell - 51:03

Run With The Badge 10k

Bill Sudell - 55:12

Park to Park 5 Miler

Karen Bowler - 38:40 2nd in age group!

Tim Bowler - 40:20

Barry Chambers - 35:25 3rd in age group!

John Yoder - 28:20 1st in age group, 3rd overall!

Austin Marathon

Geraldine Bliss - 4:18:34

Natasha Burt - 3:45:23 PR!

Andrea Chan - 5:11:19 PR!

Yong Collins - 3:40:05

Dusty Cook - 4:36:12

Charles Deeds - 5:01:53

John Fredrickson - 4:55:31

Lee Greb - 3:54:50

Terry Halliday - 3:47:00

Santos Hernandez - 3:40:49 PR!

Paul Kennedy - 3:56:36

George Killinger - 4:48:24

Tommy King - 2:50:48

Morgan Lusby - 4:07:46

Ronnie Maas - 6:16:48

Loren Neufeld - 4:52:04

Brett Riley - 2:33:45 PR! **All Time Strider Marathon Record!**

Charlie Rodriguez - 3:48:25 PR!

Austin Half Marathon

Victor Curo - 1:40:10

Tina Deeds - 3:01:50

Bryon Evenson - 1:31:53

Scott Johnson - 1:36:30

Judith Neufeld - 3:34:31

Ken Startz - 1:55:59 PR!

Dora Tognarelli - 1:59:14

Lisa Van Stone Giering - 2:45:40

Jean Wrench - 2:38:48

Spring Fling 5k

Yong Collins - 22:31 2nd in age group!

Conoco Rodeo Run 10k

Olaf Barth - 39:54

Lee Baughman - 42:09

Karen Bowler - 48:07 2nd in age group!

Tim Bowler - 54:29

Carol Cain - 1:12:42

Andrea Chan - 1:02:13 PR!

Megan Clark-Dillingham 53:07 1st Timer!

German Collazos - 45:35

Sara Collazos - 49:19 1st in age group!

Mary Jo Contello - 1:12:05

Dusty Cook - 51:23

Whitney Daley - 57:03

Saara DeWalt - 49:23 1st Timer!

Theresa Drago - 1:03:12

Tommy Elder - 41:12

Catherine Elder - 56:46

Pat Gear - 51:26

Lee Greb - 53:07 pacing duties

Lynda Kelley - 1:04:37

Kerry Kilgore - 1:08:33

George Killinger - 51:38 Modern Era PR!

Tom King - 37:12

Lynlee Linke - 1:02:29

Rob Manach - 40:19 PR!

Noah Matthews - 1:03:11 pacing duties

Yoichi Morishima - 47:57

Pam Paling - 1:02:28

Cortney Richa - 43:26 3rd in age group!

Jayne Richter - 1:10:24

Lisa Ruthven - 1:02:29 1st Timer!

Mike Schlorholtz - 39:58

Pat Snyder - 53:04

Ted Steinkogler - 1:10:24

Bill Sudell - 53:26

Mike Tognarelli - 40:11

Dora Tognarelli - 55:52

Lisa Van Stone-Giering - 1:14:17

Kathy Vizachero - 54:11

John Yoder - 35:11

Bear Creek Ultra Weekend 6 Hour Run

Hope Clark - 14 miles (training run)

Joe Sellers - 16 miles (training run)

Sandy Wollangk - 29 miles 1st overall!!!

Mardi Gras Marathon

Barry Chambers - 3:57:56

Nancy Crane - 4:32:33 2nd in age group!



RACE CALENDAR

Date:	Event:	Time:	Day:	Place:	Contact:	Phone:
3/13	The Rockets Run 5K	7:30 AM	Sat	Houston, TX	Chris Lisko	713-758-7214
3/14	The Space Race Walk/Run 10K/5K	8:30 AM	Sun	Houston, TX	Mady Kades	281.479.4700
3/19	Houston Senior Olympics (Fri.-Sun.)			Houston, Tx	Barbara Shepard	713-551-7250
3/20	HEA Lookin' Good 5K	7:30 AM	Sat	Houston, TX	Christie Parsons	713-668-6828
3/21	K-9 Fun Run 1-Mile	12:00 PM	Sun.	Houston, TX	Stacey Wagner	713-434-5538
3/27	Law Week Fun Run 8K	7:30 AM	Sat	Houston, TX	Rusty Bienvenue	713-759-1133
3/27	26th Annual Eeyore's Fun Run 5K	7:55 AM	Sat	Houston, TX	David Crays	281-580-9474
3/27	Rock Around the Block 5K	8:00 AM	Sat	Humble, TX	Edward Vargas	281-728-6680
3/27	My First and My Next Triathlon	8:30 AM	Sat	Galveston, TX	Hotline	1-800-343-4466
3/27	Run The Woodlands 5K	8:00 AM	Sat	The Woodlands, TX	Hotline	936-271-1368
3/28	My First and My Next Triathlon	8:30 AM	Sun	Galveston, TX	Hotline	1-800-343-4466
3/31	My First and My Next Triathlon	8:30 AM	Wed	Galveston, TX	Hotline	1-800-343-4466
4/3	My First and My Next Triathlon	8:30 AM	Sat	Galveston, TX	Hotline	1-800-343-4466
4/3	Bellaire Trolley Run 5K	7:30 AM	Sat	Bellaire, TX	Info Desk	713-662-8280
4/3	Shiner Scurry 5K	7:45 AM	Sat	Humble, TX	Janice Bronikowski	281-540-0314
4/3	Sleep Walk 5K	8:00 AM	Sat	Houston, TX	Marilyn Swick	713-827-8896
4/3	Yuri's Night 5K	8:00 AM	Sat	Houston, TX	Sarah Graybeal	281-286-1797
4/4	My First and My Next Triathlon	8:30 AM	Sun	Galveston, TX	Hotline	1-800-343-4466
4/4	Best Buddies 5K	8:00 AM	Sun	Houston, TX	Sheri Harmonson	713-525-8478
4/7	7th Annual LP Run	6:30 PM	Wed	Houston, TX	Alex Galbraith	713-621-3547
4/10	Houston In-Town 5K	7:50 AM	Sat	Houston, TX	Kristin Carnovale	713-524-8000
4/10	Run The Woodlands 5K	8:00 AM	Sat	The Woodlands, TX	Hotline	936-271-1368

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<u>Name</u>	<u>Phone</u>	<u>Email</u>	<u>Event</u>	Long Run	Long Run
				<u>Day</u>	<u>Pace</u>
Karen Bowler	(281) 558-7867	kbowler@enigmadata.co.uk	Big Sur	Sat/Sun	8-9
Tim Bowler	(281) 558-7867	tbowler@enigmadata.com	Big Sur	Sat/Sun	8-9
Barry Chambers	(713) 460-8683	jbchambers@sbcglobal.net	Boston	Sat/Sun	8-9
Bryon Evenson	(281) 855-9186	bevenson@houston.rr.com	Boston	Saturday	7-8
Mike Schlorholtz	(281) 531-1751	schlormw@bp.com	Boston	Sat/Sun	6-7
Mike Tognarelli	(713) 592-9480	matogna@msn.com	Boston	Sat/Sun	6-7
Miriam Terc	(713) 301-8971	miriam.terc@halliburton.com	Boston	Saturday	8-9
Nancy Crane	(713) 408-3757	ncrane1126@aol.com	Boston	Saturday	8-9
Olaf Barth	(281) 858-7616	obarth@duke-energy.com	Boston	Sat/Sun	6-7
Rachel Guenther	(713) 572-9277	guenther@pobox.com	Boston	Sat/Sun	8-9
Steve Shepard	(281) 493-3578	texassheps@aol.com	Boston	Saturday	7-8
Terry Halliday	(281) 558-4677	thalliday@sea-engr.com	Boston	Saturday	7-8
Jeff Williams	(713) 729-1532	jsurflammer@ev1.net	Cowtown	Sat/Sun	8-9
Judith Neufeld	(713) 666-8451	txnsnowlady@aol.com	Cowtown	Saturday	Walk
Loren Neufeld	(713) 666-8451	lorenmr@aol.com	Cowtown	Saturday	9-10
Yong Collins	(281) 498-9213	ralphandyong@msn.com	Korea	Sunday	8-9
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	LBJ Grasslands	Sat/Sun	8-9
Brett Riley	(713) 667-4705	brett@riley.net	Montana	Sunday	6-7
Bettina Gyr	(713) 702-4302	bmgyr@juno.com	MS 150		
Frank Halter	(281) 419-8498	ppaling@houston.rr.com	MS 150		
Frank Krekeler	(713) 464-2495	fkrekeler@houston.rr.com	MS 150		
HoJin Lim	(281) 313-4096	hlim@coseng.com	MS 150		
Michelle Grace	(713) 864-5502	Michelle.Grace@aiminvestments.com	MS 150		
Pat Snyder	(281) 370-7033	psnyder@hess.com	MS 150		
Peter Lake	(713) 266-9644	peterrowlandlake@hotmail.com	MS 150		
Randall Gayle	(281) 586-9118	rgayle@houston.rr.com	MS 150		
Steve Gross	(713) 465-7907	gross@pdq.net	MS 150		
Steve Hengst	(713) 869-4479	runningdud@hotmail.com	MS 150		
John Yoder		jyoder123@aol.com	Napa Valley Marathon	Sat/Sun	6-7
Lee Greb	(281) 890-4856	di4000@ev1.net	Seabrook Trails	Saturday	8-9
Noah Matthews	(281) 345-6850	sgmnmj@worldnet.att.net	Seabrook Trails	Sat/Sun	8-9
Paige Krekeler	(713) 464-2495	fkrekeler@houston.rr.com	Seabrook Trails	Sat/Sun	8-9
Sandy Wollangk	(281) 293-9319	swollangk@myronsteves.com	Seabrook Trails	Saturday	8-9
Joe Valdez	(281) 492-7206	jev57@yahoo.com	Seabrook Trails 1/2 Marathon	Saturday	9-10
Kathy Vizachero	(713) 666-4184	kathy@vizachero.com	Seabrook Trails 1/2 Marathon	Sat/Sun	8-9
Lisa Ruthven	(713) 864-3858	ruthven-l@ev1.net	Seabrook Trails 1/2 Marathon	Sat/Sun	9-10
Lynlee Linke	(281) 497-5303	lynleedvm@aol.com	Seabrook Trails 1/2 Marathon	Sat/Sun	8-9
Megan Clark-Dillingham	(713) 334-1220	meganebcd@yahoo.com	Seabrook Trails 1/2 Marathon	Saturday	8-9
Pam Paling	(281) 419-8498	ppaling@houston.rr.com	Seabrook Trails 1/2 Marathon	Sat/Sun	9-10
Saara DeWalt	(713) 667-1117	saarad@hotmail.com	Seabrook Trails 1/2 Marathon	Sat/Sun	8-9
Sam Ogundele	(832) 689-6250		Seabrook Trails 1/2 Marathon	Sat/Sun	8-9
Nancy Kral	(858) 793-6616	msnancy2u@aol.com	St. George	Sat/Sun	8-9
Andrea Chan	(713) 528-4728	chana@flash.net	Tri Season	Sat/Sun	9-10

COME TO THE MARCH MEETING!

The next **Strider Membership Meeting**
will be held on
Tuesday, March 9th, 7pm,
at **Antonio's Flying Pizza**
located at **2920 Hillcroft**

Come endorse the 2004 Strider Board Slate
Come vote on the Race of the Quarter for 2Q
and
Neeta Pawha will address the meeting on the topic
Good Fat ☺/Bad Fat ☹

Houston Striders Calendar of Events

<u>Date</u>	<u>Day</u>	<u>Venue</u>	<u>Event</u>
January 1st	Wednesday	Bear Creek Park	4th Annual Resolution Run
January 18th	Sunday	Memorial Park	Houston Striders 21.5 mile water station
February 10th	Wednesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
March 6th	Saturday	Downtown	Bayou City 10k (Strider Race of the Quarter)
March 9th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
March 6th	Saturday	Downtown	Bayou City Classic 10K '(Strider Race of the Quarter)
April 3rd	Saturday	Memorial Park	5th Annual Houston Striders Chili Cookoff
May 2nd	Sunday	Bear Creek Park	Friends for Scleroderma 5k
May 11th	Tuesday	Hershey Park	Novelty Run
May 11th	Tuesday	Big John's Ice House	Informal Meeting
May 14th - 16th	Friday-Sunday	Lake Tahoe NV	RRCA Convention
June 8th	Wednesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
3Q	TBD	Minute Maid Field	Houston Astros Baseball
3Q	TBD	TBD	(Strider Race of the Quarter)
July 17th	Saturday	Gordon Ranch	Houston Striders Picnic
August 10th	Tuesday	Antonio's Flying Pizza	Formal Meeting (20k planning session)
September 14th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
September 26th	Sunday	TBD	20k Packet Stuffing I
4Q	TBD	TBD	(Strider Race of the Quarter)
October 10th	Sunday	Bear Creek Park	6th Annual Bear Creek 10k/20k
October 12th	Tuesday	TBD	20k Packet Stuffing I I (if needed)
October 17th	Sunday	Downtown	Koala/Luke's 20k Race
November 9th	Tuesday	Memorial Park	Novelty Run
November 9th	Tuesday	Beck's - Memorial Park	Informal Meeting
November 27th	Saturday	West Memorial	10th Annual Tour de Memorial
December 7th	Tuesday	Damian's	Houston Striders Holiday Party
December 16th	Thursday	West Memorial	7th Annual Christmas Lights Run
December 26th	Sunday	Marathon Course	11th Annual Longest Long Run

Houston Striders Group Runs

<u>Name</u>	<u>Phone</u>	<u>Email</u>	<u>Day</u>	<u>Time</u>	<u>Type</u>	<u>Distance</u>	<u>Pace</u>	<u>Location</u>
Steve Shepard	(281) 493-3578	texassheps@aol.com	Monday	7:00 PM	Easy Run	5 miles	8-9	THP
Tom Woltz	(281) 531-9448	tomwoltzsr@yahoo.com	Mon-Sat	7-9:00 PM	Moderate Run	3-7 miles	7-9	WH
Mercedes Tarley	(281) 531-5814	tarley@hal-pc.org	M/W/F/S	7:00 AM	Easy Run	Varies	9-10	THP
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	Tuesday	6:00 PM	Easy Run	6-10 miles	9-10	MPFC
Steve Shepard	(281) 493-3578	texassheps@aol.com	Tuesday	7:00 PM	Speed Work	Varies	All	THP
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	Wednesday	6:00 PM	Stadium Steps	Varies	All	RS
Steve Shepard	(281) 493-3578	texassheps@aol.com	Thursday	7:00 PM	Speed Work	Varies	All	THP
Marlene Lanza	(713) 782-6240	marlenell@yahoo.com	Sat/Sun	6:00 AM	Long Run	Varies	9-10	RO
Mary Ramirez	(713) 771-7564	maryer@flash.net	Saturday	6:30 AM	Long Run	Varies	10-11	MP
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	3rd Sunday	7:00 AM	Train Run	11-16 miles	All	HSP
Mercedes Tarley	(281) 531-5814	tarley@hal-pc.org	Sunday	7:00 AM	Long Run	10 miles	9-10	MP/THP
Diana Tiberia	(281) 759-3607	dtiberia@mymailstation.com	Weekends		Walk	Varies	Walk	THP

Location Legend

HSP = Huntsville State Park

RO – River oaks

WH – West Houston

MP – Memorial Park

RS – Rice stadium

MPFC – Memorial Park Fitness Center

THP – Terry Hershey Park

HOUSTON STRIDERS CONTACT INFORMATION

Houston Striders, Inc.
PO Box 721405
Houston, TX 77272-1405

Hotline: (713) 797-8601
Email: Stride4fun@houstonstriders.com
Website: www.houstonstriders.com

<u>Position</u>	<u>Incumbent</u>	<u>Phone</u>	<u>Email</u>
President	Sandy Wollangk	(832) 379-1486	swollangk@mfsc.com
Vice President	Brett Riley	(713) 667-4705	brett@riley.net
Secretary	Paulette Salanon	(281) 565-4211	spintex@alltel.net
Treasurer	Barbara Shepard	(281) 493-3578	texasshps@aol.com
At Large	Lee Baughman	(713) 796-9539	lee.baughman@sbcglobal.net
At Large	Rose Ennis	(281) 584-0721	rte@nww.net
At Large	Nancy Holcomb	(713) 937-0405	nanc@hal-pc.org
At Large	Joan O'Connor	(713) 529-9446	joan.oconnor@aramcoservices.com
At Large	Steve Shepard	(281) 493-3578	texasshps@aol.com
At Large	Ed Wilsmann	(281) 752-5366	ewilsmann@hal-pc.org
President Emeritus	Ralph Collins	(281) 498-9213	ralphandyong@msn.com
<u>Committee Chairs</u>			
Newsletter/Web Page	Lee Baughman	(713) 796-9539	lee.baughman@sbcglobal.net
Membership/Stride4Fun	Steve Shepard	(281) 493-3578	texasshps@aol.com
Program	Brett Riley	(713) 667-4705	brett@riley.net
Social Coordinators	Rose Ennis	(281) 584-0721	rte@nww.net
	Ed Wilsmann	(281) 752-5366	ewilsmann@hal-pc.org
20k Director	Barbara Shepard	(281) 493-3578	texasshps@aol.com
Volunteer Coordinators	Andrea Chan	(713) 528-4728	chana@flash.net
	Rob Manach	(281) 647-6150	rob_manach@msn.com
Welcoming Committee/	Joan O'Connor	(713) 529-9446	joan.oconnor@aramcoservices.com
Club Clothing	Rob Manach	(281) 647-6150	rob_manach@msn.com
HARRA Liaison	Noah Matthews	(281) 345-6850	sgmnjm@worldnet.att.net
Novelty Runs	TBD		
Hot Line	Nancy Holcomb	(713) 937-0405	nanc@hal-pc.org
Librarian	Megan Clark-Dillingham	(713) 334-1220	meganebcd@yahoo.com
Running Coach	Steve Shepard	(281) 493-3578	texasshps@aol.com
Walking Coach	Diana Tiberia	(281) 759-3607	dtiberia@mymailstation.com
Vacant Jobs:	Beach to Bay Coordinator	TBD	
	HARRA Relay Coordinator	Steve Shepard	

Stridelines is a monthly publication of Houston Striders, Inc. It is distributed free of charge to members. Contributions and comments are welcomed, and may be submitted to the editor. Deadline for submission is the 20th of the previous month. The Houston Striders running club is a member of the Road Runners Club of America and the Houston Area Road Runners Association



Stridelines Staff

Editor	Lee Baughman
Distribution	Betty Edwards
Backup Distribution	Sandy Wollangk
Meet The Members	Thorbjorn Pedersen
Book Reviews	Megan Clark-Dillingham
Group/Individual Runs	Steve Shepard
Race Results	Steve Shepard
I Like You Like	Kathy Schaffer
Advertising	Vacant

WHO ARE THE HOUSTON STRIDERS?

The Houston Striders is a non-profit organization that promotes running for fun and fitness. Our club is made up of runners, joggers, walkers, cyclists and volunteers of all ages and from all walks of life. The club provides information to support both new and experienced runners in their fitness and training. The Houston Striders is a member of the Houston Area Road Runners Association (HARRA) and works with other Houston clubs to improve Houston's running environment for the benefit of all runners. The Houston Striders put on a 20K race as part of the Houston Marathon Warm-Up Series in the fall, and many members are active participants (whether as runners or volunteers) in local races and in HARRA's Power In Motion program.

HOUSTON STRIDER MEMBERSHIP BENEFITS

- Four **discounted races** per year as voted on by the club membership
- A built-in opportunity to train with over 250 **new training partners** - all paces welcome
- Monthly **club meetings** alternating formal speaker and business meetings with informal social meetings
- Additional leisure and **recreational activities** including a formal holiday party
- A monthly copy of *Stridelines*, our club **newsletter** full of club news, member profiles, race reviews and calendars
- A Houston Striders **T-shirt**
- Discounts** at various local sports and health stores
- Houston Striders **merchandise** (running singlets, etc.) for purchase
- Coaching advice** available free of charge
- Opportunities to contribute** to Houston's running community and to the running of the club

HOUSTON STRIDERS, INC.

Member of Road Runners Club of America/HARRA

Annual Membership Fee (**Circle One**) Single \$20 (Senior - 55 and over - \$15) Family \$25 Out-of-State \$10

Membership Action: (**Circle One**) New Renewal Change of Address

Are you a member of HARRA? (**Circle One**) Y N HARRA # _____ Houston Striders, Inc. is a HARRA-affiliated club.

Can you download Stridelines or do you need a mailed copy? (**Circle one**) Download Mail

Make checks payable to: HOUSTON STRIDERS, INC., PO Box 721405, Houston TX 77272-1405

NAME: Last _____		First _____	MI _____		
ADDRESS: Street _____		City, State _____	Zip code _____		
Day Phone _____	Night Phone _____	Cell Phone _____	Sex _____	Date of Birth _____	T-Shirt Size _____
Emergency Contact _____	Emergency Contact Phone _____	E-mail Address _____			

FAMILY MEMBERSHIP INFORMATION

Name	Sex	Date of Birth	HARRA #	T-Shirt Size
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

CLUB MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Houston Striders, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____	DATE _____
PARENT'S SIGNATURE IF UNDER 18 YEARS OLD _____	DATE _____

Houston Striders, Inc.
PO Box 721405
Houston, TX 77272-1405

LAST CALL!

**Renew your
Strider membership
for 2004 by...**

**Using the membership form
in this issue**

(Not sure if you've renewed? Check with
Steve Shepard on texasheps@aol.com)